



From the Director's Desk

Happy New Year!

I hope you will spend a few minutes reading the annual Report to the Community which is included in this issue of Senior News. A few of the Agency's 2014 highlights include the opening of the Stewart Center, a new state-of-the-art day center in the former Lunt School building on the OceanView Campus in Falmouth; the receipt of a nearly \$1 million federal grant to expand our dementia capable programs and services—one of only ten awarded in the country and the only one awarded in New England; national recognition for our evidence-based Matter of Balance workshops and the launching of the Veterans to Veterans program. You will notice in the Report that SMAA staff and volunteers assisted more than 25,000 individuals and families in the past year. The Agency's 635 dedicated and skilled volunteers donated more than 52,500 hours to SMAA, the equivalent of 25 full time employees. This critical work would not be possible without the generous financial support given to SMAA by the hundreds of individuals, businesses and foundations who donate to the Agency each year. I am so proud of the work SMAA does on behalf of older adults in southern Maine. I am very grateful to all our staff, volunteers and donors who make it possible for us to create better days for older and disabled adults.



SMAA Board of Directors focusing on sustainability

As I write this column, the federal government has just approved the country's budget for the coming year. For the third year in a row, funding for social services such as Meals on Wheels has been frozen at levels that are below what we received in 2010. Concerned with this continuing downward trend, the SMAA Board of Directors held a retreat in Octo-

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Successful Medicare Open Enrollment Comes to a Close

In December, The Southern Maine Agency on Aging wrapped up another Medicare Open Enrollment period. SMAA would like to express gratitude to the numerous individuals and couples we saw these past few months who trust in us to help them make informed choices about their Medicare plans. Our ability to serve so many is truly because of the team effort and partnerships that SMAA has with our Medicare host sites and with our team of volunteers.

We would like to extend thanks to the following locations for their support. Without their hospitality we would not have been able to serve as many individuals throughout southern Maine.

Biddeford, McArthur Library
Bridgton Community Center
Falmouth Memorial Library
Freeport Community Library
Gorham, St. Anne's Church

Kennebunk, St. Martha's Church
Naples Library
Portland, Woodfords Church
Portland, Salvation Army
Parsonsfield, Town Office
Saco, Dyer Library
Sanford, Southern Maine Health Care (formally Goodall)
South Portland, Redbank Village Office
Standish Municipal Center
Westbrook Community Center
Windham, Our Lady of Perpetual Help York Hospital

We would also like to express gratitude for our amazing team of volunteer State Health Insurance Program (SHIP) counselors. Our dedicated volunteers worked extra shifts in order to accommodate the huge volume of individuals seeking to review their Medicare options. We take great pride in knowing that our volunteers routinely go above and beyond for our clients and that together we will have helped con-

sumers save substantially in out-of-pocket health care expenses for 2015. We could not do it without them.

Doris Ames	Jerry Harkavy
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New Website Offers Easier Access to Information

We are pleased to announce the launch of the new Southern Maine Agency on Aging website. www.smaaa.org. Our new website builds on our recent work to re-brand our image and to strengthen our goal of creating better days for older adults, adults with disabilities, and the people who care for them.

SMAA has worked diligently in gathering input from clients, volunteers, and staff to help shape an experience that reflects what our users want and need. Visitors will notice immediately that the new site is bright and cheery, has a simpler navigation, and helps connect you to the information you need when you need it.

www.smaaa.org



We've made it easier to:

- Find the program or service you're looking for by organizing like programs and services together
 - Contact SMAA
 - Read Senior News online
 - Connect with us via Social Media
- Brand new additions to the website include:
- A searchable events calendar that lets you see what's happening at SMAA in one convenient location.
 - An improved volunteer opportunities databank making it easier to find a volunteer opportunity that's right for you.
 - Optimization for desktop, smart phone, and tablet so that you can experience the new SMAA site equally as well on all of your devices.

Head on over today and check out the new design. Make sure to let us know what you think!

If you no longer want to receive the paper, please contact Jessica at 396-6520 or 1-800-427-7411 x520 or jleblanc@smaaa.org.

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Agency on Aging
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MMC Geriatric Center ■ 66 Bramhall St., Lower Level, G-1 ■ Portland, ME 04102

Successful Medicare continued from page 1

We would also like to extend our gratitude to LL Bean for their generous donation of three backpacks for volunteers to safely transport laptops to and from their appointments with clients.

L.L.Bean

Lastly we would like to offer thanks to the following local businesses that generously donated one or more scrumptious lunches for our Medicare volunteers this Open Enrollment:



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Parle vous Francais?

Our Truslow Center now regularly hosts a French Club. Thirteen Members who are fluent in French gather frequently to speak French, often learned as children but not used commonly today. This program is an example of the member-centered programming SMAA offers in its two adult day centers. By focusing on what the dementia patient has retained makes for a happier person. Our members' caregivers tell us that their family member seem much more engaged after a visit to our centers.

“I know many of our members spoke French so it seemed like a natural program to develop”, said Elisha Stickey, Therapeutic Recreation Specialist. “Because the members run the club, it gives them a sense of independence and allows them to maximize socialization and bonding with their friends here at Truslow.” Elisha added.

Our staff has no idea what is being discussed but they have learned that laughter has no language barriers! Many members of the French Club have told staff (in English) that they enjoy being able to use their French and are able to speak freely among other their French speaking friends. The French Club is taking their bilingual ability one step further by teaching the staff French!

SMAA CALENDAR OF EVENTS

BIDDEFORD/SACO/OOB

Adult Day Center – Kimball Health Center, Saco, Mon-Fri, 7:30am-5pm. 283-0166

A Matter of Balance – Paul Hazelton House, Saco, Feb 4- Mar 25, 1-3pm, Registration: 396-6583

Chronic Pain Self-Management Workshop – Paul Hazelton House, Saco, Apr 16 – May 21, 9:30am-12pm, Registration: 396-6583

Community Café – JR Martin Community Center, Biddeford, Mon, Tue, Thur, and Fri, Noon, Reservations: 283-2477

Family Caregiver Support Group – Community Partners, Biddeford, 2nd Mon, 3-4:30pm or 2nd Monday, 6-7pm. 713-3723 – Truslow Adult Day Center, Saco on 1st and 3rd Thursday, 3-4pm. 283-0166

Living Well for Better Health Workshop – JR Martin Community Center, Biddeford, Feb 17 – Mar 24, 1-3:30pm, Register: 396-6583

Medicare 1-on-1 Appts/Free Information & Assistance – McArthur Library, Biddeford, Mon, Tue, Wed, call for appt. Linda Sprague-Lambert 776-4759

Medicare 1-on-1 Appts – Dyer Library, Saco, Wed, 10am-1pm, 396-6500/1-800-427-7411 for an appt.

Memory Cafés –
– 2nd Thurs, 11am, Elements: Brooks Coffee, Biddeford

– Starting in January there will be two cafés offered in Saco at The Monarch Center and at Paul Hazelton House. Please contact us for details regarding the new Saco cafés. 797-7891 or cafe@memoryworks.org

Tai Chi for Health and Balance – JR Martin Community Center, Biddeford, Jan 27 – Mar 26, Tue & Thurs, 9-10am, Registration: 396-6583

CUMBERLAND

Memory Café – Louie's Grille, 3rd Tues, 11am. 797-7891 or cafe@memoryworks.org

FALMOUTH

Medicare 1-on-1 Appts. – Falmouth Library, 3rd Thur, 10am-1pm, 396-6524 for appt.

FREEPORT

Tai Chi for Health and Balance – JR Martin Community Center, Biddeford, Jan 27 – Mar 26, Tue & Thurs, 9-10am, Registration: 396-6583

GORHAM

Memory Café – The Gorham House, 4th Tue, 1pm. 797-7891 or cafe@memoryworks.org

GREATER PORTLAND (CAPE ELIZABETH, PORTLAND, SOUTH PORTLAND, WESTBROOK)

A Matter of Balance –
– Deering Pavilion, Portland – Jan 21- Mar 11, 9:30-11:30am
– Woodford's Church, Portland - Jan 28 -Mar 18, 10:30am-12:30pm

– The Atrium at The Cedars, Portland –
Feb 20 - Apr 10, 1:30-3:30pm
– Registration: 396-6583

Community Café – Peoples Methodist Church, South Portland, Thur, noon. Reservations: 767-2255

Community Café – Cummings Center, Portland, 3rd Thurs, noon, Reservations: 878-3285

Community Café – Westbrook Community Center, Westbrook, Last Tue, noon, Reservations: 956-1348

Larrabee Village Nutritious Lunchtime Meal – Westbrook, 7 Days a week, 11:30am, 854-6818

Medicare 1-on-1 Appts/Free Information & Assistance: Portland, Salvation Army, 2nd Wed, 10am-12pm; Woodford's Church, 3rd Mon, 1-3pm, 396-6500/1-800-427-7411 for an appt.

Medicare 1-on-1 Appts/Free Information & Assistance - Westbrook Community Center. 2nd and 4th Wed, 9am-12pm, 396-6500/1-800-427-7411 for appt.

Memory Café – Port Resources, South Portland, 1st Thurs, 6:30pm – Speaker's Forum, 797-7891 or cafe@memoryworks.org

Tai Chi for Health and Balance –
The Medically Oriented Gym (MOG),
South Portland - 1/26/15 – 3/30/15,
Mon & Wed, 3-4pm

Woodfords Church, Portland - Jan 27 – Mar 6,
Tue & Thurs, 9-10am, Registration: 396-6583

KENNEBUNK/WELLS

A Matter of Balance – Park Street School, Kennebunk, Jan 14 – Mar 4, 1-3pm, Registration: 396-6583

Community Café – Park Street School, Kennebunk, First Friday, 11am-1pm, Reservations: 985-2588 or 329-5400

Community Café – Ross Corner Woods, Kennebunk, Mon, Tue, Thur, and Fri, noon, Reservations: 985-2588

Medicare 1-on-1 Appts – Kennebunk Senior Center, 3rd Wed, 12-3pm, 396-6500/1-800-427-7411 for appt.

Memory Cafés –
– Huntington Commons, Kennebunk -
3rd Thurs, 11am

– Seed & Bean, W. Kennebunk -
1st Mon, 11am

FMI: 797-7891 or cafe@memoryworks.org

KEYS REGION (KITTERY, ELIOT, YORK, AND SOUTH BERWICK)

Community Café – Eliot Methodist Church, Call for schedule and menu. Reservations: 475-7399

Family Caregiver Support Group – Gathering Place, Kittery, 1st Thurs, 3-4:15pm. 439-6111

Family Caregiver Support Group – Heart Health Institute, York, 3rd Tue, 1-2pm. 475-1167

Medicare 1-on-1 Appts – York Hospital, 2nd Thurs, 9am-4pm, 396-6500/1-800-427-7411 for appt.

Memory Cafés –

– The Inn at Sentry Hill, York - 2nd Tue, 11am
– The Gathering Place, Kittery -
3rd Wed, 12:30pm

– A Perfect Move, Kittery - 4th Tue, 11am

– York Senior Center - 1st Tue, 11am,
Includes light lunch
797-7891 or cafe@memoryworks.org

Welcome to Medicare Seminar – York Hospital. 396-6500/1-800-427-7411 to schedule.

KEZAR FALLS/HIRAM

Community Café – Sacopee Valley Rescue Barn, Hiram, 2nd & 4th Tues, noon. Reservations: 625-4057

LAKES REGION (BRIDGTON, CASCO, NAPLES, AND SEBAGO)

Family Caregiver Support Group – Bridgton Community Center, 2nd Wed, 1-2:30pm 1-800-427-7411

Medicare 1-on-1 Appts – Bridgton Community Center, Call 647-3116 for an appt.

SANFORD

Community Café – Nasson Community Center, Springvale, 3rd Tue, noon. Reservations: 324-5181

Medicare 1-on-1 Appts – Southern Maine Health Care, Sanford, 1st Tue, 9am-4pm. 396-6500/1-800-427-7411 for an appt.

Memory Café –
– Gentiva Home Health, Sanford,
2nd Tue, 11am,
– Anchor Senior Care, Springvale, last Tue, 2pm
797-7891 or cafe@memoryworks.org

Welcome to Medicare Seminar – Southern Maine Health Care, Sanford, 1st Tue, 2-4pm. 396-6500/1-800-427-7411 to schedule

SCARBOROUGH (SMAA MAIN OFFICE)

A Matter of Balance, Feb 11 – Apr 8,
10:45am - 12:45pm, Registration: 396-6583

A Matter of Balance Volunteer Training, Apr 22,
8:30am-4pm & Apr 23, 12-4:30pm, Must
attend BOTH Days, Free training. Small fee for
materials requested, Registration: 396-6529

Family Caregiver Support Group, 3rd Thurs,
5:15-6:30pm, 396-6540

Medicare 1-on-1 Appts/Free Information & Assistance, Every Mon, Weds and Fri, 9am-4pm, 396-6500/1-800-427-7411 for an appt.

Medicare 1-on-1 Appts, 2nd and 4th Mon and 1st and 3rd Thurs, 9am-4pm, 396-6500/1-800-427-7411 for an appt.

Welcome to Medicare Seminar –
2nd and 4th Mon, 2-4pm and 1st and 3rd
Thurs, 10am-noon.
Call 396-6500/1-800-427-7411 to schedule.

Tai Chi for Health and Balance,
Jan 27 - Mar 26, Tue & Thurs, 9-10am,
Registration: 396-6583

SCARBOROUGH

Blue Point Congregational Church Luncheon –
Scarborough, 3rd Mon, noon,
Reservations: 510-4974

Weekly Wednesday Lunches at Camp Ketcha –
Scarborough, Every Wed, 11:30am, All
Welcome! \$5 for 60 and up, \$7 for all others
Reservations: 730-4150 by 2pm the Mon prior

WINDHAM

Community Café – Unity Gardens,
Catered meals, second Thur, noon.
Regular meals on Mon, Tue, Thur & Fri, noon,
Reservations: 892-3891

Free Information & Assistance - Our Lady of
Perpetual Help Church, 396-6524 for an appt.

Medicare 1-on-1 Appts/Free Information & Assistance - Our Lady of Perpetual Help Church 1st and 3rd Tue, 9am-noon. 396-6500/1-800-427-7411 for appt.

Welcome to Medicare Seminar – Our Lady of
Perpetual Help Church, 1st and 3rd Tues, 10am-
noon, 396-6500/1-800-427-7411 to schedule.

YARMOUTH/NORTH YARMOUTH

A Matter of Balance – Yarmouth Community
Center, Jan 23 -March 13, 1-3pm,
Registration: 396-6583

Community Café – Bay Square at Yarmouth,
4th Tue, 11am. Reservations: 846-6693

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MEDICARE

**A Medicare Nugget
from Stan Cohen**

One of the many points that cause confusion about Medicare is the word COVERED.

In both traditional Medicare and Medicare Advantage, when a service is covered, it means that some of its cost may be paid for by Medicare or by an insurance company. But not necessarily FULLY paid for. For example, while out-patient surgery is a COVERED service under Medicare Part B, Medicare pays about 80% of the Medicare approved amount for that service. You or your Medicare Supplement plan must pay the other 20% (it's called **co-insurance** when expressed as a percentage). The same applies to purchases of "durable medical equipment".

Another example: if you are getting your Medicare insurance through a Medicare Advantage plan, the plan will pay most of the bill for outpatient surgery—a covered service—but you may be responsible for a co-pay, typically \$150 to \$225 (it's called **co-pay** when expressed as a dollar amount).

In Part D prescription drug plans a covered drug means that it is included in the plan's formulary. It does not mean that it will necessarily be fully paid for by the plan.

There may be, and often is, a "co-pay". By the way, Medicare Supplement plans do not cover drugs (Except old plans H, I and J which are no longer offered).

**Medicare Advantage
Disenrollment Period**

Each year, you have a chance to make changes to your Medicare Advantage or Medicare prescription drug coverage for the following year. January 1 through February 15 is the Medicare Advantage Disenrollment Period.

During this time period you can:

- If you're in a Medicare Advantage Plan, you can leave your plan and switch to Original Medicare.
- If you switch to Original Medicare during this period, you'll have until February 14 to also join a Medicare Prescription Drug Plan to add drug coverage. Your coverage will begin the first day of the month after the plan gets your enrollment form.

You cannot:

- Switch from Original Medicare to a Medicare Advantage Plan.
- Switch from one Medicare Advantage Plan to another.
- Switch from one Medicare Prescription Drug Plan to another.
- Join, switch, or drop a Medicare Medical Savings Account (MSA) Plan.

Reminder: The Medicare Advantage Disenrollment Period is open from January 1 to February 15.

Senior News

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Circulation: Mailed directly to 15,000 households and 7,500 are delivered to public places from Kittery to Bridgton and Brunswick. Another 500 are distributed through Agency on Aging events and locations. Total: 23,000

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

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Mission Statement

The Southern Maine Agency on Aging's mission is to improve the quality of life for older adults, adults with disabilities, and the people who care for them.

**Commitment to Reasonable
Accommodation:**

The Southern Maine Agency on Aging will, with adequate notice and upon request, provide appropriate auxiliary aids and services to persons with disabilities, to assist in effective communication and to participate equally in programs, services and activities. Call 1-800-427-7411 x503 or from the Portland calling area call 207-396-6503 to make your request.

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 provided through the Office of Aging and Disability Services of the Maine Department of Human 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 committed to providing a safe and welcoming space for everyone regardless of his/her race, ethnic identity, gender, sexual orientation, ability, age, economic status, faith tradition, veteran status or life situation.



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Join the Advance Care Planning Program at SMAA in Partnership with MaineHealth

By David Giansiracusa, MD,
MaineHealth

We have a wonderful opportunity for you to participate in our advance care planning (ACP) program at SMAA in partnership with MaineHealth to prepare members of our community to develop their plans for the medical care they want as they live through to the end of their lives. The process called advance care planning involves an number of components: 1) reflecting on our values, goals, beliefs, and preferences/wishes for care, 2) identifying someone who can speak for us if we become unable to express our wishes, and 3) sharing both in conversations and in written form, an advance directive, our wishes and medical decisions with our physicians and other medical providers, medical practices and hospitals where we get care, and our family and close friends.

At SMAA and MaineHealth, we have adopted the system of advance care planning which the Gunderson Health System in La Crosse, Wisconsin, developed in 1991 and has constantly refined and improved, since called "Respecting Choices". "Respecting Choices" has been extraordinarily successful wherever it has been put in place in many areas of the United States and throughout the world. The "Respecting Choices" program helps people understand their wishes, values, beliefs, and goals for medical care throughout their lives, documenting and sharing their preferences for care with professional caregivers, family, and close friends, and creating a system to store and retrieve those written plans/advance directives to guide the care consistent with people's wishes and goals through the end of their lives.

A critically important part of the successful community model of "Respecting Choices" is the training of community member/lay volunteers to serve as trained ACP conversation "facilitators" (ACPFs).

This Is Where You Come In!

We can train and support you to be an Advance Care Planning Facilitator, ACPF—to help your fellow community members with advance care planning in a number of ways. The Respecting Choices program emphasizes the essential conversations that should be part of advance care planning and provides people with peace of mind that their wishes will be honored.

The training we can offer you at SMAA is an opportunity to learn about:

- Maine's advance directive form
- how to initiate meaningful conversations with loved ones

- how to choose a health care agent (someone to make health decisions for you if you can't make decisions)
- how to develop a clear communication plan based on a person's values, beliefs, goals, and preferences for medical care

Training involves the completion of six online modules that can

be done on your own time plus a full day of training which generally takes place at the SMAA offices at 136 Route One in Scarborough.

Once you're trained, we will have regular meetings with the Advance Care Planning Facilitators and provide ongoing support. Our current volunteers find the training very enlightening and the service

very meaningful and rewarding.

If you are interested in more information or would like to sign up for training and service as an Advance Care Planning Facilitator at SMAA, please call Carol Rancourt, Southern Maine Agency on Aging Director of Volunteers, 207-396-6547, or email: CRancourt@SMAAA.org

Thank you.

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SOCIAL SECURITY

Ring in the New Year with a Cola

By Elizabeth Newport, Social Security Public Affairs Specialist, Portland, ME

Happy New Year from Social Security! Put down the champagne and ring in the New Year with a COLA! And we don't mean the soda. In 2015, nearly 64 million Americans who receive Social Security or Supplemental Security Income (SSI) will receive a cost-of-living adjustment (COLA) increase to their monthly benefit

payments of 1.7 percent.

The average monthly Social Security benefit for a retired worker in 2015 is \$1,328 (up from \$1,306 in 2014). The average monthly Social Security benefit for a disabled worker in 2015 is \$1,165 (up from \$1,146 in 2014).

For people who receive SSI, the maximum federal payment amount increased to \$733 (up from \$721 in 2014).

Other Social Security changes in 2015 are also worth noting. For example, the maximum amount of earnings subject to the Social Security payroll tax will increase to \$118,500 (up from \$117,000 in 2014). A worker will earn one credit toward Social Security coverage after paying taxes on \$1,220 in earnings in 2015 (up from \$1,200 in 2014). As a reminder, eligibility for retirement benefits still requires 40 credits (usually about 10 years of work).

Information about Medicare changes for 2015 is available at www.medicare.gov.

The Social Security Act outlines how the COLA is calculated. To read more about the COLA, please visit www.socialsecurity.gov/cola.

To learn more about other changes in 2015, read our fact sheet at www.socialsecurity.gov/news/press/factsheets/colafacts2015.html.

You're Flirting With Your Future

By Elizabeth Newport, Social Security Public Affairs Specialist, Portland, ME

Remember your first love? For years, the two of you came to the same place—a cafeteria or office or train car. At first, you sat across from each other, but as the time passed, you edged closer. You stared into each other's eyes. A warm feeling developed in your chest and your lips curved into a coy smile. Soon, you got a smile in return.

International Flirting Week, February 16 to 22, is a reminder that flirting can be fun. But you need to act to bring about what you want in life. That's true about love—and your retirement.

Chances are you've been flirting with the idea of retirement for years. All the while, your retirement has been watching you, waiting for you to make a move. All you need to do is take notice.

When you decide to retire, the easiest and most convenient way to make your move is to visit our website, www.socialsecurity.gov, to apply for retirement benefits. You can do it right from the comfort of your home. You can apply for retirement benefits in as little as 15 minutes. In most cases, there are no

forms to sign or documents to send; after you submit your electronic application, you're done!

Have your bank account information handy, so you can receive your payments electronically. Electronic payment of federal benefits is now mandatory with few exceptions.

Still not quite ready to take that next step and commit? If you're still just flirting with retirement, check out our Retirement Estimator, where you can get instant, personalized estimates of your future retirement benefits. Everybody's doing it at www.socialsecurity.gov/estimator.

Spend a little time with our Retirement Estimator, and you may decide it's time to make a commitment after all. Learn more about retirement by reading our publications, Retirement Benefits and When To Start Receiving Retirement Benefits, both available at www.socialsecurity.gov/pubs. You'll have to look elsewhere for the book of love, but we've got the book of retirement covered.

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From the Directors's Desk continued from page 1

ber to discuss further how to enhance the Agency's financial sustainability and capacity to meet the growing need for our services.

During the retreat, Board members developed goals to optimize charitable donations from community supporters balanced with a fee for service structure for certain programs. Asking those who can contribute for services they receive, will allow the Agency to continue to serve those who need SMAA but cannot afford to pay. The Board formed a task force which will be reviewing more than a dozen ideas for on-going Agency sustainability. I look forward to sharing the recommendations of the task force when their work finishes in April.

Community based Care Transition Program (CCTP)

I recently attended a national CCTP meeting sponsored by the Centers for Medicare and Medicaid Services (CMS) in Baltimore where I was pleased to learn that SMAA's Community Care Transition Project (CCTP) was ranked among the top twenty performers in the country. This ranking was based on our overall performance in reducing hospital readmissions for high risk Medicare patients. In partnership with the MMC Physician Hospital Organization, Maine Medical Center, South-

ern Maine Health Care, Mid-Coast Hospital and Pen-Bay Medical Center, we are now completing the third year of the project. To date, we have seen a 38% decline in 30-day readmission rates due to our combined efforts—an outstanding result!

More program news

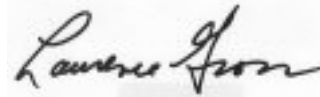
I am happy to announce that the Wellpoint Foundation has extended the funding for the Catch Healthy Habits programs for an additional six months. This volunteer program has had a wonderful impact on local school children who are learning the benefits of healthy nutrition and exercise by hands-on experience. As part of the extended funding, SMAA will be designing a "Catch" program for seniors.

A grant from the Aetna Foundation for the expansion of Tai Chi classes has also been renewed. Tai Chi for Health and Balance has been found to be particularly effective for fall prevention as the exercises are designed to help participants improve flexibility and balance, increase strength and mobility, feel more relaxed, experience better breathing and improve overall health. New classes will begin in January and I urge you to call SMAA to sign up!

The winter season can present many challenges but I urge you to stay warm and active during these cold few months. It's a great time to check out one or two of our Agewell workshops—all of which are de-

scribed on the new SMAA website at www.smaaa.org.

Be healthy! Stay active!



Laurence W. Gross
Executive Director



www.facebook.com/SouthernMaineAgencyonAging

From Jo Dill's Notebook

Happy New Year!!

The 2015 schedule is still being worked on and the full schedule will be in the next issue of the Senior News. Here is what we have scheduled so far:

5 K Road Race: May 31, Scarborough HS, 9AM, Sunday

Horseshoes: August 22, Deering Oaks, Portland, 9AM, Saturday

Archery: August 23, Lakeside Archery, N. Yarmouth, 9AM, Sunday

Table Tennis: August 28, Pineland YMCA, 5PM, Friday

Swimming: September 12, Waterville Y, Saturday

Men's Basketball: September 19, Cape Elizabeth High, Saturday

Hot Shot/Foul Shoot: September 19, Cape Elizabeth High, 2:30PM, Saturday

Women's Basketball: September 20, Cape Elizabeth High, Sunday

Bowling Candlepin: Singles/Doubles: September 24, Big 20, Scarborough, 10AM/1PM

Bowling 10 Pin: October 4, Singles/Doubles, Yankee Lanes, Portland, 10AM, Sunday



Maine Senior Games Hall of Fame

We are pleased to announce that the Maine Senior Games Hall of Fame has been created for athletes' ages 50+. 2015 will mark the first annual Maine Senior Games Hall of Fame induction. Our goal is to honor and celebrate Maine athletes who are avid competitors and excel at their individual or team sport. Go to www.mainesrgames.org for more information and to download an application form. Deadline for applications is March 1, 2015.

New Sport

The MSG Advisory Board is looking into the next five year plan and Wellness will be an added goal to go along with competitive events. Maine Senior Games will introduce a new sport starting in January—**Cornhole** (a beanbag throwing sport) is a sport that is fun and yet does



not require the ability that one might need in other more rigorous sports. Hand-eye coordination is what is needed and the ability to laugh as the bag goes sailing in all different directions. Folks in the mid-west having been playing this for years and are serious about the game! **Humana** is sponsoring the boards and clinics will be offered starting mid-January. Let me know if you or someone you know is interested in attending a clinic! 396-6919.

National Senior Games

The 2015 National Senior Games will be held in Minneapolis, Bloomington and St. Paul starting the first week of July. Maine athletes should have received their notification from Nationals. To register visit: <https://registration.nsga.com/registration/242/nsgawebsite/>

2015 Sponsorships

Martin's Point Health Care has come on board for the ninth year in a row as our Lead Sponsor. This is a huge sponsorship and we look forward to continuing our partnership with Martin's Point. Welcome to a new silver sponsor: **Southern Maine Health Care Sports Performance Center**. **The Vitamin Shoppe** is returning as a silver sponsor! Thanks so much. We could not run the MSG without you!

If you are interested in being a sponsor of the Maine Senior Games or would like a copy of our sponsorship packet, please contact Jo at 396-6519 or Kate at 396-6590.



Feel the peace of mind that comes with assisted living in a home for those with dementia.

We invite you to come take a tour of The Garden to meet our staff and residents.

Please call (207) **373-3646** to arrange a visit.



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Family Caregiver Support Program



Are you helping an older adult manage bills, prepare meals, manage medical services? Do you help with bathing or dressing, household chores, transportation to appointments, or companionship? Are you a senior who is raising someone else's child? **Then you are a Caregiver.**

Is caring for a family member or friend leaving you feeling tired, isolated, sad, guilty, stressed? Caregiving may be the most difficult and rewarding thing you'll ever do. The Family Caregiver Support Program can help.

What do you know about Palliative Care?

By AnneMarie Catanzano, M.A.,
Family Caregiver Specialist

If you or someone you love has pain or other symptoms related to a serious illness, talking to a **Palliative Care** (pal-lee-uh-tiv) specialist may help you.

Palliative care is specialized care for people with serious illnesses. The word **palliate** means to **alleviate symptoms**. It focuses on improving life and providing comfort to patients of all ages with serious, chronic, and life-threatening illnesses. Palliative care can begin as early as a diagnosis is made. It can continue for years—through whatever curative treatment someone chooses.

Although pain management is a major part of palliative care, people can also seek help with other symptoms such as nausea, loss of ap-

petite, fatigue, constipation, anxiety, shortness of breath, and trouble sleeping.

Palliative care is holistic. Depending on the patient's choices and needs, the palliative care team can be made up of the patient, specialist physicians, the primary care provider, nurses, social workers, chaplains, therapists, dietitians, pharmacists, complementary medicine specialists, and family.

The patient was listed first as the team member for a very important reason. The team is there for the patient. The palliative care team works together with the patient to identify goals and develop an individualized care plan that respects the patient's values, goals and lifestyle. The palliative care team works with the patient to identify issues that have a negative impact on that person's quality of life. The

care plan attempts to eliminate or minimize these issues. The overall goal is to achieve the highest quality of life for the patient.

The team approach means attending to the challenges that illness poses in every aspect of life. It also means that palliative care extends to family members and caregivers. Support services may include educating family members about the patient's illness, treatment, and medications as well as respite help for caregivers. Families and caregivers can also receive support to strengthen their coping strategies in the treatment and care of their loved one.

An important part of all palliative care programs is **advance care planning**. This allows the patient to have a conversation with both their family and the treatment team about what kind of care they want, and what their goals of care are, as the illness progresses. If cognitive decline is a possible consequence of this chronic illness, it is very important that this discussion happens soon after a diagnosis is made.

Palliative care is a medical specialty that has recently emerged into the general health care realm. In southern Maine, all hospitals and many physician practices offer a palliative care consultation. If you think this kind of program is for you, be sure to discuss it with your medical provider.

For more information and some frequently asked questions and answers, check out the easy to use **www.getpalliativecare.org** website. This site also includes a directory that will tell you what palliative care services are available in or close to the community where you live.

Help For People Helping Aging Family Members

Caregiver Class Schedule 2015

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

January 27, February 3, 10, 24, March 3 & 10 (no class February 17), 1:30-3:30PM: **Savvy Caregiver**. SMAA, Scarborough. Donation requested. Contact Lori Campbell at 1-800-427-7411 x540 to pre-register (required).

February 3, 10, 24, March 3, 10, 17 (no class February 17), 5:15-7:15PM: **Savvy Caregiver**. Stewart Center, Falmouth. Donation requested. Contact Lori Campbell at 1-800-427-7411 x540 to pre-register (required).

April 7, 14, 21, 28, May 5, 12. 2-4PM: **Savvy Caregiver**. Saco Biddeford Savings Institution, Community Room, Biddeford. Donation requested. Contact Lori Campbell at 1-800-427-7411 x540 to pre-register (required).

April 29, May 6, 13, 20, 27, June 3, 9:30-11:30AM: **Savvy Caregiver**. SMAA, Scarborough. Donation requested. Contact Lori Campbell at 1-800-427-7411 x540 to pre-register (required).

Please use the numbers listed to register. Feel free to call the Family Caregiver Support Program at SMAA (1-800-427-7411) with any questions.

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Online Resources for Health Care Planning

By **Kate Cole Fallon, MS, LCPC, NCC**

Having a conversation about choices regarding the kind of health care we would want if we cannot speak for ourselves can be scary and uncomfortable. One thing that can make it easier is having good information about options and all the factors that need to be considered, along with tools to help guide discussion with people who care about us. Here is an overview of a couple of resources that might help.

The American Bar Association (ABA) Commission on Law and Aging has some online tools that offer detailed lists of and worksheets regarding the factors that need to be considered. In considering care options, these worksheets help to guide thinking about not only end of life care but daily care and factors that contribute to quality of life.

Start with the ABA homepage at <http://www.americanbar.org/aba.html>. In the search window at the top of the page, enter "consumer's toolkit". The *Consumer's Tool Kit for Health Care Advanced Planning* is a thorough guide that walks you through the steps in the process of making end of life care choices, and how to be sure they are followed. Included are worksheets you can complete on your own or with your proxy; they assist you in considering the practical issues of care as well as the emotional and spiritual aspects of what is important to you if your health is compromised. In their *Health Care Decision Making* section, this website also offers links to additional resources including some in video and audio format, and *General Advance Planning Resources*, listing other websites with advance care planning information.

Another helpful online resource is The Conversation Project (<http://theconversationproject.org/>). In 2010, writer Ellen Goodman and a group of colleagues including media, clergy, and medical professionals, gathered to share stories of "good deaths" and "bad deaths" in their own circle. The result is The Conversation Project, a collaboration with the Institute for Healthcare Improvement. It has become a public campaign to initiate conversations about the end of life. Their website offers a downloadable kit that walks you through what you need to consider in making choices. It's presented in simple, truly conversation-like language with examples, so it doesn't feel intimidating. You can follow the steps in the kit online or download it. In Ms. Goodman's words, "We ask about values, about 'what matters to you,' not 'what's the matter with you.' We know that people cannot make every medical decision in advance but they can guide this journey, sharing how they hope to live as they come toward the end." There is also a News page containing encouraging articles and interviews

to support the importance of having these conversations in a friendly kitchen table format, and before a crisis or even a diagnosis.

Whatever informational resources you use, starting the conversation is an important first step toward being sure your wishes are respected and that your family can feel confident they are supporting you in getting the care you would choose.

Older Adult Resource (OAR) Toolkit

Free, downloadable resource guide for health and human service providers, older adults, and family caregivers in York and Cumberland county is newly updated for 2014 and is available online at www.smaaa.org.

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. Groups are coordinated by SMAA or the community providers listed.

Biddeford – Community Partners: For caregivers of those with dementia.
 • Second Monday of month, 3-4:30PM
 • Second Monday of month, 6-7PM.
 Call Barbara Alberda at 713-3723.

Bridgton – Community Center: For caregivers of an older adult or person with dementia.
 • Second Wednesday of month, 1-2:30PM. Contact Ann O'Sullivan at 1-800-427-7411 x 541.

Kittery – The Gathering Place: Respite available onsite for a fee;

please call ahead to reserve.

• First Thursday of month, 3-4:15PM.
 Contact Jill Larson at 439-6111.

Saco – Truslow Adult Day Center: For caregivers of an older adult or person with dementia.

• First and third Thursday of month, 3-4PM. Contact Edie Reno at 283-0166.

Scarborough – SMAA: For caregivers of an older adult or person with dementia.

• Third Thursday of month, 5:15-6:30PM. Contact Lori Campbell at 396-6540.

York – Living Well Center: For family and friends assisting an older adult with a chronic condition.

• Third Tuesday of the month, 1-2PM. Contact Susan Kelly-Westman at 475-1167

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Agewell Schedule

A Matter of Balance

January 14 – March 4, 1-3PM
Park Street School, Kennebunk

January 21 – March 11, 9:30-11:30AM
Deering Pavilion, Portland

January 23 – March 13, 1-3PM
Yarmouth Community Center

January 28 – March 18, 10AM-12:30PM
Woodfords Church, Portland

February 4 – March 25, 1-3PM
Paul Hazelton House, Saco

February 11 – April 8, 10:45AM-12:45PM
SMAA Main Office, Scarborough

February 20 – April 10, 1:30-3:30PM
The Atrium at the Cedars, Portland

March 3 – March 26 (Tue & Thurs),
1-3PM. The Church on the Cape,
Cape Porpoise

Living Well for Better Health

February 17 – March 24, 1-3:30PM
J.R. Martin Community Center,
Biddeford

Chronic Pain Self-Management

April 16 – May 21, 9:30AM-12PM
Paul Hazelton House, Saco

April 28 – June 9, 1-3:30PM
Casco Bay YMCA, Freeport

Tai Chi for Health and Balance

January 26 – March 30,
Mondays & Wednesdays, 3-4PM
The Medically Oriented Gym
(MOG), South Portland

January 27 – March 26,
Tuesdays & Thursdays, 9-10AM
JR Martin Community Center,
Biddeford

January 27 – March 26,
Tuesdays & Thursdays, 9-10AM
Woodfords Church, Portland

January 27/15 – 3/26/15,
Tuesdays & Thursdays, 9-10AM
SMAA Main Office, Scarborough

To learn more or register (required)
for any workshop, please contact
Maria at (207) 396-6583 or 1-800-
427-7411 x583 or by email at mde-
fabritiis@SMAAA.org

Volunteer Trainings

A Matter of Balance
April 22, 8:30AM-4PM &
April 23, 12-4:30PM
Must attend BOTH Days
Free training. Small fee for materi-
als requested.

To learn more about becoming an
Agewell volunteer or to register
for a training (required), please
contact Crystal at (207) 396-6529 or
1-800-427-7411 x529 or by email at
ccastro@smaaa.org

Why I Love Tai Chi

By Teresa King

From the beginning, I knew I would take Tai chi with me for the rest of my life. I realized that once I had the Tai chi form (a series of slow, gentle movements) in my head, I could practice it standing, sitting or even lying in bed. The benefits are enormous, either way.

Tai chi is a powerful tool for well-being that can provide many benefits to those who engage in regular practice. Here are just a few:

- Increases strength and flexibility
- Decreases pain in joints
- Decreases stress
- Helps reduce high blood pressure
- Improves balance
- Increases sense of well-being

When I connected with The Southern Maine Agency on Aging, several years ago, they provided me and our southern Maine community, the opportunity to spread the teaching of Tai chi in a way I could not have imagined.

In April of 2013 the Southern Maine Agency on Aging (SMAA) was invited to take part in a six-month pilot program of the Tai Chi Moving for Better Balance program led by the Innovation Labs at Aetna. Volunteers were trained as instructors and led 76 local Maine seniors through the six-month program. Both instructors and participants were very enthusiastic about the program and encouraged SMAA to pursue offering Tai Chi on a permanent basis. This year, volunteer instructors were trained to lead Tai Chi for Health and Balance classes in the Southern Maine area with hopes to expand in the future.

Participants involved in the pilot program reported:

“Everyone can improve their balance and it is a wonderful form of stress-less exercise.”

“The significant benefit was better concentration for me & a more significance of stress reduction.”

“I feel it has improved my life a lot for the better in mobility, stamina and balance.”

“I would recommend this program, because it gets you up and moving. It can be adapted to fit most physical abilities.”

“The benefits are amazing and would help anyone.”

Being an instructor of tai chi is incredibly rewarding, physically and emotionally. One of my fellow instructors put it this way:

“I think leading the tai chi class has been a really positive experience for all of us. I think it’s an energizing form of movement and I don’t think we can discount the importance of learning new things as we age. I mean this is completely different for most of us, these movements, so just learning them and mastering them has really been a positive experience for us.”

Tai chi is the single most effective practice to give benefit to any and every person who applies their

time to learn it. The benefits are available to anyone, including those who can only sit, those who mix standing and sitting for certain movements, or for those who are able to stand comfortably while learning.

Tai chi is about helping people to have a better quality of life, no matter what condition you’re in right now. If you could leave your comfort zone and learn something beneficial, relaxing and new, this is the program to join.

For more information about SMAA’s Tai Chi for Health and Balance program contact Maria at 396-6583 or toll free at 1-800-400-6325 or go to our website- www.smaaa.org

Getting Back to Better — A Balance Story

For many seniors, maintaining balance is a losing struggle. Sometimes it is because we are accepting a falsehood—“falls are just a natural part of aging”. Other times it is because we are not sure what we can do—if anything—to get our balance back in shape. That’s where **A Matter of Balance: Managing Concerns about Falls (MOB)** comes into the picture. MOB is an eight-session workshop that helps older adults (60+) understand what their concerns are and how to address those concerns in a proactive, positive way so that they can get back to doing the things they really want to do—like going to the theater to see that special holiday ballet, to attend religious services or even just to be able to walk out to collect the mail without fear of falling.

I met Linda at one of these workshops and her story was fairly typical of others that I have met. She is getting older and her balance is not great. She has fallen and wants to take some control to prevent falls. Moreover, she wants to feel confident and free to participate in activities that fulfill her: connecting with family members and friends, baking the most delicious cookies in town (I swear I still dream about her cookies!) and get out to doctors’ appointments and other commitments. Just like anyone else, people who come to our workshops just want to be able to function without fear, to be able to care for themselves and to maintain as much independence as possible and Linda was no exception.

“I had been having falls and went to my doctor to check out yet another injury. The nurse mentioned the [Matter of Balance] program and I had actually heard about it from a friend who used to be a Matter of Balance coach. So I looked up the Southern Maine Agency on Aging to find out more about it. I had experienced several falls previously and falling for me meant “Oh, I’m gonna get hurt”. I was afraid of falling.



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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at www.smaaa.org or call 1-800-400-6325 or (207) 396-6583

WE ARE
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Creating Better Days

At the MOB workshop, I learned how to be proactive about choices around safety, how to get up should I fall—that was a great session with a physical therapist. I learned about how to make my home safer and to slow my pace so that I am moving safely.

I was able to complete the exercises and activities and gain valuable perspectives of the others in the group. The sharing was my favorite part! It was an incredible experience listening to others sharing their problems or challenges and their own solutions. Each person had a valuable gift to give to others.

[Since the workshop] I find that I am making better choices to be sure that I can do the things I want and be safe doing them. I am more thoughtful before I act. When I wake up in the morning, I can look forward to my day because there are fewer limitations for me now. By learning to adapt and adjust my surroundings, I have made it easier to function. Taking MOB has changed my attitude and outlook. I am more positive about the things I can do.

It also made me more responsible for myself, for what I am able to do and to voice it. Like if I have a friend or relative that wants to help, I have input on how I want to be helped and am more apt to say something about it rather than just let them overdo.

I used to take chances. I wasn't as careful and I have to because of my crutches. Even a single wet leaf can cause a problem, so I have learned to be more careful.

And I still do the exercises every day!"

If you would like to participate in A Matter of Balance workshop, call us at 396-6583 for class information. There is a suggested donation of \$20 to attend this 8-session program.

If you are interested in becoming trained as a Matter of Balance coach and helping your community learn to be more active and reduce the fear of falling, call Crystal at 396-6529 to learn more.

Do You Want to Take Charge of Your Health?

Learn how to take control of your health at a Living Well for Better Health workshop. Participants learn techniques to manage symptoms, improve health, and start living a more fulfilling life. Become proactive in self-managing your own health. Call SMAA today to learn more.

(207) 396-6583.

My Rural Romeo

By Elaine Parker



On Valentine's Day, a knock sounded on the door of our old farmhouse. My mother—who as usual was in the kitchen, answered the door. "Elaine there is someone here to see you." she called.

I peeked around the living room door and saw Ronnie a cute blonde-haired boy from my class. He was holding a red, heart-shaped box of chocolates in his hand. When I entered the room, he handed me the box of chocolates saying, "These are for you, Happy Valentine's Day."

I was 12-years-old at the time, shy and somewhat of a tomboy. My first Valentine's gift and my first admirer and I was tongue-tied. Looking back, I do not remember if I even said hello or thank you to this romantic young boy. I know I was flattered by the attention but feared my lack of social skills would end his little infatuation with me.

A few days before his visit, this same boy, who sat at the desk behind me in school passed me a folded-up piece of paper. When I opened the little missive it said, "I love you, your eyes sparkle." I had just begun what would turn out to be and extremely awkward and long lasting adolescence, and had no idea how to respond to this young Romeo. So I just pretended that nothing had happened. My awkwardness with the opposite sex would extend into my teen years, and cause me some heartache. I preferred books to conversation, and was a late bloomer.

Adding to my social problem, I needed glasses and this made me even more self-conscious. I continued to have a few admirers, but was not comfortable dating and never knew what to say on a date, so I usually found an excuse not to go.

My Saturday nights were spent baby sitting or home with my first love: my books. All the romance in my life came from the stories I read.

After graduating from high school, I left home to go away to school. Gaining confidence I came out of my shell and began enjoying parties and social occasions. It was fun to go out to dinner, the movies or a dance with a nice young fellow.

I met and started dating a good looking, witty, polite young man and as a bonus he was an excellent dancer. We dated for a year, and then became engaged. One warm sunny July day we exchanged wedding vows, and he became my Valentine.

But tucked into a little corner of my heart is the memory of my first Valentine, and my romantic love note.

When feeling down or unloved, I have these little keepsakes to make my eyes sparkle and remind me for short time I was Juliet.

Previously published in the *Maine Sunday Telegram* February 26, 2012. Elaine Parker can be contacted at auntiee6@maine.rr.com

Crybaby

By Don Kopp



I haven't always been a crybaby. Back in grade school my friends and I regarded being labeled a crybaby a fate worse than death. Of course in high school acting tough went without saying. Then once in the workforce, appearing hard and unrelenting was all right with me.

Knowing that our child's first day of kindergarten would be an emotional time for my wife, I delayed leaving for work in order to be there for her when the school bus arrived. And when our little boy bravely marched onto the bus, and its doors closed behind him, you could have mopped me up with a sponge. My wife had to help me back inside the house.

Over the years the circumstances triggering such weepy spectacles have only increased. For example, recently I watched a corny Western movie. A young lady arrived out West to inspect her inherited ranch, the future of which depended on a cattle drive. To her foreman's horror, the lady went on the drive. But under a full moon, they gazed into each other's eyes, while a little boy played *Somewhere Over the Rainbow* on his harmonica. Just as the bad guy was about to win the cattle contract, a little calf

trotted into town, and then the lady's entire herd thundered in! She won the contract! The ranch was saved! The lady and the foreman kissed in a sudden downpour... and I cried.

And when it comes to weddings—anybody's wedding—or TV ads about a child heading off to college, or soldiers reuniting with family, or a loyal dog, or coming across my son's 40-year-old Paddington Bear in the attic, well, please just pass me a hanky.

A good friend of mine also admits to being a crybaby. So my guess is that there are more than a few of us out there. Sure, it might be that with advancing age we have just become foolishly sentimental. But isn't it possible that our tears reflect something deeper? Maybe for my friend and me, and others like us, when confronted with heartwarming moments such as those described, we are simply overwhelmed by the mystery of being human.

Don Kopp can be reached at donkopp@sacoriver.net

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SENIOR MOMENTS

By Hunter Howe

Who Was Aunt Nell?

When's the last time someone gave you a book?

John Lithgow said, "Books make great gifts because they're something you love that you can share." Garrison Keillor said, "A book is a gift you can open again and again."

Two gifts make me happy, wine and books. Unfortunately, cheap wine—grabbed hastily from the bargain shelf by a spendthrift gifter, tastes accordingly. So, books get my preferred nod.

In particular, gifting an old book makes the sharing special. Don't you enjoy the adventure of browsing the dusty stacks in a used bookstore, hoping for a discovery?

Years ago, when I lived in Boston, I found *Boston, The Place and The People*, copyright 1903, by M. A. DeWolfe Howe (my last name). A few years later, I found *We Happy Few*, copyright 1946 (my birth year),



by Helen Howe. Turns out, she was DeWolfe Howe's daughter. Neat. Then, I found *Here Lies*, about epitaphs, copyright 1900, compiled and edited by W. H. Howe. A weathered newspaper clipping had been inserted inside, the title "Brevity on a Tombstone—Wives and Husbands." One epitaph said:

Here lies my wife
Here lies she
Hallelujah!
Hallelujah!

Many of my old books have inscriptions scrawled inside the front cover, like "Merry Christmas, from Aunt Nell," dated 1912. I wondered who she was and what she was like.

To point, when gifting a book, consider writing an inscription, a special message, a quotation, a quip, or even a bit of wit. Date it. Sign it. It makes the gift more endearing. Remember, books outlive the owner. Someday, someone will open the book, read the inscription, and wonder, like I did about Aunt Nell—who was that person?

And just think, many of these old books harbor secrets: pressed flowers, stamped bookmarks, underlined phrases, stickers from the bookstore where the book was originally sold, and my favorite—stain

marks from food, wine, other. In one book, I found a 1914 stamp which I believe was from Russia ("make me an offer").

Another suggestion: On the last page of the gifted book, have fun. Write, "Oh you finished the book—call me to receive a bottle of cheap wine and clever conversation."

Paul Sweeney wrote, "You know you've read a good book when you turn the last page and feel a little as if you have lost a close friend."

Think about that. Your friend loves the book so much, that upon finishing it, she feels like she has lost a friend, and, then thinks fondly of the friend who gifted it. Now that's friendship.

Hunter may be reached at gray-owl6464@gmail.com



Review by: Vivien Eisenhart

BEFORE I GO TO SLEEP

Directed by: Rowan Joffe

Written by: Rowan Joffe (screenplay); S. J. Watson (novel)

Starring: Nicole Kidman, Colin Firth, Mark Strong and Ann Marie Duff

The story revolves around Christina (Kidman), who wakes up every morning not remembering anything and having to learn about herself and events around her. This memory lapse was caused by a traumatic accident which happened to Christina years before.

Things start to emerge causing Christina not to trust as she starts to question people and events.

A true thriller. Leaving the theater I was left with many questions.

I give this movie 4 pumpkin breads.

Need a Winter Energizer?

Plan now to attend **Awakening the Sage Within**, a one-day workshop at Southern Maine Agency on Aging.

Today, most people approaching their elder years can expect to live another 20 or 30 years. But how do you want to live those years? During this interactive workshop, we will introduce Sage-ing® concepts including: life review, forgiveness work and issues surrounding our mortality. We will explore feelings about aging and the role of spiritual development. Finally, we will begin the development of a personalized plan for our elder years, including serving others and leaving a legacy.

Where: Southern Maine Agency on Aging, 136 US Route One, Scarborough, Lower level conference room – enter from back of building

Where: February 20 from 9AM-4PM (snow date February 27)

Registration: This workshop is limited to 12 participants. Please register by February 6 by contacting Anne Murray at (207) 985-6577 or mainesage@outlook.com

Details: Coffee and conversation begins at 8:30AM. Bring your own lunch. Beverages provided. Donations for materials are welcome.

Facilitator: Anne Murray, MS – Anne has 66 years of life experience with over 30 of those years working and playing with elders. Anne is a Sage-ing® International Circle Facilitator and an intern in the Sage-ing® International Leader Program. She loves sharing her passion for living consciously.

Let Me Be Frank with You

Fiction by Richard Ford

Book Review by Don Caouette

Richard Ford completes his fourth book about his famous character Frank Bascombe. The other books in this series include *The Sportswriter*, *Independence Day* and *The Lay Of The Land*. Ford won the Pulitzer Prize for literary fiction with *Independence Day*.

Frank Bascombe is the narrator of his stories and takes us on a journey spanning from 1986 to 2012.

When we first meet Frank he is an unsuccessful novelist turned sports writer suffering from the death of his son. In *Independence Day* he is divorced and in real estate. In *The Lay of the Land* he undergoes personal struggles while in his 50's. Finally, *Let Me Be Frank with You* focuses on his early retirement years. He has remarried, become a cancer survivor and undergoes the experience of Hurricane Sandy. Through all of this he doesn't appear to change much.


Richard Ford is a masterful writer. These interesting stories are about an observant iconic character who gradually becomes familiar and is comfortable to have around. Richard Ford lives with his wife in East Boothbay, Maine.

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Message from Leadership

As we close the books on the 2014 fiscal year for the Southern Maine Agency on Aging, we are pleased to report that the Agency was able to provide critical services to a record-breaking 26,000 older adults in Cumberland and York counties during the past year. Pursuing our mission to improve the quality of life for older adults, adults with disabilities and the people who care for them requires the generosity of many community volunteers and donors, as well as the caring expertise of our staff. In 2014, 635 dedicated volunteers provided more than 52,000 hours to SMAA, the equivalent of 25+ full time employees. The Agency could not serve the needs of the community without this extraordinary group of talented individuals.

The past year was an exciting time at SMAA. We passed the half-way point in our \$6M Campaign to Create a Better Day, and successfully completed Phase One of the project to build two new state-of-the-art Adult Day Centers in southern Maine. The Stewart Center opened in mid-October with 14 members and their families—significantly exceeding our expectations for initial membership. The Center is located in the former Lunt School building on the OceanView campus in Falmouth. We also completed the site work and landscaping for the Biddeford Adult Day Center, and anticipate beginning construction in the spring of 2015. SMAA was also awarded a nearly \$1M grant to expand our outreach and caregiver support to adults with dementia who are living alone in rural areas as well as older adults with cognitive disabilities who are now aging into dementia. We are honored to receive this three year award because it validates SMAA's expertise and innovation in serving individuals with dementia and their caregivers. SMAA was one of only 10 recipients selected nationally and the only one in New England.

Other significant highlights from 2014 include the Community Care Transition Project (CTP), our collaboration with the MMC Physician Hospital Organization MaineHealth to reduce hospital readmissions for Medicare patients, which is ranked 13th best in the nation. Our nutrition program expanded over the past year to include the Simply Delivered option for older adults who might not qualify for traditional Meals on Wheels but prefer the convenience of home delivered meals. Thanks to a grant from the Wal-Mart Foundation, the Agency was able to offer Simply Delivered meals to older adults and their caregivers in our CTP program enhancing their transition home from the hospital. Our "Welcome to Medicare" seminars and one-on-one insurance counseling sessions continued to expand in 2014. During Medicare open enrollment period this fall, our staff and volunteers met with more than 3000 people, in many cases saving them hundreds and sometimes thousands of dollars in prescription and out of pocket costs.

Financially, the Agency continues to maintain a strong bottom line, despite frozen federal funding. We are grateful to the 1882 individuals, foundations, municipal and corporate donors who generously contributed \$686,000 of critical operating support in 2014. Without their generosity SMAA would be unable to serve all those in southern Maine who depend on our services.

Looking ahead to the New Year, we are anticipating the opening of the Biddeford Adult Day Center as well as continuing to provide the best services and information to a growing population of older adults. We thank all of our donors, and hardworking volunteers and staff for making the past year's successes possible.

Sincerely,


Laurence W. Gross
Executive Director


Dave Smith
President, Board of Directors



Stewart Center grand opening and ribbon cutting ceremony.

Milestones

- SMAA opened The Stewart Center — the first free-standing Adult Day Center in the greater Portland area. The Stewart Center is a state-of-the-art adult day center located in the former Lunt School Building on the OceanView Campus in Falmouth. The Stewart Center will support up to 25 members daily while also offering caregiver support through classes, workshops, and one-on-one outreach.
- SMAA would like to thank the 1,882 individuals, organizations, foundations, and municipalities who provided \$686,000 in critical operating support to our annual fund during this past fiscal year. Of those 1,882 donors, 605 were first time donors who donated a total of \$228,690. Thank you!
- We had several staff members reach milestone anniversaries with SMAA:
 - Kathy Heggeman, Office Manager celebrated 30 years
 - Bonnie Craig, Administrative Assistant celebrated 25 years
 - Andrea Mitchell, Resource Specialist celebrated 25 years
 - Carol Rancourt, Volunteer Services and Training Manager and RSVP Director celebrated 25 years

REPORT TO THE COMMUNITY 2014

Volunteer Highlights

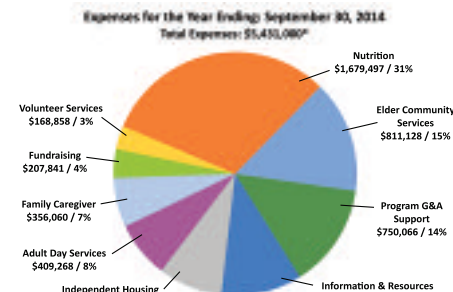
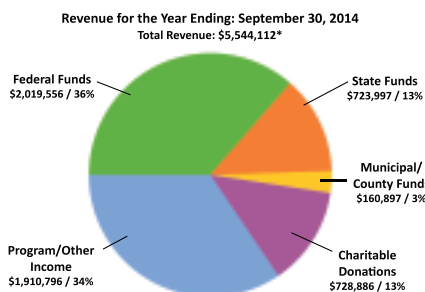
This year 632 volunteers of all ages contributed 51,801 hours of service (the equivalent of 25 full-time employees) — making it possible for SMAA to:

- Deliver **146,813** meals to homebound older adults in communities throughout Cumberland and York counties;
- Help **3,849** individuals and families make informed decisions regarding health insurance coverage — including Medicare;
- Help **220** individuals reduce their fear of falling through A Matter of Balance;
- Provide **1500** hours of Money Minders service to help older adults create a basic budget and pay bills on time, and more.



Volunteer appreciation luncheon.

Additionally, 332 RSVP volunteers (55+) provided 23,166 hours of service (the equivalent of 11 full-time employees) to dozens of non-profits (including SMAA) throughout Cumberland and York counties.



*Figures are an unaudited estimate. Audited figures will be available in Spring 2015 by contacting SMAA.

Community Partnerships

- Through several partnerships SMAA provided interventions to patients at high-risk of being re-hospitalized after discharge. We also provided the Community-based Care Transitions Program (CCTP) which is a demonstration program through Center for Medicare/Medicaid Services (CMS), in collaboration with MMC PHO. As a result, CCTP has been offered at Maine Medical Center, Southern Maine Medical Center, Midcoast and Pen Bay. Through the dedicated work of the team of coaches and liaisons at our participating hospitals, we have reached and exceeded our monthly target of supporting 340 patients. SMAA is completing their third year of this award, and they look forward to continuing to work with CMS and our other partners in the New Year.
- SMAA helped to reduce hunger among older adults by partnering with Good Shepherd Food Bank, Crossroads Methodist Church, Wayside Food Rescue, University of Maine Cooperative Extension of Oxford County, and several food pantries to provide 1,039 low-income older adults with 295,920 pounds of food.
- Martin's Point Health Care was the \$15,000 Platinum Sponsor for the Maine Senior Games for the 8th consecutive year. Additionally, Martin's Point increased their generosity and support for the games by an additional \$10,000 — bringing their total support for the 2014 season to \$25,000. 2014 also marked the inaugural year for the Martin's Point Medallion Award — an award given annually to the person most influential in the health journeys of Maine Senior Games athletes.
- The Center for Agewell Programs at SMAA collaborated with the University of New England and MaineHealth to host fall risk screenings at several locations throughout southern Maine for National Falls Prevention Awareness Day.
- SMAA and University of New England connected nursing students with Meals on Wheels clients to document living histories for 30 home-bound older adults. Students met with clients to learn about their personal stories with the project culminating in life history books that were printed and presented to each client.



The Falls Risk Screening team—Falls Prevention Awareness Day 2014



Jo Dill, recipient of the Martin's Point Medallion Award.

Create a Better Day

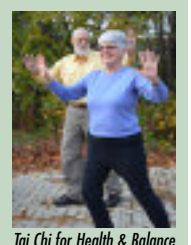
The Campaign to Create a Better Day is the largest fundraising initiative ever undertaken by the Southern Maine Agency on Aging in its 40 year history. The campaign will enable the Agency to open two new, state-of-the-art adult day centers that will serve adults and families living with Alzheimer's disease and related dementias. The Campaign includes \$1 million to establish an endowment to support member assistance and operational needs of the new Centers.

We have raised more than \$3 million dollars towards the campaign goal of \$6 million. In 2014, SMAA completed phase one of the campaign which included:

- Campaign preparation
- Purchase land for Biddeford Site
- Complete site work in Biddeford, including landscaping
- Open the Stewart Center in Falmouth

Enhanced Services in the Community

- Starting in January of 2015, SMAA will be offering Tai Chi for Health and Balance (TCHB) — a 24 week program (offered in 3, 8-week segments) that is joint-safe, easy to learn, and suitable for every fitness level. TCHB is based off of the Twelve Movement Tai Chi for Arthritis Program developed by Dr. Paul Lam, a world leader in the field of tai chi for health improvement. SMAA is excited to expand our Center for Agewell Programs with this new offering.
- The Adult Day Center programming at SMAA has undergone a "culture change" that focuses on member-driven programming. This change in programming tailors activities to a member's interests and abilities and is adapted over time to suit a member's changing needs. This change has resulted in increased confidence, positive social interactions, decreased depression, increased self-esteem, and an overall increase in the quality of life for our members.
- SMAA helped to connect over 1700 family caregivers to support and services that helped them continue to provide care for their loved one while also taking care of themselves. SMAA helped with support groups, classes (such as Savvy Caregiver), respite care, and information and resources.
- SMAA launched Vet to Vet: Veterans Helping Veterans — a program that pairs veteran volunteers with homebound veterans looking for a friendly visitor in their area. The program has already trained 22 volunteers and is currently serving 21 veterans. There is already a wait list of veterans in need of a visitor in their area.
- SMAA Resources Specialists offered in-person assistance through more than a dozen community sites in southern Maine: McArthur Library in Biddeford, Falmouth Library, Freeport Library, Hope Gateway Church in Portland, Salvation Army in Portland, Woodford's Church in Portland, Westbrook Community Center, Kennebunk Senior Center, York Hospital, Bridgton Hospital, Parsonsfield Town Office, Southern Maine Health Care in Sanford, and Our Lady of Perpetual Help Church in Windham.
- CATCH Health Habits expanded programming and service to adults 50 and over with curriculum that promotes a healthy lifestyle including healthy snacks, nutrition lessons, and physical activity.



Tai Chi for Health & Balance

SMAA relies on private donations for 13% of its operating budget. To donate toward our work, call 396-6500 or visit www.smaa.org. Services of SMAA are also supported by state and federal funds through the Maine 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 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.



CREATE A BETTER DAY

The Stewart Center is a new, state-of-the-art adult day center in Falmouth. Its person-centered approach provides adults with dementia and cognitive disabilities therapeutic activities and emotional support during the day while offering family caregivers help and guidance.

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The Stewart Center is a state-licensed, Adult Day Health provider for VA, MaineCare and Office of Elder Services.

Technology: Piece Of Cake

By Stephanie MacNeille

I recently had a birthday which, to me, indicates that I am getting up there. Actually, I don't usually feel my age so I think I'll let the numbers go and deal with things according to how I feel. That's the state of mind I was in when this small package arrived—a birthday gift from my son Joe, who lives in Oregon. Besides going to the gym a few times a week, I walk a mile on an indoor track before going to the gym. I had mentioned to Joe that it would be nice to have some music playing while I walked (thinking of Walkman, of course). So when I opened the package, I found this tiny metal thing no bigger than a matchbook. Since it had the apple logo on its side, I figured it was some kind of "device". It also included a small cord about four inches long, and some ear buds. So I was delighted to find that I had in my hands, an Apple iPod Shuffle, along with a set of easy-looking directions.

The first step told me to download and install the latest version of iTunes, but since I'd already done that, I went on to step two. That one said I should "connect included cable to iPod Shuffle and to a USB port on my computer". I had already transferred my music from my computer library to iTunes. So it was already there, waiting for me. I connected the USB cord (that little four inch

one) to the iPod and the computer. I left it there a while to let it charge so it would be ready to use. So once it was connected and charged, and I had my music menu right there, ready to be transferred into the iPod, I went to step three in my directions. It said I should set up iPod Shuffle using onscreen instructions in iTunes (when they appear). Well, that's where I ran into trouble. The directions didn't appear. They said I should click on the word "iPod" up in the corner so get directions on how to sync content. I couldn't see the word or the symbol to click on, and I looked everywhere on iTunes. They had all my albums listed for me, but I couldn't figure out how to get them into my little device.

I finally decided I needed help so I called my son. He got his iPod and USB cord, plugged them in, and his computer immediately connected him to iTunes and even gave him directions after he'd clicked on the word iPod.

Of course, that was my big problem; my computer didn't recognize my iPod so the word never showed up on my screen. We thought maybe my USB cord was defective somehow, so I went to Wal Mart. That guy not only couldn't figure out what the problem was, they didn't have a USB cord I could buy. I went to Best Buy and talked to a couple of their Geek Squad guys. One of them took my USB cord and iPod into the back room and came

out in a few minutes to tell me the cord and device were fine, as they got recognized by his computer. I had the depressing thought that maybe there was something wrong with my computer, but why would it show up only in that area?

Then I had occasion to go see a friend of mine (Maggie), who coincidentally had two tech savvy men in her home. Her husband plugged my device into his computer, and it recognized him! Her son took it and couldn't seem to find a problem or solution. So Maggie and I were looking at it, trying to figure where the problem could be. She asked me a few questions and I answered, but one of the questions gave me a sinking feeling in my stomach. I decided not to say

anything to them until I'd checked out my sudden thought. I came home, took out the iPod and plugged it into the computer with the USB cord, and immediately got recognized on iTunes. And there, in the upper corner was the word iPod. I clicked on it and finished the sync process in no time. In fact, I am sitting here with my headphones on, listening to Bob Seger sing about Hollywood Nights.

Do I really have to tell you what Maggie's question was that solved the whole problem? You will live a nice long life without knowing what that question was. Oh all right, I'll tell you!! Maggie had the little iPod in her hands, looking it over, and she said, almost in passing, "Did you turn it on?"



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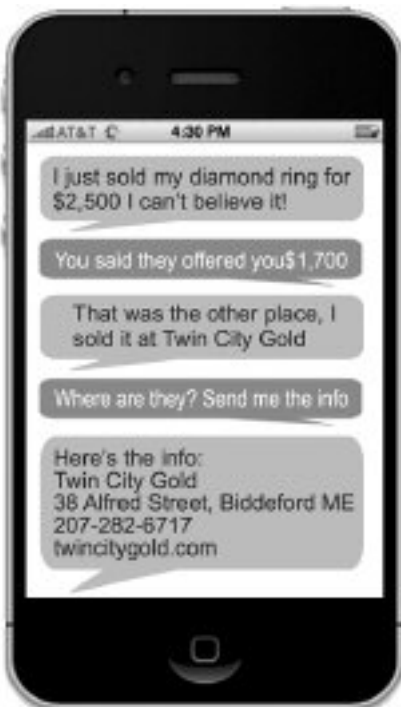


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Do Savvy Seniors Buy Travel Insurance?

By Elizabeth Margolis-Pineo

You've got your Tilley hat packed, your itinerary planned and your sunscreen squeezed into 3 oz. bottles. Then the unexpected happens—family illness, emergency, or worse. Some costs can't be recovered, but travel insurance can really take the edge off.

1. A Lot to Lose

All those nonrefundable plane tickets, deposits on hotels, and missed tours—travel insurance reimburses expenses incurred for situations that cause a missed trip or loss. Note: Check deductibles, exclusions and restrictions.

2. Interruption

Unforeseen circumstances include a cruise ship with problems at sea; extreme weather events; or something as simple as a missed connection.

3. Cancellation

Travel insurance covers extreme weather events like hurricanes, typhoons or tsunamis, plus terror threats or labor strikes. If cruise lines, airlines or tours file for bankruptcy during your trip, travel insurance covers that, too.

4. Lost Luggage

Baggage can be lost or delayed. Many times your existing homeowners policy will cover personal belongings that are lost, stolen or damaged while traveling. Again, deductibles and limitations often apply—do check first.

5. Word to the Wise

Don't bring your good jewelry on a trip! Expensive purchases made while traveling may require special travel insurance, so check with your agent for limits and exclusions if you plan to shop 'til you drop.

6. Medical emergencies

Check your own health insurance policy for emergency medical care outside your "network," or overseas. Emergency treatment abroad often requires immediate payment—travel insurance can help. We have found health care in other countries to be both inexpensive and very good.

7. Lost Medication

Savvy seniors DO NOT pack all their medications in checked bags. I always carry five to six days of meds in my carry-on. Five days is the magic time when lost luggage reappears—i.e., when airlines have to start paying. If your meds are lost or stolen, travel insurance will provide emergency prescription assistance.

8. Read online reviews

Ask your airline for a travel insurance recommendation. Make sure the seller is licensed—you want to be sure they're able to pay your claim. Proper credentials, recommendations and consumer histories are key.

9. Verify, verify, verify

Make sure your traveling companion or family members are covered. Coverage may vary depending if they're staying in another hotel, cabin or room—or if they take a different flight.

10. Savvy seniors know

If you're planning an adventure-packed getaway, make sure your policy covers skydiving, windsurfing or bungee jumping!

Travel insurance can help in the event of an unforeseen accident, delay, theft or emergency.

Take your time, read the policy, check it thoroughly — when thoroughly vetted, travel insurance can really save the day!

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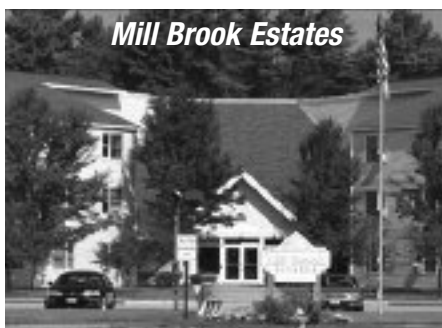
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Spring Crossing

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The Active Retirement Association offers programs reflecting the many interests of people 50+ years of age, retired or not, in the ME-NH-MA Seacoast area.

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Monday, February 9, 1:30 pm
Durham Evangelical Church
114 Dover Road (Rt. 108), Durham, NH

For more information about ARA, see www.unh.edu/ara or call Carol Caldwell, 603-343-1004

First Steps with Macular Degeneration

By Dareth A. Law, O.T.

Macular degeneration is the leading cause of low vision in the US. More than half of the patients seen at The Iris Network's Low Vision Clinic have macular degeneration and among clients who use vision rehabilitation services it is the most prevalent eye condition. Prevent Blindness America estimates that 2% of the population in Maine over the age of 40 has macular degeneration—approximately 11,857 people. This number is expected to almost double by 2030 as baby boomers age into the 65 and over age cohort, which is when macular degeneration usually manifests.

The most common initial symptom is the complaint of vision distortion. Later there are patches of loss of detailed vision in the center of the field of vision. An eye doctor will identify this loss of vision and refer the patient to a retina specialist. Retina ophthalmologists are experts in diseases that affect the back part of the eye. They will dilate the eye and examine the retina closely to look for damage to the macula.



The macula is simply a specialized portion of the retina, or the back of the eye where the image is 'projected'. Its job is to interpret color, fine detail and is best for daytime vision. The macula then communicates this information to the brain. It controls our ability to read, recognize faces, see fine detail and perform functional daily living tasks.

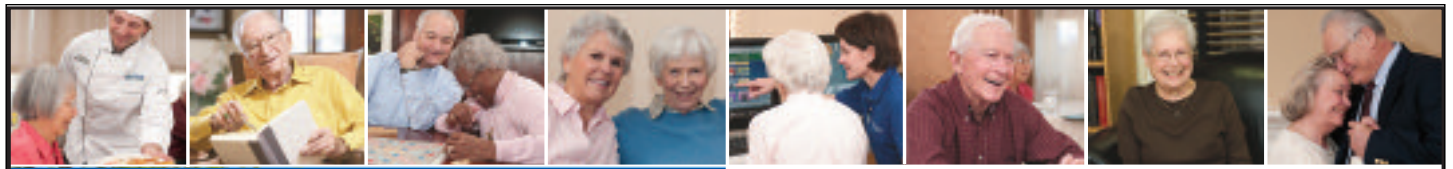
A retina doctor will focus on the disease process, and what vision is damaged. Usually, macular degeneration is monitored and sometimes it can be treated, sometimes it can't.

The Iris Network vision rehabilitation specialists focus on what vision remains. The goal in each case is to help the client to maintain independence and to learn how best to use this remaining vision.

The first, and most important step, is to schedule an eye appointment with your eye doctor and have your eyes examined.

The Iris Network is a state-wide, community-based private nonprofit with a vision of building a world where no person is limited by visual impairment or blindness and everyone is an advocate for eye health and the needs of people who are visually impaired or blind. Based in Portland, The Iris Network has field offices in Saco, Lewiston, Bangor, Brewer, Houlton, Augusta and Rockland. For more information about any vision loss related issue, visit The Iris Network at www.theiris.org.

PHOTOS: Source, National Eye Institute. Permission is granted to use these items for educational, news media or research purposes, provided the source for each image is credited.



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Featured Volunteer Opportunities

Would you like to volunteer but don't have a lot of free time?

Do you love to cook? SMAA's Vet to Vet Project is looking for three separate individuals or groups to provide one meal for our upcoming Vet to Vet Project volunteer trainings. We expect to have between 15-20 participants during each training and the meals will take place at about 6:15 each evening. You're welcome to join us! Contact Angie Millington in Volunteer Services at (207) 396-6595.

Westbrook LEARNS is one of many organizations locally that work in conjunction with SMAA to provide volunteer opportunities for those 55+. They are looking for **Tutors & Readers over the age of 55** with a love of children, patience and a sense of humor to volunteer in their after-school program at the Westbrook Community Center from 3:30-6PM any weekday—weekly or monthly. This is an ongoing assignment reading books to individual children and small groups, and assisting students with homework.

Our new **Stewart Adult Day Center** in Falmouth provides a home-away-from-home experience for our members living with memory impairments including Alzheimer's disease and other dementias. Person-centered activities, weekdays between the hours of 8AM-5PM, are designed to honor and engage the individual in ways that will be fun, stimulating, and interesting. The Stewart Center is looking for volunteer **Activity Aides** with an ability to work with people with some level of dementia, patience, kindness, good sense of humor, and a love of people to provide activities such as:

- Arts and crafts
- Music, song, and dance
- Gardening
- Story-telling
- Pet therapy
- Woodworking
- Baking
- Jigsaw puzzles/word-search games

To make a difference by volunteering, contact us at :
(207) 396-6525

CATCH Some Healthy Starts This Year

Welcome to the season of new plans. Why not plan to be healthier in 2015? It's never too late to make some tweaks that can improve nutrition and physical activity and the ability to do what you want to do. SMAA is here to help with ideas to tweak your health habits!

Daily, we are inundated with new information on food and health (I am still reeling from the idea that dark chocolate can be GOOD for me!). With all of this information everywhere we turn, it sometimes keeps our brains so overwhelmed that we forget the basics—that is where CATCH Healthy Habits for Adults 50+ comes in. Launched with great success this fall, CATCH Healthy Habits for Adults 50+ focuses on the basics of nutrition to help you on your path to eating better.

This one-hour program focuses on remembering the effects that sugar, salt, fat, and fruits and vegetables have on our health and is FREE to groups at senior housing, senior centers, church groups, and others who serve people 50 and over. Each subject is a stand-alone program, meaning you can schedule one session or a mix-and-match of up to four sessions that work best for your group.

Each session includes a healthy snack, nutrition education and some physical activity. All participants receive a Healthy Living Guide for Adults, filled with healthy tips and recipes. To learn more, to volunteer to teach the classes or to schedule classes at your facility, call Sharon at (207) 396-6523.

Added Sugar Adds Up

How much added sugar should you have each day? The American Heart Association recommends for adults:



St. Joseph's College and Larrabee Village



This fall our first CATCH Healthy Habits for Adults 50+ class was presented at St. Joseph's College. The community was invited to participate in four sessions lead by volunteer Evanthea Spanos.

One participant wrote: "I was grateful to experience the beginning of CATCH 50+ and enjoyed all the information presented. My husband and I will be coming up to St. Joseph's on all the next Monday mornings. Watching and listening to you was inspiring... look forward to seeing you next Monday for the Salt talk—my husband and I already are using the buzz words GO and WHOA on food choices."




Evanthea teaching the concept of GO and WHOA foods.

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Our next four sessions are starting in late January at the Hurd Library in North Berwick.

Children's Programming Continues

This fall, volunteers continued to teach youngsters in grades K-5 about healthy lifestyles. CATCH graduated children at Westbrook Community Center and George E. Jack School in Standish.

We will be working with a different group at Westbrook this winter and are need of volunteers to help out while some of our snowbirds head south for the winter. We have a big need for two teams (8 volunteers in all) at East End School in Portland. Volunteers will be leading children in the after-school LearningWorks program—a program whose mission is to provide the best learning opportunities in Maine for at-risk youth, the immigrant community, and low-income families.

For more information on volunteering, please contact Sharon Schulberger at 396-6523 or e-mail ssschulberger@SMAAA.org. Thanks!

CATCH Healthy Habits is a program of The OASIS Institute and funded by the Anthem Blue Cross and Blue Shield Foundation.

Make Volunteering Your New Year's Resolution

Wendy Spencer, CEO, Corporation for National and Community Service shared these highlights from this year's *Volunteering and Civic Life in America*.

- Nearly **63 million Americans** volunteered nearly **8 billion hours** last year
- This service has an estimated value of **\$173 billion** (based on the Independent Sector's estimate of the average value of a volunteer hour)
- More than **138 million Americans** (or 63 percent) volunteered informally in their communities

This report includes comprehensive data and trends which tell us just how deep the spirit of service runs in this country. Last year, **one in four** of us volunteered through an organization, and **two in three** of us regularly helped our neighbors.

But that's not the end of it: We need volunteers now more than ever. More than 80 percent of our nation's nonprofits depend on volunteers to do their important work.

We at Southern Maine Agency on Aging are in need of volunteers to serve in many capacities. Please, as your New Year's Resolution, join millions of Americans and volunteer. You can volunteer at something

brand new to you or continue doing something you have done for years and enjoy. Visit SMAA's webpage at www.smaaa.org or visit us on Facebook to learn about our many volunteer opportunities.

Vet to Vet on YouTube

The Vet to Vet Project continues to receive attention from the media and the cyber world. The latest entry on the Internet is Vet to Vet's video profile of three teams of volunteers and the veterans they visit on a regular basis. The video can be seen on YouTube at <http://youtu.be/JVc4EiApHKk>

The video was produced free of charge by Gabe Bornstein through the offices of Joe Bornstein.

To volunteer, participate or support the Vet to Vet project, contact Susan Gold at (207) 396-6521 or sgold@smaaa.org.

CORRECTIONS: The following donor names were listed incorrectly in the Report of Philanthropy in the November 2014 issue of Senior News:

Gerard and Priscilla Guilbeault

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Do you know about the Swing Bed Program at Bridgton Hospital?

When you first came to the hospital you were ill and care was directed at treating your illness. As your condition improves, you need to continue to get well, but perhaps you aren't quite ready to go home. The **Swing Bed Program** at Bridgton Hospital focuses more on getting well after your illness has been treated. Your doctor and the hospital staff will work with you on making this determination.

As one example, if you've had joint replacement in another hospital, we can provide rehabilitation for you close to your home and family, at Bridgton Hospital.

The Skilled Swing Bed Program allows you to receive skilled rehabilitation right here, in your own community, at Bridgton Hospital.

Why choose Bridgton Hospital for your Swing Bed care?

- All private patient rooms with private bath, cable TV, free internet access and phone
- Access to the Central Maine Medical Group's extensive network of medical specialists
- Physicians are on-site 24 hours a day/7 days a week
- RN care, around the clock
- Rehabilitation services available 7 days a week
- Lab, radiology (x-ray), pharmacy and other services right on-site

The Swing Bed Program may include:

- | | |
|----------------------|-------------------------------|
| Physical Therapy | Nutrition Therapy |
| Occupational Therapy | Psychosocial Support |
| Speech Therapy | Comfort Care |
| Wound Management | Longterm Antibiotic Treatment |
| Respiratory Therapy | |

How is Swing Bed care paid for?

Swing Bed care is often covered by Medicare, Medicaid and many private insurances. Bridgton Hospital's social worker or case manager will discuss your coverage prior to your transfer from the acute care setting to the Skilled Swing Bed program.

For further information please contact

Miriam Gibely, RN, Swing Bed Coordinator at (207) 647-6052 or (207) 402-0753.

