



"We love our hats and mittens!!" —Mrs. Squire's Class, Hall School in Portland, Maine.

*Volunteer Knitters through SMAA's RSVP Program contribute more than 15,000 hours of knitting to make warm hats and mittens for hundreds of children in pre-schools and Head Start Centers. Contact the Volunteer Hotline to explore the many opportunities for volunteering at 207-396-6525.*

## Twin Sisters Host Community TV Show, Emerge as Local Celebrities

By Jerry Harkavy

**D**ianne Senechal of Buxton says she was simply repaying a favor when she reluctantly agreed to film a half-hour cable TV show for her community's access station.

Senechal and her twin sister, Donna Sawyer of Limington, had no idea that their amateurish first effort that aired over the Memorial Day weekend in 2009 would set the stage for what has become a popular weekly attraction on Saco River Community Television.

"Garden Thyme," now in its third season, has turned Senechal and Sawyer into local celebrities in



Local television hosts Donna Sawyer and Dianne Senechal have filmed 80 episodes of their Garden Thyme show in the last three years. Public access TV stations around the country are also broadcasting the show.

Buxton, Hollis, Limerick, Limington, Standish and Waterboro, where the show is available to 8,200 Time Warner Cable subscribers.

The sisters, who turn 65 in January, also have cultivated fans from well beyond the geographical limits of the six towns. Other public-access channels in Maine and other regions of the country have picked up "Garden Thyme," which can be downloaded from the Internet.

The show's appeal reflects the twins' knowledgeable gardening advice, as well as their humorous repartee that's unrehearsed and delivered in thick Down East accents.

continued on page 18

### Southern Maine Agency on Aging

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## From the Director's Desk Meals on Wheels at Christmas

I was pleased to be one of nearly 30 volunteers from the Portland Rotary Club, which marked its 33rd year delivering Meals on Wheels on Christmas Day in greater Portland. Together with SMAA volunteers in other communities, 231 holiday dinners were delivered to seniors who were home alone on Christmas Day.



## Governor's Supplemental Budget

Since early December Maine's Agencies on Aging have been working to help educate legislators and seniors about the effects of Governor LePage's proposed cuts on programs serving older Maine

people. These proposals are compromising an already fragile safety net, with more than 70,000 low-income seniors affected.

We know most low-income seniors are struggling to pay for food, heat and other necessities these days. Some people who lose benefits will stop taking their medication or will not take it as prescribed. This will result in avoidable hospital costs and emergency room use as they become ill and require medical attention. That will cost all Mainers much more.

We encourage you to call your own legislators, particularly about the proposed elimination of the Drugs for the Elderly (DEL) program, which will result in more than 5,000 low-income seniors losing benefits. Another 40,000 people will lose some or all of their benefits under the Medicare Savings Program (MSP). Details about the cuts and how to reach your legislator are covered in an article on page 10.

Legislators have been asked to make a decision by the end of January, so time is of the essence.

Your legislator is your elected representative and wants to hear from you! Calls should be made to legislator's listed cell or home phones. Weekends and evenings are good times to call, because they're home. The calls made to legislative offices will go to voicemail or be answered by a clerk.

Thank you for whatever part you can play in helping to prevent the loss of health benefits for low-income seniors.

## Care Transitions Contract Signed

SMAA was named one of only seven organizations across the country selected to expand the Care Transitions Intervention Program. We will be helping Medicare beneficiaries avoid complications that can result in avoidable hospital readmissions. The Centers for Medicare & Medicaid Services (CMS) has

contracted with SMAA and its partners to help an estimated 5,800 Medicare patients this year. Nurses and social workers will coach Medicare beneficiaries with multiple chronic conditions to stay in contact with their doctors, manage their medications and learn how to respond to "red flag" symptoms.

## Other News

Please see page 11 for our Annual Report to the Community and an article by Stan Cohen, SMAA volunteer and former board member, on page 12 about Medicare Advantage Plans and the grace period to revert back to traditional Medicare, which ends on February 14th.

Thank you for reading Senior News. I wish you a happy and healthy New Year.



Laurence W. Gross  
Executive Director

## Gold Nuggets from Truslow Adult Day Center

By Debra Thomas, LSW,  
Program Manager



After just three weeks of attending our Center a wife reports that her Army veteran husband has begun singing old Army songs in French, the words to which “he hasn’t remembered or sung in years!” The family desperately needed him to attend the Center to give them a break. They never expected that he would be willing to continue attending. Due to his memory loss, this gentleman believed in the past that he needed to

be somewhere, anywhere but where his family wanted to take him. Now he has found just the place he wants to be!

We have a new man who joined our program who arrived in a wheelchair. We were informed by his caregiver and the rehab facility where he resided for several months that he used the wheelchair exclusively. One of our staff asked him if he would like to walk, which he does all the time now and leaves his wheel chair at the door. The staff member was so moved by his response when she asked him if he

would like to walk, because he cried and said, “No one has asked me if I wanted to walk.”

These are just two of our most recent incredibly sweet stories. We’re so happy to help improve the

quality of life for our participants and their families!

For more information or a free trial visit at Truslow Adult Day Center in Saco, contact Debra Thomas at 283-0166 or dthomas@smaaa.org.

### GALS

By Don Kopp

*Driving by I caught a glimpse  
of two women of a certain age  
sitting on a farm-house door step,  
morning coffees in hand.*

*It had snowed the previous night—  
in October no less—  
and now was blustery,  
but the morning was bright.*

*They were in their shirtsleeves,  
or “blousesleeves” I suppose,  
sheltered from the wind,  
bathed in sunlight beaming  
and reflecting on them  
off snow-white walls.*

*They were beaming, too,  
their warm smiles reflecting  
an affection matured over time  
between very good friends.*

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# The Bombardier

By Hunter Howe

This is the first of a four-part series on the life of one man, a story within so many other stories. It takes place during World War II, a time when many young Americans answered their country's call and marched off to serve their nation. Many paid the ultimate sacrifice, never to return home.

Dean Whitaker, 86, lives in Las Vegas, Nevada. He shared his compelling story with me, one "dedicated to my five crew members that did not return and are buried in veteran's cemeteries in Europe. For them I fly my flag every day."

Part I focuses on the years 1941 through 1944, covering his late teens, enlistment and training.

Dean grew up in Maywood, a small city in southeast Los Angeles County, California. "On the quiet Sunday morning of December 7, 1941 I was working in a gas station when a customer raced in to tell me the news that the Japanese had secretly bombed Pearl Harbor."

"Everyone that came in had their radios on, listening for the latest news. Everyone was wondering what was going to happen next. Living so close to the coast, the thought of attack was in my mind."

With two years left to finish high school, "going to war seemed remote."

In February 1943, he graduated. Duty beckoned. "Originally, I had planned to go to college and become an architect. This was a year of decision. With the world engrossed in a fierce war that was taking a terrible toll on the young men of this century, it was, in many cases, a life or death decision. At age 18, these thoughts did not demand the attention they would in later years."

"Freedom is a precious thing and when that is threatened, people respond. Many went off to war not realizing the enormity of their situation; that is the reason they made good soldiers, call it 'the devil may care' attitude."

"My mother was not happy to hear that the first of her four sons would go to war. My father had passed away a year earlier and her world was upside down anyway." Each of Dean's brothers went into a different branch of the service: Marines, Army and Navy.

Dean enlisted in the Army Air Corps with three of his best friends. "We decided on the Army Air Corps because they had the best uniforms and because we thought their song, 'Off We Go into the Wild Blue Yonder' was really cool. We took off to sign up for the glamorous program of becoming an Aviation Cadet." They traveled to the recruitment center, the old Electric

Pacific building in Los Angeles, where they passed a physical and written exam. Dean made the cadet program and his buddies went into the aerial gunner program.

In April 1943 he reported to the Santa Ana Army Air Base for basic training, the objective classification as a pilot, navigator or bombardier.



Joe DiMaggio, the famous Yankee and future Hall of Famer, trained there at the same time. "Yes, we had a great baseball team."

Although selected for bombardier training, the new class was filled. So instead, in November 1943 he reported to the Kingman Gunnery School in Arizona for the aerial gunnery course, waiting for another

bombardier class to open.

"Gunnery school was a blast for me. I had hunted with my dad and brothers since I could carry a BB gun. My first gun was a .22 caliber rifle from Sears and Roebuck given to me as a Christmas present at age 14." A natural, he out-shot many of his instructors. No surprise, Dean won the highest score firing the twin .50 caliber machine gun from the turret of the B-17, shooting at a target towed by another plane.

"Flying for the first time was a thrill. The thought of being afraid was overcome by the joy of floating in the air. With my 6' 2" frame,



crawling from the nose to the rear was difficult due to a cramped angle in the bomb bay." Dean continued to achieve. "I ended up with the highest score in my class and was selected to compete in a national gunnery meet in Las Vegas, with all the schools participating." He took first place in field stripping and putting the .50 caliber machine gun back together again.

In March 1944 Dean arrived at the Victorville Army Air Base in the Mojave Desert in California to begin the new bombardier class that included navigation training. "We flew in AT-11s, which were twin-engine trainer planes. The pilots were older men that would not be actually flying combat missions. Most of the fun came when bombing

low-level targets and scaring up jackrabbits and coyotes. Our daredevil pilots loved doing this and sometimes the planes would show the telltale signs of notches in the propellers from clipping telephone or electrical wires."

As Maywood was only 60 miles away, he often drove home in his modified 1936 Ford. "I was a true California hot-rodder. My fellow trainees called me the Hot Rod Kid."

Graduating from Victorville, Dean received his wings as a Bombardier-Navigator, attaining the rank of Second Lieutenant in the Army Air Corps.

In May 1944 he was sent to Rapid City Army Air Base in South Dakota "where our crew was organized and became 'Newman's Crew,' named for first pilot, Herb Newman." The 10 crew members' ages ranged from 18-27 and consisted of a pilot, co-pilot, navigator, bombardier, engineer, radio operator, tail gunner, waist gunner, ball turret gunner and nose gunner.

"Assigned to a B-17 for two months, we flew together learning to work as a team. We practiced bombing runs with simulated attacks by enemy planes and other exciting adventures. Unfortunately, a tragic happening occurred when one of the other planes crashed, killing all on board."

In July 1944 the crew took a troop train to New York City. "All thoughts of crossing the Atlantic on

continued on page 19

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Editor: Eileen Whynot

ewhynot@smaaa.org or

(207) 396-6512

Advertising: Nancy Bloch

seniornews@smaaa.org or

(207) 396-6588

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brcraig@smaaa.org or

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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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## Comments from Our Readers

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"I just recently read an issue of Senior News and found it to be most informative."

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The Southern Maine Agency on Aging (SMAA) is a non-profit, charitable organization. Services of SMAA are supported in part by state and federal funds from the Maine Office of Elder Services. Learn more at www.smaaa.org or by calling 207-396-6500 or 1-800-427-7411.



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

## ATTENTION: Winter Snowbirds

If you want the "Senior News" stopped for the winter OR forwarded to your winter address, please let us know. If your mail is returned to us it costs us money and besides, if you want the "Senior News," we want you to receive it. Contact Bonnie Craig at brcraig@smaaa.org or leave a message at 207/396-6526 or 1-800-427-7411 x526. Be sure to specify the effective dates, when you will leave and when you will return to Maine. Happy reading!

From Jo Dill's Notebook

Happy New Year!

2012 will be a qualifying year for National Senior Games to be held in Cleveland, Ohio—the U.S. Rock & Roll Hall of Fame city—July 21 - August 5, 2013. Medal Sports offered will include Archery, Badminton, Basketball, 10-Pin Bowling, Cycling, Golf, Horseshoes, Pickleball, Race Walk, Racquetball, Road Race, Shuffleboard, Softball, Swimming, Table Tennis, Tennis, Track & Field, Triathlon, and Volleyball. If you medal in Maine you'll qualify to compete in Cleveland.



chance to try out an event without pressure or competition. You will be able to participate in several events or just one! Events offered: 50m, 100m, 220m, 440m, 800m, 1500m, 3000m, long/triple/high jumps, shot put, discus, javelin and race walking! Coaches will be on hand to help out. More information in the next issue...

What on earth is Pickleball?

Before you get hysterical at the name or get a brain cramp trying to figure it out, check out a game or go online and search for it! It is a fast-paced game played on a smaller tennis court, with a paddle and a whiffle ball. The game is spreading like wildfire especially in warmer climates where the sport can be played outdoors while we are knee deep in snow!



The rules are similar to tennis. The ball is served underhand starting from the right-hand side of the court and served diagonally to the opponent. Points are scored by the serving side only when the opponent fails to return the ball or hits it outside. The game is to eleven points and you must win by two points. Pickleball competition will be a one-year trial for the Maine Senior Games and only doubles will be offered.

2012 Schedule

Maine Senior Games' 2012 schedule from July 21 to September 23 is nearly complete and will be printed in the next issue of Senior News. Here are some of the changes for 2012:

**Swimming:** Moved to Cape Elizabeth High School

**Men's Basketball and Swimming:** Held on the same day

**Track and Field:** Adding the 50 yard dash and moved to July

**Golf:** Moved to Nonesuch River Golf Course

**New Sport:** Pickleball (see below)

**Racquetball and Pickleball:** Held on the same day

Save the Date

Grab your sneakers and head to Scarborough High School on Sunday, June 10th for an "Explore Track and Field Day." This is a day for you to be able to explore all the events that Maine Senior Game's offers in track & field. This is your

Open Enrollment: Volunteers Help Reach Many More



Thanks to a group of active Volunteer Medicare Advocates and SMAA staff 5,471 people reviewed their prescription drug plans and were insured of having the most cost-effective plan during the last year. SMAA Volunteers and staff gather for lunch between morning and afternoon appointments

during 2011 Medicare Open Enrollment. Pictured in the front row: Carol Rancourt, Lorraine LaChappelle and Jim Baker. Middle row: JoAnn Innis, Mary Hadlock, Vivien Eisenhart, Amy Hatch, Annette Fournier, Kathy Baxter and Debbie DiDominicus. Back row: Steve Goodman, Mary Bruns, Norman LaChappelle, Jane Ashley, Barry Wolfson and Vicki Durrell. To get involved, call Mary Hadlock at 396-6509.

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- Christie Blanchard RN

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**Family caregivers are the backbone of elder care in Maine and across the U.S. Thank You!**

## Strategies for Managing Conflict for Caregivers

By Ann O'Sullivan,  
OTR/L, LSW, FAOTA  
Family Caregiver Specialist

Many families get together during the winter holiday season. While this can be a time of reminiscing and catching up with people, it can also sometimes be a time when disagreements, old and new, come to the surface, particularly if issues are present relating to how to best support an older adult family member.

Every family has disagreements from time to time; it is part of family life. Conflict itself isn't necessarily a problem. However, the way it's handled can be positive, or can be stressful and damaging to relationships. When older adults require assistance, conflicts may arise between them and those providing the help, or among other family members relating to the care provided. Capable, functioning adults may find themselves resorting to roles and rivalries from childhood when these caregiving conflicts arise.

Disagreements may come up around many issues, including the older adult's health and abilities, the balance between safety and independence, future planning, finances, and how care is provided or shared.

There is no one right way to

deal with family conflict but some strategies have proven helpful for different situations.

Decide if the issue is worth fighting over. Anyone who has ever parented an adolescent is familiar with the concept of "picking your battles." This also applies in other family situations. If you don't really care about the outcome, if it's impossible to influence the other person, or if the stakes are too high to engage in the conflict, you could choose not to enter into it. This option can have other negative side effects, like keeping unresolved issues on the table, so the trade-offs need to be considered.

There may also be times where preserving harmony is a priority, or where the issue is so much more important to the other person that you choose to accommodate their wishes. Giving in might create frustration for you, but is sometimes a stepping stone toward a larger solution. This may also serve as a gracious way to admit you could be wrong.

Try to be clear about separating the issue from the person with whom you are disagreeing. Define the problem and stick to the topic. Although it can be tempting, do try not to bring up past conflicts. Stay focused on the present situation and

on finding a solution. Bear in mind that the goal is to resolve the conflict, not necessarily to win the argument. Find points of common ground or else agree to disagree.

Treat people with respect. Listen to what others are saying and ask questions to clarify. If the other person feels you are hearing them, they are more likely to listen to you in return. Never forget that competent adults of any age have the right to make their own decisions.

Don't give up on communication unless you're also ready to give up on the relationship. Sometimes, people need to take a break from a discussion to get some perspective or to calm down, but it's important to come back to the topic if the conflict continues.

Try to agree on an overall goal ("We all want you / them to be safe and happy."). Discussion can then focus on how to achieve that goal.

Brainstorm solutions. Be willing to compromise to achieve the goals you agree are most important. Identify a solution to try out, and a way to check in to make sure it's working. Be clear about who will take responsibility.

Hopefully, family conflicts, and the process of resolving them, will lead to better communication and solutions that work for everyone.

## Caring For Aging Family Members

### Support/Discussion Groups

You're not alone! Connect with other caregivers in a safe setting. Find out what's working for other people.

**Biddeford:** For caregivers of people with dementia. 2nd Monday of the month, 3-4:30PM, at Community Partners, Inc. Contact Barbara Alberda at 229-4308.

**Bridgton:** 2nd Wednesday of the month, 1-2:30PM, at the Bridgton Community Center. Contact Ann O'Sullivan at 1-800-427-7411 x 541. Respite care is available on site, respite reservation needed.

**Scarborough:** 4th Thursday of the month, from noon to 1PM at SMAA. Contact Kate Cole Fallon at 1-800-427-7411 x 558.

**Scarborough:** 2nd Monday of the month, from noon to 1PM at SMAA. Contact Kate Cole Fallon at 1-800-427-7411 x 558.

**York:** Caregiver support group for family and friends assisting an older adult with a chronic condition, 3rd Tuesday of the month, from 1-2 PM, at the Heart Health Institute. Contact Susan Kelly-Westman at 351-3700.

**Other areas:** Please call Kate or Ann at SMAA's Family Caregiver Support Program if you are looking for a group in another area. 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, 6-7PM. Supper and child care available. Contact Thea Murphy at Trafton Senior Center at 457-0080.

### On-Line Discussion and Support Group

**Online support group:** This private Yahoo! message board is available 24/7. 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@smaa.org.



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- Units are approximately 400 square feet
- Rent includes heat, hot water, electricity, and shared WiFi
- Solar panels on roof to heat hot water
- Handicapped accessible units with walk-in showers and transfer seats

UNITS AVAILABLE	PERCENTAGE OF MEDIAN INCOME	1 PERSON INCOME LIMIT	2 PERSON INCOME LIMIT	ALL INCLUSIVE RENT
4	40%	\$20,280	\$23,160	\$506
21	50%	\$25,350	\$28,950	\$633
12	60%	\$30,420	\$34,740	\$760

Income limits and rents are subject to change annually. Full-time student households may not be eligible.

## Community Education in Westbrook

The Family Caregiver Support Program at SMAA is partnering with the Westbrook-Warren Congregational Church to offer some classes of interest to older adults and family caregivers. Some are scheduled to follow the weekly community luncheon held at the church, and others are planned for evenings, to make it easier for working caregivers to attend.

### Here's what's scheduled so far:

Thursday, February 9, 1-2PM (following luncheon): **Ongoing Loss and Resilience.** While we often think of grief in terms of death, it is normal to feel a sense of loss when someone you care about is losing function. This session will explore the experience of ongoing loss and how to recognize its effects. We will also offer strategies for coping and for strengthening your ability to bounce back from challenging times.

Monday, March 12, 6-7:15PM: **Ongoing Loss and Resilience** (see above)

All classes are open to the community and pre-registration is not required. The church is located at 810 Main Street in Westbrook. In the event of questionable weather, please call 854-9157. We hope to see you there!

## Help For People Helping Aging Family Members

### Class Schedule 2011-2012

Are you assisting an older adult? Do you spend time helping with errands, household chores, finances, meals, health care or personal care? If so, then the Family Caregiver Support Program can help support you as you help someone else.

February 9, 1-2PM: **Ongoing Loss and Resilience.** Westbrook Warren Church, Westbrook. Open to the community.

March 1, 8, 15, 22, 29, April 5, 2-4PM: **Savvy Caregiver.** Bonny Eagle Adult Education, Standish. Contact Kate Cole Fallon at 1-800-427-7411 x558 to pre-register (required).

March 6, 13, 20, 27, April 3 and 10, 1:30-3:30PM: **Savvy Caregiver.** Southern Maine Agency on Aging, Scarborough. Contact Ann O'Sullivan at 1-800-427-7411 x 541 to pre-register (required).

March 12, 6-7:15PM: **Ongoing Loss and Resilience.** Westbrook Warren Church, Westbrook. Open to the community.

March 21, 5:30-7PM: **Beginning Planning for Eldercare.** Crooked

River Adult Education, Casco. Call 627-4291 x21 to register (required).

April 10, 6pm-7:30PM: **Caregiving, Stress and Self-Care.** York Adult Education, York ME. Call 363-7922 to register (required).

Please use the numbers listed to register. Feel free to call Kate Cole Fallon or Ann O'Sullivan at SMAA (1-800-427-7411) with questions.

## What do you need?

### RE: Younger Onset Dementia

The Family Caregiver Support Program at SMAA will be partnering with faculty at the University of New England to learn more about the needs of family caregivers of people under the age of 65 who are diagnosed with dementia. Nationally, more individuals are being diagnosed earlier in life, and we have seen a similar increase in our contacts here at SMAA. Our goal is to learn more about what would be most helpful for these caregivers. If you are assisting someone under 65 who has dementia, or have connections to people who are, please contact Ann O'Sullivan at 1-800-427-7411 or aosullivan@smaa.org. We hope to use an online survey and perhaps a focus group to explore how this experience might best be improved. Thank you.

## Connecting Through Your Keyboard

The Family Caregiver Support Program has its own private online support group. This is an opportunity to connect with others who are coping with similar struggles. Come meet with like-minded people in a safe venue from the comfort of your own home. It is free, and if you are hesitant because of the technology, rest assured that it is simple once you try it out! The group is a private message board on Yahoo.com. All you need to get started is to email kfallon@smaa.org for an online invitation. Caregiving can be made easier through technology in a variety of ways. Give it a try and find out how easy it is to find support through a local online community. All family caregivers are welcome!

## Facebook Page

The Family Caregiver Support Program has entered the world of social media with a Facebook page! "Like" us and receive updates about classes, groups, events and news right on your own page. Start at the FCSP page at www.smaa.org and click on the "Like" button. If you use Facebook, join us! Or, visit our website as classes and tip sheets are updated regularly!

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Jason Wilson, MSB, CFE



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REMEMBERING YOUR LOVED ONES

While considering a gift to the Southern Maine Agency on Aging, you have the opportunity to remember and honor loved ones, which is easy and can be deeply satisfying. You can do this through your Annual Fund gift by indicating so on the gift reply envelope. Or, you can create a named endowed fund that will carry your loved one(s) name(s) and the legacy of your generosity forward for many generations. If you wish to know more about how you can create your own meaningful memorial gift, please contact Peg Brown, Director of Development at 207 396-6590 or visit [www.smaaa.org/endowment.php](http://www.smaaa.org/endowment.php).

## The Southern Maine Agency on Aging would like to thank the following people who made gifts in memory or in honor of loved ones during the year ending September 30, 2011.

### IN HONOR OF:

All Family Caregivers – gift of Trishia Macomber  
 Judy and Bo Baker – gifts of Sylvia Adams, Joseph Conroy, Louise Nisbet and William Maxwell  
 Louise Boissonnault – gift of Raymond Guilbeault  
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Carol L. Rose – gift of Michael Rose  
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 Edward Trainer – gift of Donald G. Curry  
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### IN MEMORIAM:

Abigail – gift of Richard Levy  
 Henry and Margaret Aplington – gift of Hanna Jane  
 Adrian Asherman – gift of Ellen Asherman  
 Victor Bilodeau – gift of David Newell  
 Germain Binette – gift of Kathleen Binette  
 Lucille Blanchette – gift of Simone Blanchette  
 Ruth D. Brock – gift of Alice C. Brock  
 Albert Brunelle – gift of Madeleine I. Deshaies  
 Bertha L. Burnham – gifts of Nancy L. Ford, Sylvia N. Smith, Terri A. Pease, John L. Myers, Virginia E. Burnham and Fiber Materials  
 Edward Carey – gift of Barbara Carey  
 Margaret A. Carey – gift of Margaret Foster  
 Donald Clark – gift of Dorothy Clark  
 Dr. Robert Norwood Coale – gifts of Joseph W. Cimmet, Reva Fox and Martha C. Bourassa

E. O'Neill Cole – gift of T. Jane Cole  
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 Joseph R. Cremo – gift of Lillian K. Cremo  
 Gilbert Cross – gift of Patricia Cross  
 Christine Duffy – gift of Rita Boesch  
 Lew and Fran Emery – gift of Thomas T. Bennett  
 Cora Belle Fernald – gifts of John R. Lewis, Jacqueline M. Douglass, and James R. Poitras  
 Robert Findlay – gifts of Frank Miles, Luann Davis, Joan Jagolinzer, Dorothy E. Garland, Janice Ford, Robert Baldwin, John Sanders, Dorothy Mills, Sharon Abair and Ron Nobles  
 Ed Flaherty – gift of Susan Flaherty-King  
 William B. Goodwin – gifts of Erno R. Goodwin, Leo Tinkham, Cynthia White, Lynda K. Scelza, and Cynthia Poland  
 Goran Hall – gifts of Brock Landry, John Cooney, William Freeman, Resilient Floor Covering Institute, Joseph G. Block, Tootsie Roll Industries, LLC, Milton Anderson, Formosa Plastics Corporation, Armstrong World Industries, Inc., Mannington Mills, Inc., Venable, LLP, John Russ and Amtico International  
 Mr. and Mrs. Howard B. Hanning – gift of Howard C. Hanning  
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 Mildred Haskell – gifts of Gary Laughlin, Nancy Peck, Madeline Young, Emeline Hogue, Barbara Rafuse and Eleanor McKinnon  
 Ralph and Arlene Hodgdon – gift of anonymous  
 Jean Hodoroski – gift of George Hanhauser  
 Tammy and Petunia – gift of Albert Howard  
 Steven Jensen – gift of Lynelle Leclair  
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## Healthy Legs at Any Age

By Dr. Cindy Asbjornsen

Your legs ache and veins throb, but that's just part of aging and there's nothing you can do about it. Right? Not true. I became a phlebologist (vein specialist), because there's plenty you can do.

First, a quick review of the part that veins play in circulation. Your legs are made up of a network of veins. Healthy veins carry blood from your feet back up to your heart. Venous insufficiency, or vein disease, occurs if the veins become damaged and allow the backward flow of blood in the legs.

This pooling of blood can lead to a feeling of heaviness and can cause skin changes such as "spider veins" or a brown, woody appearance to your lower legs. Left untreated, it can lead to leg pain, swelling and serious health problems.

As people age, vein issues become more prevalent. Small problems that started years ago progress to larger vein issues. The skin begins to lose its elasticity and doesn't respond to stress the way it once did. And because skin is the "end organ" of venous disease, ulcers, and even bleeding can occur as a result of swollen veins.

Though vein disease is almost completely hereditary, there are things you can do to help prevent its progression—and ease your discomfort. Walking is key. It causes the rhythmic contraction of calf muscles and, like a pump, forces all the blood into your deep veins and helps promote blood flow to the heart.

Walk at least 30 minutes every day, either all at once, or in shorter increments. I have one dedicated patient who walks for two minutes, 15 times a day! She takes a stroll around her house every half-hour.

Although seniors have a 50% greater chance of suffering from venous insufficiency, treatment options today are minimally invasive, highly successful, and are not reserved for the young.

One of my favorite patients is a ninety-one year-old woman who drives from Florida to Maine every summer. One year during her drive, she developed a clot called deep vein thrombosis (DVT), which can rapidly result in pulmonary embolism (when the clot separates and travels toward the heart or lungs). I treated the DVT immediately, but her exam also revealed a bad superficial vein—the likely reason for the DVT—so we treated that too. She's still making that yearly drive to Freeport, where she works at a campground. Her vein disease could have changed her life forever, but after treatment she's made an incredible recovery and can keep on going.

### Seminar & DVT Leg Screening March 21 from 2-4 at SMAA

Join Dr. Asbjornsen, founder of the Maine Phlebology Association and the Vein Healthcare Center, on Wednesday, March 21, from 2-4 at the main office of the Southern Maine Agency on Aging for a seminar on vein health, free and open to the public. Free venous leg screenings, with a focus on Deep Vein Thrombosis will be available. Registration is required, so please call 207-221-7799.

## 2012 Cost of Living Adjustments

The latest Cost of Living Adjustment (COLA) is 3.6 percent for Social Security benefits and SSI payments. Social Security benefits have increased by 3.6 percent beginning with the December 2011 benefits, payable in January 2012. Federal SSI payment levels will also increase by 3.6 percent effective for January 2012 payments. Because the normal SSI payment date is the first of the month and January 1 is a holiday, the SSI payments for January are always made at the end of the previous December.

Railroad Retirement recipients will see a similar COLA increase. This will mean a real increase for seniors as a result of Health Care Reform provisions, which have reduced the cost of Medicare over the past year. Medicare B premiums will only increase by \$3.50 at the most and will be reduced for many by as much as \$15.50 per month. This represents a real increase to seniors' monthly "take home" benefit.

## Mini Dental Implants and You—Take a Bite Out of That Apple!

Dr. Glen Knock

If you, a friend, or a loved one wears dentures that spend much of the time either floating around in the mouth or, even worse, sitting in a glass, then there are many new solutions to this problem. Many people wear their dentures for too many years before they are remade or even relined. Sometimes this is due to the fact they weren't told to get them checked every year. Sometimes they just can't afford to keep up with the maintenance. A lot of the time, they just "get used to them" and forget about doing anything further about their dentures.

The American Dental Association recommends that dentures be redone or relined every 3-4 years. The main reason is that the bone supporting the dentures will erode away if they don't fit correctly; hence they get "loose." When this happens simple biting becomes a chore and a hopeless feeling of ever being able to bite into an apple again takes place. Many people are fine with this feeling, but many others wish that something could be done about it.

One solution could be as simple as remaking the denture to the eroded ridges. Sometimes this will improve the bite tremendously. Another solution could be to reline the inside of the denture to fit better. Most dentists are capable of doing these procedures, which are the least expensive.

To truly have "Tight Dentures" the placement of Mini Dental Implants can be a Godsend. These tiny, FDA approved Titanium implants have revolutionized dentistry and have made thousands of denture wearers able to "bite into that apple." A Mini Dental Implant, once placed, can anchor an upper or lower denture and keep it from dislodging and "floating" around in the mouth. No need for all that goopy denture adhesive—it becomes a thing of the past. The upper denture can be so well anchored with "Minis" that it can be horseshoe shaped and not have plastic in the roof of the mouth! Most of the time, to do this, several implants have to be placed.

Another great advantage of the Mini Dental Implants is that they are one-third to one-half the cost of conventional implants. And most of the time they only require one visit! Next time we'll talk about how Mini Implants can be used to replace one or more missing teeth.

Glen C. Knock, DDS  
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- Understand your diagnosis, tests and treatment options?
- Get proper care and follow-up?
- With medications and proper dosages?
- Communicate with your family and friends?
- Assist you with insurance or Medicare issues?

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When medical issues arise, it is important to have someone standing beside you, comforting you, and helping you navigate your way, step-by-step.

I am a senior citizen. I have spent many hours, days, and months advocating for my own healthcare issues as well as those of my family. I know how frustrating it is to get the answers you need and to insure that you receive the proper care. That is why I became a Patient Advocate. My job is to make it easier for you to understand and manage your own healthcare.

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## Governor's Proposed Cuts

### 21,545 People in Southern Maine Would be Affected

**G**overnor LePage's Supplemental Budget contains proposed cuts that will disproportionately affect low-income Maine seniors. One of the worst proposals is elimination of the Drugs for the Elderly Program (DEL) and severe cuts to Maine's Medicare Savings Program. You can do something about these proposed cuts!

The Appropriations Committee has held public hearings and is currently working the Governor's Supplemental Budget. The Committee will make a decision on proposed cuts by the end of January. Now is the time to call your legislator and senator and members of the Appropriations Committee to tell them these cuts are going in the wrong-direction.

Approximately 72,000 seniors and people with disabilities would lose some or all assistance they currently receive to pay for prescription drug costs.

#### Of the 72,000 people:

Approximately **40,000** elderly and disabled people in Maine will lose all or some of the help they currently receive through the Medicare Savings Program (MSP) to help pay for Medicare premiums, co-payments and deductibles, pre-

scription drug costs and coverage through the so-called "donut hole."

More than half of these people live in southern Maine (12,466 live in Cumberland County and 9,079 live in York County).

#### Of the 40,000 people:

**12,500** with annual incomes between \$16,335 and \$20,147 (150% - 185% of FPL<sup>1</sup>) will lose all assistance. Potential maximum loss could be as high as \$3,755 directly out of pocket plus all drug copays.

**6,500** with annual incomes between \$14,702 and \$16,335 (135% - 150% of FPL<sup>1</sup>) will lose most assistance. Potential maximum loss could be as high as \$3,755 directly out of pocket plus all drug copays.

**21,000** with annual incomes between \$10,890 and \$14,702 (100% - 135% of FPL<sup>1</sup>) will lose the most potentially. This group would lose all of the same benefits as the two groups above,\* plus they will lose medical benefit copays and deductibles for inpatient and outpatient services. This will mean: Loss of inpatient deductible of \$1,156 for each hospitalization; Loss of 20% of all inpatient charges; Loss of outpatient deductible of \$140 and 20% of all outpatient charges.

Potential maximum effect as high as \$5,510 directly out-of-pocket annually, plus all inpatient, outpatient and drug copays.

<sup>1</sup>Federal Poverty Level

#### \*All 40,000 will lose the following benefits:

\$99.90 per month in Medicare B premium; Up to \$31.18 per month for the Part D benchmark premium in addition to annual deductibles and reduced drug copays; and, If donut hole is reached, would be responsible for 50% to 86% of total out-of-pocket costs ranging from \$2,930-\$4,700 depending on the use of brand or generic drugs.

#### Prescription Drug Assistance for Certain People over 62 and People with Disabilities:

Approximately 5,000 low-income older adults (over age 62) and people with disabilities who do not have Medicare will lose all assistance they currently receive to afford to pay for their prescription medications through the Drugs for the Elderly (DEL) program. These are individuals with serious health conditions such as diabetes, heart disease and Lou Gehrig's Disease.

#### Please Let Your Elected Representatives Know

Maine cannot afford these cuts! Maine's low-income seniors are already struggling to pay for food, heat, housing and health care. If these cuts go into effect, some seniors will stop taking their medication as prescribed and will have serious health consequences—costing us all more in the end. These programs

provide a critical health safety net for Maine's most vulnerable seniors. These cuts are pennywise and pound foolish and should be rejected!

We need your help now! Contact your own Senator and Representative and ask them to vote against these cuts!

Please don't stand by while your critically important benefits or those of a neighbor or friend are at risk of being lost.

We'd especially like people who will be affected by the cuts or their family members or friends to call or email members of the Appropriations Committee. Please tell your personal story or the story of someone you know, if at all possible.

Calls should be made to legislator's listed cell or home phones and weekends and evenings are good times to call, because they're home. The calls made to legislative offices will only go to voicemail or will be answered by a clerk. The caller will not speak to the representative. If communicating by email, it is better to not send broadcast emails to all committee members, but instead, send one at a time and try to personalize them.

Here is a link to find your legislator by town [www.maine.gov/legis/house/townlist.htm](http://www.maine.gov/legis/house/townlist.htm).

If you don't use the Internet and want assistance finding your legislator, call Eileen Whynot, Director of Community Relations, at 207-396-6512 or 800-427-7411, x512.

continued on page 12



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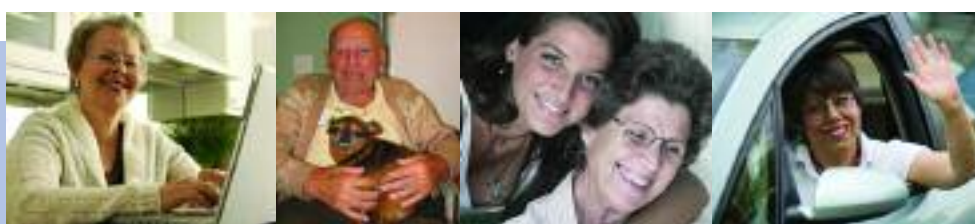
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**REPORT TO THE COMMUNITY 2011**



*mission driven ~ donor supported*

**Message from Leadership**

Thanks to our caring volunteers, donors and staff, we were able to offer critical services and successful solutions to a record-breaking 24,600 older adults in 2011. We couldn't have done it without the generosity of our supporters in the community, both with volunteer time and donations.

We continue to use technology, innovative thinking and partnerships to reach a growing population of older adults in southern Maine. Knowing that health and wellbeing are directly linked to longevity and quality of life, we have expanded our relationships with healthcare providers in 2011. We believe SMAA can play an important role in linking older adults and their caregivers with services to support their health. As you read this report, you will see ways that SMAA has focused on the needs of older adults.

Despite the difficult economic climate, we received \$634,926 from more than 1,204 donors for critical operating support. We welcomed 506 new donors and 110 donors made major gifts of \$1,000 or more. With flat or declining state and federal funding, this financial support goes a long way toward helping us meet our mission.

We are most grateful to the leadership given by volunteers on the SMAA Board of Directors and Advisory Council, and the extremely dedicated and hardworking SMAA staff and volunteers who made these accomplishments possible. It was a great pleasure to work with all of them in 2011.



Jud Knox  
President  
Board of Directors



Laurence W. Gross  
Executive Director

**254 donors gave \$120,390 for Meals on Wheels—that's 18,352 meals delivered!**

**Community Partnerships**

- SMAA Resource Specialists worked closely with the physicians and nurses of **Intermed, Maine Medical Center's Physician Health Organization** and **MaineHealth** to link patients with important health, social and financial benefits.
- SMAA collaborated with the **Good Shepherd Food Bank, York County Shelter, Project Feed, Wayside Food Rescue, University of Maine Cooperative Extension** and a number of **food pantries** to provide **1,281** low-income older people with a total of **295,950** pounds of groceries.
- More than 30 children in grades 6-8 from the **City of Saco's** summer rec program teamed up with Truslow Adult Day Center to work in groups and one-on-one with participants. Activities included games, crafts and athletic fun.
- CATCH Healthy Habits**, a program for better health for adults age 50+ and children, was awarded to SMAA in 2011—one of 18 funded nationally by the **OASIS Institute**, a national education organization, with support from the **WellPoint Foundation**. Local partners include the **Boys & Girls Club** and elementary schools in **Westbrook, South Portland and Portland**.
- Martin's Point Health Care** was the \$15,000 Platinum Sponsor for Maine Senior Games for the 4th year.
- 477** low-income seniors received supportive services and housing in partnership with the cities of **Westbrook and Portland**.



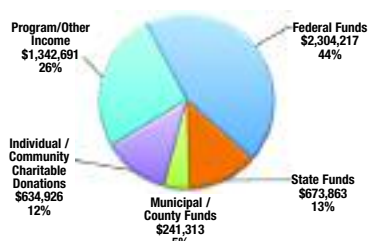
**Volunteers** made it possible for

- 179,194** meals to be delivered to **1,666** households.
- 154** people to get essential groceries or manage limited household finances.
- 5,471** people to be guided through complex health insurance decisions including Medicare.

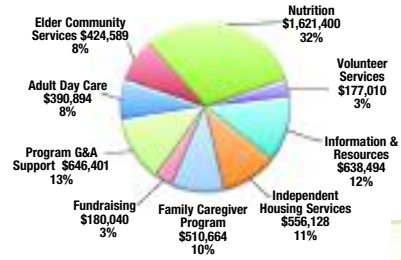
This year 575 volunteers of all ages helped SMAA deliver services to assist people over age 60 and their family caregivers. They served over 32,943 hours, the equivalent of 16 fulltime employees.

In addition, 269 SMAA RSVP volunteers provided service in their communities through other non-profit and healthcare organizations. They served over 37,690 hours, the equivalent of 18 fulltime employees.

**Revenue for the Year Ending September 30, 2011**  
Total Revenue: \$5,197,010



**Expenses for the Year Ending September 30, 2011**  
Total Expenses: \$5,145,620



**Discovering Solutions for Aging and Independence**

**Assisting Family Caregivers**

**Savvy Caregiver Classes** helped families develop knowledge, skills and attitudes to make taking care of a person with dementia easier. In 2011, Savvy Caregiver II was launched to assist caregivers as dementia progresses and their needs as caregivers change.

**3,207** family caregivers talked with one of our staff or attended caregiver classes, which helped countless family members gain information and develop coping skills, up **54%** from 2011.

**Enhanced Services in the Community**

SMAA works toward streamlining access to services for people with disabilities and older adults alike. In order to help achieve this, SMAA Resource Specialists visit community sites through **Wayside Food Programs**, the **IRIS Network, Goodwill, ALPHA One**, various churches and other organizations in order to offer face-to-face assistance.

Through our "As You Like It" program, the **Bonanza restaurant, Me & D's Diner, St. Joseph's College, Maine Medical Center and York Hospital** served **20,032** meals, up **83%** from 2010. Customers choose from a variety of menu items, where and when they want to eat out and for a suggested donation.

**"I have learned how to get my self-esteem back and to do more positive thinking. The (Living Well) workshop has made me think that I can do anything in life."** Cindy M.

Working closely with adult education departments, primary care practices, immigrant community leaders and the YMCA, twice as many (**197**) people with multiple chronic health conditions learned skills by attending "Living Well for Better Health" workshops. **122** people learned to reduce their risk of falling through "A Matter of Balance" classes.



**21** new volunteer Medicare Advocates were trained in 2011 bringing the number of active health insurance counseling volunteers to **65**. This cadre of volunteers and our staff made it possible to provide **7,508** health insurance sessions this year.

Our Money Minders volunteers helped **71** low-income households establish a monthly budget and accurately pay their bills on time. Bank overdraft fees were avoided and volunteers made referrals for benefits such as fuel assistance, tax/rent rebates, and health insurance counseling to maximize income and to free up funds to pay for other needs whenever possible.



**Milestones**

The circulation for "Senior News" increased from **19,500** to **22,000** and the number of contributing volunteer writers topped **30**.



Al Cowie received the Greenleaf Award and Anne Bain retired after 22 years as the Meals on Wheels coordinator in South Portland.



**28%** of Maine Senior Games athletes were new competitors, up from **3%** in 2010. **428** athletes competed in one or more events for a total of **861** entries. In 2011 Candlepin Bowlers went from 14 to 44!



RSVP Coordinator Priscilla Greene celebrated 25 years of placing volunteers among a total of **80** healthcare or non-profit organizations.

**Truslow Adult Day Center in Saco**

**64** families benefited from 34,363 enriching hours of therapeutic activities for a cognitively or physically impaired relative.



Henri Gobeil proudly wearing his military medals for Veterans Appreciation Day.



Ranger from Saco Police Department visits Truslow Day Center.

**"My father is more alert and focused after a day at Truslow. He comes home singing."**

SMAA relies on private donations for 12% of its operating budget. To donate toward our work, call 396-6591 or visit www.smaa.org. Services of SMAA are also supported by state and federal funds through the Maine DHHS Office of Elder Services, the Corporation for National and Community Service, Centers for Medicare and Medicaid, and HUD's Community Development Block Grants from the cities of Biddeford, Portland and South Portland and Cumberland County, most of which require matching money from local communities, grants and donations. SMAA is an equal opportunity non-profit, charitable organization.

**Governor's Proposed Cuts**  
continued from page 10

Southern Maine Members of the Appropriations Committee:

**Senator Dawn Hill, D-York**  
PO Box 701, Cape Neddick, ME 03902, 207-337-3689  
SenDawn.Hill@Legislature.Maine.Gov

**Kathleen Chase, R-Wells**  
142 Branch Road, Wells, ME 04090  
Home: 207-646-2118

Business: 207-646-8795  
Fax: 207-646-6343  
Cell Phone: 207-468-9747  
Home E-Mail: kathydhchase@hotmail.com

**David C. Webster, D-Freeport**  
P. O. Box 124, Freeport, ME 04032  
Home Telephone: (207) 865-4311  
Business Telephone: (207) 865-4311  
Fax: (207) 865-4311  
Home E-Mail: dcwebster@comcast.net

**The Scoop on Medicare Advantage Plans**

**Reconsidering? You have until February 14th to switch back.**



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

January 1st through February 14th each year marks the period when a Medicare beneficiary can reconsider their choice of a Medicare Advantage (MA) plan and switch back to Original Medicare and chose a Medicare D plan and supplement to replace the MA plan. For those of you who may be considering such a switch, Senior News contributing author Stan Cohen has put together a review of Medicare Advantage as you contemplate a possible switch.

Medicare Advantage is an option that appeals to some Medicare beneficiaries because of low premiums (some have no premium), because most of them also have drug coverage and because they require only one ID card (compared to traditional Medicare where you may need 3 cards: the Medicare card; a Medicare Supplement card; and a Part D plan card). For some seniors, Medicare Advantage is a reasonable alternative. But as the saying goes, the "mischief is in the details."

There are five companies that offer several MA plans this year in Maine. Most agents who sell these plans are ethical representatives who are selling a legitimate product. On the other hand, they may not be inclined or have the time to fill you in on the "small print" –the details that could cost you money later on. For example, there are co-pays with most Medicare Advantage plans that you will not incur with traditional Medicare supplemented with a Medigap plan. One of the biggest of these MA co-pays is

for hospitalization as an in-patient. In most Maine counties, that co-pay ranges from \$100 to \$250 per day for each of the first six, seven or ten days, depending on the plan. And those co-pays may apply to each benefit period of 60 days. To be fair, each MA pan has a maximum, annual out-of-pocket amount. These caps range from \$3,400 to \$6,700.

There are, however, a number of other MA co-pays that are not usually applicable in traditional Medicare supplemented with a Medigap plan. Here are some of them with typical co-pay amounts: Durable Medical Equipment - 20%; Out-patient surgical services-\$200; Diagnostic tests - 20%; Specialist - \$35; and the long list goes on.

Of course, the open enrolment for MA plans is now over (until next fall). Still, those who are new to Medicare in 2012 have a seven month window to sign up, and they will undoubtedly receive lots of marketing mail from companies who want their business. So I recommend that anyone who is considering an MA plan ask these questions:

1. Are all of your drugs on the plan's list of covered drugs (the formulary)?
2. Are there any co-pay categories that are not included in computing the annual cap?
3. Is there a co-pay for Part B drugs (e.g. meds administered in the doctor office)?
4. If you need a skilled nursing facility (like a rehab hospital) will there be a co-pay?
5. Is your physician in the plan's network of providers? If the answer is yes, check with your doctor's office to be sure.
6. What coverage, if any, will be provided if you go out-of-state?
7. Will the plan provide you with a written "summary of benefits" before you enroll?

Keep in mind that the plans are not permitted to call you or visit you unless you ask them to. Be diligent. It's your money.

Remember, if you are considering a switch to Original Medicare, (with a Medicare prescription drug plan and supplement), you must do so by February 14th. If you have any questions about your situation, please call SMAA at 207-396-6500 or 800-427-7411.

**Correction..... Boston Museum of Art**

Unfortunately, Senior News received incorrect information from several sources and did not question its validity. The truth is only students who are Maine residents are admitted to the Boston Museum of Art free of charge. We are very sorry for the confusion and appreciate readers letting us know of the error.

—Editor

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## Village School's Kindness Campaign Extends to Meals on Wheels at Christmas



Kindergarten and first grade students at the Village School in Gorham made "Hugs to You" cards for 120 Meals on Wheels recipients from Gorham, Westbrook and Portland. The cards were delivered on Christmas Day by volunteers from the Portland Rotary Club, which marked 33 years of delivering meals to seniors alone on Christmas. In all, 231 holiday ham dinners were delivered in York and Cumberland counties by volunteers organized by the Southern Maine Agency on Aging.

To sign up for Meals on Wheels or to volunteer, call 207-396-6583 or 1-800-400-6325.



### A meal, and so much more.

"One of the largest volunteer networks in southern Maine delivers 800 meals to homebound seniors struggling with hunger. Along with those meals, they deliver dignity and compassion. Please join me in making a gift today for Meals on Wheels so that no senior goes hungry."

—Senator George Mitchell

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Contact the Southern Maine Agency on Aging at [www.smaaa.org](http://www.smaaa.org) or call 1-800-400-6325 or (207) 396-6583

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You can continue your annual giving after you are gone by making an endowed gift that will keep on giving year after year.

### Do you wish to establish a lasting memorial to a loved one?

You can create a named endowed gift as a lasting memorial.

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
- Stock gifts
- Real estate and other gifts of property
- Beneficiary arrangements:
  - Life insurance
  - Pension plans
  - IRAs
  - Annuities

The Legacy Society welcomes individuals who make outright gifts to SMAA's endowment of \$2,000 or more and/or make provisions for SMAA in their wills or through life income gifts or charitable trusts of any amount. To find out how to become a Legacy Society member, call Peg Brown, Director of Development at 207-396-6590 mbrown@smaa.org. Or you can visit [www.smaa.org/planned\\_giving.php](http://www.smaa.org/planned_giving.php) to learn more.

## What Your Dollars Do Supporting Savvy Caregiver

What do you do when a family member is diagnosed with Alzheimer's disease or another dementia? It's frightening and for many people, denial is the road most taken. But when you can no longer deny the effects of the disease on your spouse, mother, father or close friend, there is another path.

*These classes have given me peace of mind. I've learned what to do and now remind myself that I'm doing the best I can. I'm so grateful.*

— Savvy Caregiver participant

The Southern Maine Agency on Aging offers free Savvy Caregiver classes, which help you understand and meet the challenges you'll be facing. A 12-hour investment of your time returns not only the tools you can use to become a better caregiver, but also a greater sense of patience, an acceptance of the loss you're experiencing, and a more fulfilling relationship even as the disease progresses.

Fortunately for us, The Simmons Foundation, the Sam L. Cohen Foundation, and the Huntington Common Charitable Fund for Seniors, and Home Instead of York County have all supported Savvy Caregiver and are helping you meet those challenges by investing in this important work.

For Ann O'Sullivan, a Family Caregiver Specialist, Savvy Caregiver is training for a difficult journey. "You wouldn't run a marathon without training. That's what this is. Savvy Caregiver helps a caregiver stay healthier and the person with dementia stay safe and content."

The Southern Maine Agency on Aging will offer eight Savvy Caregiver classes in York and Cumberland counties in 2012. For more information call Ann O'Sullivan at 207-396-6541 or see the schedule on page 16.

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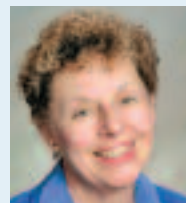
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## Senior Moments

By Hunter Howe

### Old Boring Bob



September had slipped into early October. As I sauntered around Fort Williams one dreary and gray, overcast morning, I bumped into my good friend Bob. He sat on his favorite bench, appearing deep in thought. On closer look, he seemed down, even disturbed.

"Everything OK?" I asked. Bob patted the bench, a gesture to sit. He peered out toward Cushing Island, his brow wrinkled, eyes narrowed.

"About a year ago, my wife said that as we grow older, people listen to us less. Nonsense, I told her. I've been to town a few times, been around you know. I have a lot to say. I waved her off with a dismissive chuckle."

I slapped Bob on the shoulder. "Only one person more interesting than you and that's me." I laughed, he didn't. "So why the Gloomy Gus face?"

He pressed his lips together and shook his head. "She was right. I've become conversationally impaired. I'm boring others into submission."

"Other seniors?" I said.

"Nope, mainly people younger than me. Maybe it's just a generational gap and I'm overreacting."

Because I'm a swell amateur psychologist, I didn't respond right away. I wondered if he was having a case of the poor me. You see, Bob is not boring, far from it. "Something happen?"

"Nothing overt. But, I've noticed others regarding me differently when I talk. It's a feeling, the body language-- they know what I'm talking about but don't seem engaged. I see all the disinterested warning signals: the glazed looks, pained expressions, glancing away, eyes squinting, feet shuffling. You'd think I had stale beer breath, barbarian body odor, or a massive Boston baked beans gas attack. I've turned 65 and bingo, I'm Old Boring Bob."

Sensing Bob's emotional electrocardiogram spiking, I felt my own heart sag a bit, sensitive to my friend's dismay. We sat in silence,

friends quiet with each other. I thought about what he'd said. Not prone to exaggeration, his comments didn't make sense to me. I'd admired his successful career, his pursuit of knowledge, his acute powers of observation, his thirst for reading, his well-traveled portfolio and his bit of wit. Likeable, he was hardly a boring person.

Bob turned towards me. "Years back, I'd walk into a room, put my hand out and engage in meaningful conversation."

"Kind of like a politician, without the meaningful part," I said. My second attempt at humor, like stepping into a fresh dog turd, stunk.

Bob banged his fist against the bench. "Have I suddenly become a sad sack senior muttering, blabbering and rambling incoherently? Maybe it's my Old Spice and I smell like my grandfather did. That's it, I'll upgrade to Polo, whiten my teeth, wear Ray-Ban sunglasses and toss the flannel shirts."

"Not the flannels, you'll lose the LL Bean modeling job, I said." Another turd.

"I know something about the art of conversation," he said, "about being a good listener. Remember the old adage, 'A bore talks mostly in the first person, a gossip in the third and a good conversationalist in the second.' What do you think?"

"You're possibly a victim of age conversation discrimination."

"Is that some kind of social disease? Sounds like a subject for Dr. Phil's television show. Hey, what's the remedy? Pop a pill, join the Hair Club for Men or converse with my imaginary pal Bert."

"Bob, another friend told me once that not every realization we have is worth a lot of time and thought; sometimes, it's a matter of accepting reality, even in those times when our egos are bouncing along the ground like deflated balloons. However, I suppose it's a personal judgment."

He nodded, stood, started to walk away, then hesitated. "Thanks

for listening."

I wonder how many other seniors feel the same frustration as Bob, something to say, few listening. Selective extroverts turned into tentative introverts with guarded tongues. As the world piles things on, we struggle in life to think well of ourselves, for recognition. I wonder if more seniors need to speak up like my friend and come out of the age conversation discrimination closet.

I remembered what Maine writer Holman Day wrote, "But the

listener must be wise to understand."

I HEAR YOU, Bob.

Note: We're interested in your thoughts regarding "Bob's" feelings concerning age conversation discrimination. All responses will be held in strict confidence. If we get enough feedback, we'll publish an overall generic composite of reader's input. Thank you.

Readers may contact Hunter at [grayowl@maine.rr.com](mailto:grayowl@maine.rr.com)

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Developed at Stanford University, this safe, supportive, workshop can help you take control of your problems and re-start your life. Open to adults of all ages. Caregivers also welcome to attend. Workshops are given in 2½ hour sessions once a week for six weeks at convenient locations throughout

Cumberland and York counties. Sponsored by Southern Maine Agency on Aging.

### Workshops - Winter 2012

Mondays, 9-11:30AM, January 30 - March 12 (no class February 20) at Gorham Parks & Rec, 75 South St., Gorham

Wednesdays, 9:30AM-12 noon, January 25 - February 29 at MMC Family Medicine, LRC/Falmouth Classroom, 5 Bucknam Road, Falmouth

Fridays, 12:30-3PM, January 27 - March 8, Meetinghouse Village, 143 Rogers Road, Kittery

Thursdays, 1-3:30PM, February 2 - March 8, Harbor Terrace, 284 Danforth Street, Portland

Tuesdays, February 7 - March 13, 9:30AM-Noon, Nason Community Center, 457 Main Street, Springvale

Fridays, February 26 - April 14, 2:30-5PM, Portland YMCA, 70 Forest Avenue, Portland. Call 874-1111

Fridays, March 2 - April 6, 1-3:30PM, Martin's Point Health Education Center, 331 Veranda St., Portland

Thursdays, March 8 - April 12, 5:30-8PM, Windham High School, 406 Gray Road, Windham

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- Reinforce your own wellness goals as you teach
- You don't need to be health professional to become a coach or leader

The Living Well Leader training consists of 28 hours offered over a four-day period.

- Easy-to-use curriculum provided.
- In-depth, thorough training and opportunity to practice skills.
- Ongoing support and mentoring provided by SMAA's Agewell staff.

The next Volunteer Leader Training will be at the main office of the Southern Maine Agency on Aging on March 15, 16, 22 & 23 from 8:30am to 4:30PM each day. *You must attend all four days for certification.* Call Jessica LeBlanc at 207-396-6583 or 1-800-400-6325 or [jleblanc@smaa.org](mailto:jleblanc@smaa.org) for more information or to register.

## National Osteoporosis Foundation of Southern Maine Support Group Meeting Schedule

**M**eetings are held at 6PM at 800 Main Street in South Portland. The programs include general sharing/socializing and a variety of educational speakers. Dr. Ann Babbitt is the medical advisor and periodically attends meetings. Mary Menard, LADC is the facilitator. Please call Cindy King at 828-1133 if you have any questions. If you need transportation, we may be able to help.

### February 7, 2012

"Protect your Hands" with Jenny Shubert P.T. Cht Seacoast Hand Therapy

### March 6, 2012

"Meeting your Nutritional Needs with Celiac" with Kay Mullin, RD, LD, CDE

### April 3, 2012

"Programs the Cancer Community Center has to Offer" with Amy Anderson, Outreach Coordinator

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### You will learn to:

- View falls and fear of falls as controllable
- Set realistic goals for increasing activity
- Make changes to reduce falls at home
- Exercise to increase strength and balance

### Winter 2012 Class Schedule

Mondays, 2-4PM January 16 - March 5, Paul Hazelton House, 7 Smith Lane, Saco

Wednesdays, 1-3PM January 18 - March 7, Southern Maine Agency on Aging, 136 U.S. Route One, Scarborough

Tuesdays, 1-3PM February 28 - April 10, Casco Bay YMCA, 14 Old South Freeport Road, Freeport. For registration, call 207-865-9600.

Wednesdays, 1-3PM March 21 - May 9, MaineHealth LRC, Falmouth Classroom, 5 Bucknam Road, Falmouth

Thursdays, 10AM-Noon February 23 - April 12, Congregation Sharey Tphiloh, 76 Noyes St., Portland

Call or email for more information or to register: Jessica LeBlanc at 207-396-6583 or 1-800-400-6325, jleblanc@smaaa.org

## Computers for Seniors

**D**on't be afraid of your computer! This class is geared for folks that don't know their way around the computer. Learn the basics of computers, how to use email and the Internet. Find out about Facebook and Skype. This class allows time to practice. No prior computer experience necessary.

### Tuesday & Thursdays, 2:15-4:15

Offered twice: January 17 to February 9 OR March 13 to April 5  
Cost is \$57 for Portland residents, \$67 for non-residents. You can register online, walk-in, call 207-775-0432 or mail-in.

## Do you Suffer from Pain?

**B**lack Bear Medical at 275 Marginal Way in Portland will be hosting two open houses to demonstrate the LaserTouchOne, a revolutionary device for pain relief. Ken Perkins, PT, renowned orthotist and prosthetist, will personally introduce and demonstrate the benefits of this breakthrough technology for pain relief. Please join us Jan 11th 1pm-5pm or Feb 29th 1pm-5pm. Don't want to wait or can't make the open house dates? Contact Michael Chapman (207) 400-8028 to schedule a free demo and for more information.

## Eating Right in the New Year and Beyond

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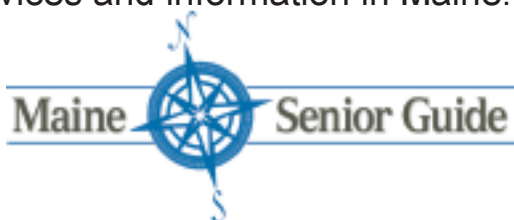


## Information for seniors and their families

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## Twin Sisters

continued from page 1

"We don't have a script. We just turn the camera on and we start babbling," said Sawyer, who originally went by the stage name Miss Donna but switched to Grammie Donna following the birth of her first grandchild during the show's second season.

Sawyer and Senechal, known to viewers as Miss Dianne, had no experience on either side of the camera when they launched their program. They came across as stiff and serious in their first few shows. That changed once they allowed the goofiness they sometimes display with each other to come forth, bringing their true personalities to the screen.

"Once we realized we were funny and we've become more ourselves on the air, that's when the show was truly our real selves," Sawyer said. "From then on, we were comedians."

In the process, they have become familiar faces to viewers of Saco River Community Television and to many in other towns such as Gorham and Windham, which also air the program. Sawyer says it's not unusual for her or her sister to be stopped on the street or in a store



**Turning an outhouse into a tool shed is just one of Miss Dianne's many gardening innovations. Repurposing wood, metal and found objects are some of the creative tips shared on Garden Thyme, the TV show Dianne hosts with her twin sister Donna.**

by fans of the show.

Their adventure began after the station manager, Patrick Bonsant, prodded Senechal to produce a program and provided her with a list of suggested topics. Senechal worked as welfare director and assistant to the selectmen in Buxton, and she felt obligated to agree to Bonsant's request because of the work that the access station had done for the town.

"I'm always trying to encourage local people to use this resource,"

Bonsant said. "It's a free speech channel and it relies on community participation."

Senechal enlisted her sister as a helper for the show, which they assumed would be a one-time event. They chose gardening as their subject, having grown up with three brothers and four other sisters on a farm in the Waldo County town of Swanville. Senechal and Sawyer went on to graduate from Husson College and moved to southern Maine, where they worked first for Unum and later in town government.

After Bonsant gave them a digital videocamera and 15 minutes of training, the two were pretty much on their own. "She sat with the camera, and I talked," Sawyer recalled of the hours they spent filming that first episode on putting together a soil recipe. "We had no idea what we were doing. It was just a mess."

But after the station manager edited the material, added some music and gave the program a name, the finished product was better than the twins expected. It turned out so well that they decided to film a second show, and then a third. As they became more confident about making videos, any thought of pulling the plug on "Gar-

den Thyme" soon disappeared.

Over time, Sawyer and Senechal got better and better. Instead of merely filming in each other's backyard, they started to film their episodes at different locations. The episodes have taken them as far afield as Stockton Springs, a 245-mile round trip, and it's now only on rare occasions that they do an episode from home.

The summer filmings are exclusively garden related; shows made in the winter explore other topics, such as quilting, making Christmas wreaths, maple sugaring and feeding birds. Some shows feature colorful characters, including 84-year-old Barbara Moulton, who demonstrates haying at her farm in Buxton.

Bonsant credits much of the show's success to the sisters' unscripted patter and the delightful way in which they play off each other while imparting useful information in a straightforward manner. "They remind me of my two Irish aunts," he said.

Neither Senechal nor Sawyer is ready to speculate about how long they plan to continue their late-life filmmaking career. But they agree that as long as it's still fun, they're likely to keep at it.

Bonsant is amazed by the energy the sisters put into the show, which has already run 80 episodes. About 40 of the shows can be viewed at [vimeo.com/channels/gardenthyme](http://vimeo.com/channels/gardenthyme).

"They totally defy that stereotype of the senior citizen passively sitting in a rocking chair," he said. "They helped us create a garden in front of our television studio in Hollis. We were plenty sore at the end of the day, but they seemed like they were ready for more."

Editor's Note: To watch past episodes of Garden Thyme, see [www.src-tv.org](http://www.src-tv.org) or tune in at 10:00 AM or 8:00 PM every day on Saco River TV Channel 2. If you are outside Channel 2's six town viewing area or not a cable subscriber, you can stream Garden Thyme broadcasts from the Internet (at the times above) from [www.src-tv.org](http://www.src-tv.org). If your town has a public cable access station, you can request that Garden Thyme become part of your local programming. The shows are available free for stations to broadcast.

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**The Bombardier**  
continued from page 3

a luxury ship disappeared when we departed New York Harbor aboard a captured Italian liner converted to a military transport." Landing in Liverpool, England, "a damp fog covered everything like a wet blanket." They journeyed on to Cambridge. "At the train station, we noticed some American flyers with many decorations on their uniforms...faces of seasoned veterans that had experienced the horror of war. I thought, we're now in the danger zone."

The crew moved on to the 398th Bomb Group Air Field near the village of Nuthampsted, located northeast of London. The 398th fell under the overall command of the Eighth Air Force. Here they joined the 603 Bombardment Squadron, a B-17 Flying Fortress heavy bomb squadron, which operated mainly against strategic objectives in Germany.

The Boeing B-17, produced from 1936-1945, was designed as a high-flying, long range bomber. It dropped more bombs than any other American aircraft in World War II. The U.S. Army Air Forces and the Royal Air Forces were its primary users.

"No time was lost getting us ready for combat. The invasion had started and the Eighth Air Force was busy supplying cover for the landing troops." A number of practice hours were required before the crew was put on combat duty.

*Edgar A. Guest wrote on the call to duty:  
"At some post where my work will  
I must with courage do my bit;  
Some portion of myself I'd give  
That freedom and the Flag may live.  
And in some way I want to feel  
That I am doing service real."*

"On one run we were taking off from the short runway, and I was in my usual position in the nose, looking out in front of us when I saw this farmer plowing the land. When I saw him jump off his tractor and run, I knew we were in trouble. Sure enough, one wheel hit the tractor sending us out of control into a bunch of trees at the end of the runway. Our speed was around 80 miles per hour and it seemed like forever for the plane to stop its wild ride and come to a stop. Not being built to fly through trees, the plane broke in half. I smelled the plane burning. When the fire reached the .50 caliber ammunition, all Hell broke loose, bullets flying in all directions."

Everyone got out. But the waist gunner, burned badly and thrown from the plane, spent the rest of the war in a hospital. With time of the essence, the crew flew the next day.

"At 19-years old, I did not consider the profound effects of waging war. All I considered was the threat being made to my country. With these thoughts, I was ready to place

my fate in the hands of God and put my life at risk."

"Then there was the thrill of adventures over Germany, dodging flak and enemy planes. Thinking like most flyers, surely the Germans can't shoot us all down, I am going to be the ONE to finish my missions."

In August 1944 faced with his first mission, Dean wondered who would survive, if anyone.

In Part II, we will find ourselves flying in the tight confines of a B-17 over the flak-filled skies of Hitler's Europe. Through Dean's eyes we will be experiencing the sheer bedlam of his 20 missions—12 as a bombardier and eight as a navigator.

Readers may contact Hunter at [grayowl@maine.rr.com](mailto:grayowl@maine.rr.com)

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**Windham:** Owen O'Donnell is available Tuesday at Our Lady of Perpetual Help at 919 Roosevelt Trail. Call the Agency at 396-6500 an appointment.

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## Chronic Pain Support Group Welcomes New Members

By Ernie Merritt, Facilitator

The Southern Maine Chronic Pain Support Group was founded in 1993 and meets on the first Thursday of every month from 6-7:30PM and from 11-12:30PM on the third Thursday of every month in Ocean Park. The group is sponsored by The Arthritis Foundation [www.arthritis.org](http://www.arthritis.org), and is a member of the American Chronic

Pain Association [www.theacpa.org](http://www.theacpa.org).

At this point, the group seeks new members in order to make the experience beneficial for all and to keep the all-volunteer, nonprofit group going. The group offers support, coping skills, empathy and understanding. Family and friends are welcome to attend. Any help offered by the group is supplemental to everyone's own medical providers.

### What does the group offer you?

- an opportunity to talk with others who have an understanding of chronic pain
- a community of supportive people
- help learning to cope with pain

### The group supports and guides you to

- learn more about your condition

- accept your pain and move toward living life to its fullest
- learn how to use coping and pain management skills
- reclaim control of your life

The group meets in the hospital-ity room at The Pines, 20 Manor Street, Old Orchard Beach. For more information, call Evelyn (207) 937-5020 or Jane (207) 934-4189 or send an email to [supportgroup@gwi.net](mailto:supportgroup@gwi.net) or visit [www.painsupportgroup.org](http://www.painsupportgroup.org).



  
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## Maine Seniors Must Plan for Long-term Care

### Governor LePage's Proposed Cuts will Affect Many

By Matthew R. Dubois, Esq

Statistics released a few months ago show that while Maine incomes and household net worth are below national averages, the cost of long-term care here, both in-home and in-facility, is substantially higher. The national average annual cost of care in assisted living is \$39,135 and in a nursing facility \$77,745. In Maine that same annual care is \$55,500 in assisted living and \$102,747 in a nursing facility.<sup>1</sup>

As long-term care costs rise, it all seems unaffordable to the average middle income Maine family. While no one wants to need long-term care, most will benefit from it and expect to receive it at some time in their lives. Long-term care, both at home and facility based, have become part of how seniors recover, thrive and survive following a medical crisis, due to aging-related frailty and often a multitude of conditions and diseases.

Long-term care insurance can help offset these costs, if you had the foresight and budget to afford it. For most Maine seniors, private long-term care insurance was not part of their retirement plan, and they have for many years been using up their retirement savings, even the equity in their home, to pay for long-term care. Mainer's are notoriously self-sufficient and prefer to pay their own way—even when poverty results. When private funds run out, often while paying for just the first spouse who needs care, many rely on MaineCare long-term care (which leverages federal Medicaid dollars).

Unfortunately, current proposals being put forward by Governor LePage and other Maine lawmakers include substantial cuts to MaineCare programs including those that pay for assisted living and boarding home coverage. In addition, these proposals included cuts to supportive services including Drugs for the Elderly, Fund for a Healthy Maine, Medicare Savings

Program, the "wrap" for Medicare Part D, elimination of adult family homes as well as many 'optional' Medicaid funded services.

What can Maine seniors do to ensure they will be able to get and pay for care? The key to protecting yourself, your spouse, your home and your retirement savings is to plan ahead. Most people think that if they are prudent spenders, if they save, if they set aside a nest egg, they will be able to pay. However at over \$100K per year for nursing home care, most will quickly run out of funds.

As you approach retirement you should view meeting with knowledgeable aging professionals as an investment in your future health and a protection for your family, your home and your estate. By meeting with an attorney familiar with aging issues, you can develop a health and long-term care plan in conjunction with your estate plan. Since long-term care is one of the biggest potential expenses you face in life, this is a smart investment in healthy aging. Similarly, meeting with insurance, investment, accountant and care management professionals can help

you find ways to afford long-term care and reduce overall health and long-term care expenditures when they will be needed.

By developing a legal and long-term care strategy with your attorney, you will better understand how to use the investments and equity you have to pay for better care. You can plan ahead to pay for care, to protect a spouse or disabled child and to minimize the impact of gifts to charity or to children if you some day need to apply for MaineCare assistance. By planning ahead you can make investments and upgrades that will allow you to receive in-home care for a longer time, convert property to create income for you and your spouse, maximize your income to pay for care and work with other family members to protect family property.

Nothing you read here or elsewhere substitutes for legal advice from an attorney knowledgeable about the funding of long-term care faced by seniors—be sure to start asking your attorney these questions.

<sup>1</sup>SOURCE: Genworth Financial, Inc.

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- Westbrook at Canal Elementary School
- South Portland at Skillin Elementary School and Redbank Community Center

There are lots of ways to get involved. You can work directly with the children in grades K-5 by leading fun, active games, sharing healthy snacks and teaching about good food choices. Or, you can help in other ways, like helping to organize sessions, preparing snacks, taking pictures, etc. Sessions meet once a week for an hour and training is provided.

To learn more, contact Sharon

Schulberger at 396-6523.

Help children develop healthier lifestyles and make positive changes that will help you, too. Contact us today!

## 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."

### Continue the holiday spirit, volunteer!

#### Cumberland County

- A Portland public school is looking for a volunteer to tutor a gifted young student in advanced mathematics and algebra.
- If winter driving is not a problem for you, Meals on Wheels has an opportunity in the South Portland, Scarborough and Cape Elizabeth area delivering meals. The time commitment is about two hours one day a week. Volunteers are not asked to drive in snow storms and are paid 42 cents a mile.
- Wanted: Mentors to act as culture guides for an adult non-native speaker. Also needed is a volun-

teer to help "at risk" youth in an alternative school setting.

- Attention knitters: We have opportunities for you to knit hats and mittens at home for elementary school children and/or to teach elementary school children how to knit.

- The American Red Cross has a variety of needs-volunteering at a local center or helping with local blood drives.

Please call or email me, Priscilla Greene, at 396-6521 or 1-800-427-7411 Ext. 521, or pgreene@smaaa.org, and we can discuss these and the many other ways you and others can have a great year ahead.

#### York County

- Do you like to read books aloud to young children? Opportunities to do so exist in children's centers in Kittery, Sanford and Biddeford.
- A nonprofit bookstore that benefits Home Health and Visiting Nurses of Southern Maine needs additional volunteers to help out.
- Southern Maine Agency on Aging's Truslow Adult Day Center in Saco needs greeters, office helpers, a men's group leader, a lunchtime aide, help with various activities and even a volunteer manicurist. Call RSVP for more information.
- Meals on Wheels drivers are needed on Mondays, Tuesdays, Thursdays or Fridays. The time commitment is about two hours.
- A number of nursing homes and assisted living centers are looking for volunteers to help with activities or visit residents.

To learn more about these and many other volunteer opportunities,

if you live in southern York County, contact Deborah Levine at (603) 205-4073 or dlevine12@yahoo.com. If you live in the rest of York County, contact Ken Murray, at 1-800-427-7411, Ext. 520 or by e-mailing kmurray@smaaa.org

## Congratulations

RSVP volunteer Bill Cataldo was named "Volunteer of the Month" at Learning Works in Portland. Bill volunteers as a chef, cooking lunch three times a week for the students in the Youth Building Alternatives Program, an alternative education program for high school age young people. Congratulations, Bill!

## New Volunteers

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

- Michelle Andreoli
- Jessica Aspiras
- Eric Booker
- Stacey Golder
- Peter Hutchinson
- Ruth Lathrop
- Mark Longarini
- Donna Perry
- Ann Phoebe Russell
- Work Opportunities participants, Sanford

## New RSVP Stations

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- Child Care Services of York County
- John F. Kennedy School
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## Mission Driven A Spotlight on Carrie Yardley

By **Monika Pardon**  
AmeriCorps VISTA Volunteer

Carrie Yardley has become an invaluable volunteer and member of the Southern Maine Agency on Aging family. She came to us as a volunteer through the AARP Volunteer Income Tax Assistance program. When I first met her, she was glued to a computer at the main office in Scarborough. In talking with Carrie, I have discovered that she has a quiet wit. She is a very interesting, funny, dynamic, talented and professional person.

Carrie has New England roots. She grew up in New Hampshire, and she attended Wesleyan University in Connecticut. Later she went on to law school at Boston University. She moved to Minnesota for her husband's work and eventually they returned to New England and settled in Maine.

Carrie started her professional life working as a lawyer until ten years ago, when she opened her own catering business. After running her business, she decided to volunteer with AARP as a tax consultant for the 2010 tax season. AARP placed her at SMAA to work on Fridays as a tax counselor.



During the last tax season Carrie got to know the Agency, met employees and some older adults who came to SMAA. Within SMAA, she found a place where her talents are not only utilized but valued. She

found she likes older people, SMAA workers and the Agency's mission, which is "...to improve the physical, social, emotional and economic well-being of older adults living in southern Maine." Carrie realizes that one of the best ways to understand the issues seniors face is to work with them on a one-on-one basis.

When her volunteer service with AARP came to a close, Carrie stayed on as a SMAA volunteer, working with the Development office and joining SMAA's Development Committee. She helps to identify people who may be interested in furthering SMAA's mission through their financial support. Equally important, she spends time talking


to existing donors to thank them and to find out what they value about SMAA.


Carrie has a personal goal to volunteer ten hours per week and generally, she achieves this goal. She comes in and works diligently, helping the Agency and the senior community of southern Maine. Currently Carrie is working on an event for donors to help raise funds for Meals on Wheels.

Carrie believes in hard work and helping others and she does so with grace and humor. She told me one thing that rings true for everyone at any age; we have to "...have a good sense of humor to deal with life." With the tenacious commitment she has for seniors and the Southern Maine Agency on Aging, Carrie is an invaluable member of the SMAA family of volunteers.

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**Recipe for Bone Building**

Susan Gay, Registered Dietician  
Nutrition Coordinator, Hannaford

“Eat your vegetables and you’ll grow up to be big and strong!” We’ve all been known to use this line on our children and



grandchildren to persuade them to eat, right? Wise advice and true words for all of us to live by! OK, we’re all grown up,

but are we strong? Good nutrition is important for sturdy bones and a resilient immune system. Both are key to aging well. Healthy bones are dependent on adequate Calcium and Vitamin D and can help avoid falls and broken bones. The requirement for seniors is three servings of Vitamin D fortified low-fat or fat-free milk or yogurt daily. Also look for fortified fruit juices, cereals, and fatty fish like salmon and tuna. Additionally, milk and yogurt contain important nutrients like protein, phosphorus and potassium.

Taking a calcium supplement? Don’t forget Vitamin D to help calcium absorption. The current recommendation for D is 600 IUs over 60 years old and 800 IUs over 70; and more may be needed. Some research is showing that adequate Vitamin D levels help support our immune system, especially important during the winter months here in Maine! Despite our body’s ability to make Vitamin D when exposed to the sun, it’s often not enough because of our distance from the sun, as well as the limited time spent outdoors. If you haven’t already, ask your physician to check your Vitamin D level to determine if you need additional supplementation. Try this easy to make, delightful soup from Cabot cheese, and I guarantee no one will have to convince you to eat your dinner!

Using pureed cauliflower is an amazingly simple, healthy way to get the taste of a rich, creamy soup without all the extra fat and calories.

**Creamy Cauliflower Soup**

- cooking spray
- 1 cup chopped onion
- 1 medium head cauliflower, roughly chopped
- 2 1/2 cups less-salt chicken broth
- 1/2 cup fat-free milk
- 2 oz Cabot 50% Reduced Fat Cheddar, grated
- 2 tblsp chopped fresh dill (optional)
- pepper to taste

1. Coat a large saucepan with cooking spray; add onion and sauté over medium heat until tender (about 3 minutes). Add cauliflower and continue cooking 2 additional minutes.

2. Add broth and milk to pan and bring to boil. Reduce heat and simmer, covered, for 30 minutes or until cauliflower is very tender.

3. Remove from heat; puree soup in a blender in batches. Return to pan over medium-low heat. Whisk in cheese and continue stirring just until melted. Sprinkle with dill and serve.



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



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