



Ruth Doughty, left and Dottie Martin of Westbrook volunteer preparing the Meals on Wheels deliveries from the Pride's Corner Congregational Church five days a week. Here they hold red roses delivered for Valentine's Day given by the estate of Lorraine Merrill.



VOLUNTEER REACHES 1,000TH MEDICARE BENEFICIARY: Mark Dion, left, traveled from West Baldwin to Bridgton to seek volunteer Stan Cohen's assistance with his health and disability insurance, becoming the 1000th person helped by Cohen.

Reasons to Fill Out Census Forms



Census data such as age and other demographic information will be used to award Federal funds to southern Maine communities for the next 10 years.

The Southern Maine Agency on Aging also uses census data to advocate for older adults and to help determine the number of people living alone and those who may be more at risk for poor nutrition or potentially in need of other

support services. When the Agency seeks grant money to supplement government funding, we rely heavily on data collected by the U.S. Census. Be counted. Return your Census form by April 1.

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From the Director's Desk

Share the Care

I have the special pleasure to speak to many community groups about SMAA services, and I enjoy the opportunity to visit and meet new people. I recently spoke to the Falmouth Rotary Club where, following my remarks, one of the members commented that she and her siblings had struggled for a long time trying to care for an elderly parent and, at their wits end, had been referred to SMAA. There they met with one of our very knowledgeable and compassionate Family Caregiver Specialists. In short order, the family had the information they needed and a plan to follow, greatly reducing everyone's stress and anxiety.



She concluded by saying she

recommends SMAA highly to her friends and colleagues and wished she had heard about us sooner. Of course, I was delighted to hear this testimonial. It reinforces for me the importance of our services for caregivers who struggle to make sense of very complicated circumstances and often feel very isolated by the experience. At SMAA we encourage caregivers to "Share the Care" by calling us early for information, advice and support. It will be our pleasure to talk with you.

New Supplemental Food Program Coming in April

Beginning next month, SMAA will be working with the Maine Department of Agriculture to roll out the Commodity Supplemental Food Program (CSFP) in our region. Working in partnership with the York County Shelter Programs and Wayside Food Rescue, SMAA will distribute 30 pound boxes of free food to more than 660 moderate to low-income seniors each month.

Sadly, food insecurity is a growing problem among older households in Maine. In fact, Maine has the highest rate of food insecurity among seniors in New England. We are delighted to be part of this new program that will bring nearly 120 tons of much needed food to older adults in York and Cumberland counties.

Larrabee Village Receives Best of Westbrook Award

The U.S. Commerce Association (USCA) selected Larrabee Village for the 2009 Best of Westbrook Award for its assisted living services. The USCA "Best of Local Business" Award Program recognizes outstanding local businesses throughout the country that enhance the positive image of small business through service to their customers and community.

SMAA and Westbrook Housing Authority (WHA) recently celebrated 10 years of working together at this unique facility where elderly residents are able to purchase need-

ed personal assistance services from SMAA at affordable rates and continue living independently in a subsidized apartment provided by WHA. Congratulations to the staff at Larrabee Village!

Volunteer Reaches 1,000th Medicare Beneficiary

Recently I had the pleasure of joining Bridgton Hospital in recognizing Stan Cohen, a Volunteer Medicare Advocate, who advises and helps older adults make sense of complicated health insurance issues. For more than five years Stan has held weekly "office hours" at the Hospital and throughout the Lakes Region. Stan's editorials on Medicare and healthcare appear regularly in the "Bridgton News," the "Senior News" and other publications. He is a tireless community volunteer and serves on SMAA's Board of Directors.

Report to the Community

See pages 12 and 13 of this issue for SMAA's 2009 Report to the Community. Here you will find a summary of accomplishments and financial information.

Thank you for reading and supporting "Senior News" and Happy Spring!



Laurence Gross
Executive Director, SMAA

Visual Art & Alzheimer's

by Anne Gamble

A group of seniors sits cafeteria-style, dipping brushes into watercolors and dabbing at pre-designed hearts. Moments into the Valentine's Day activity led by artist Nancy Meyer at Saco's Truslow Adult Day Health Center, Marcel, a dignified-looking octogenarian, is painting a colorful homage to love. His head to the side, he places his paintbrush in the corner of his mouth, looking like Picasso.

While arts and crafts are familiar activities at senior centers, Truslow's program, like others in Maine, in the U.S. generally, and in other nations, demonstrates that art is also therapeutic for the growing number of people with Alzheimer's disease and other forms of dementia.

Although people with Alzheimer's disease are "slowly losing their cognitive function, one thing will remain intact until the end, and can actually increase, and that is a person's ability to feel emotions." This is why art and music can be so successful in treating the disease," says David Currier, Education and Training Manager for the Maine chapter of the Alzheimer's Association. Like the parent organization, this chapter supports meaningful programs for families affected by Alzheimer's or related forms of dementia, an estimated 37,000 families in Maine.

Since Alzheimer's disease causes brain cells to deteriorate, the result is memory loss and difficulty with thinking and behavior. At present, an estimated 5.3 million Americans have this disease and as baby boomers age the number grows. Unfortunately, as reported in the "2009 Alzheimer's Disease Facts and Figures," no way as yet exists to stop or slow the damage to brain cells with the disease. However, that report also states that ac-

tive medical care and supportive activities can improve the quality of life for people in all phases of the disease.

Advocates and specialists agree. Currier, a musician whose parents both suffered from dementia, explains "If we can help the person with dementia focus on positive events through art and music, the effect that may have is incredible. Artwork, for example, will often help people to focus on positive events and memories in their lives." In the geriatric psychiatric unit at Portland's Maine Medical Center, art is part of occupational therapy activities. Dr. John J. Campbell, Medical Director of the hospital's psychiatric services, agrees that art is good therapy for everyone, including people with dementia: "They should indeed be able to benefit from enjoyable things. This includes creative stimulation and fun," says Dr. Campbell. Art and other activities can additionally help to counter the apathy and inactivity that often accompany dementia, and the brain of a person with dementia, like anyone's brain, works better when the person is engaged and concentrating.

To assist people with dementia, the Portland Museum of Art recently enlisted Currier to train docents who, once a month, guide visitors with dementia and their caregivers. Docents and visitors view and discuss artworks chosen for their narrative quality, says Tour Coordinator Emma Wilson, who calls it "A wonderful opportunity for people to engage in conversation while looking at art, in what can seemingly be a very isolating time in one's life."

Perhaps it is no surprise that a reported favorite among viewers with dementia is "Christina's World," which depicts a woman alone in a field. This painting by Andrew Wyeth is also among works shown at New York City's Museum of Modern Art in the "Meet Me at



Artist and teacher Judith Kinsman (left) with artist Donna Beveridge and her painting, Bubble Series: Tree of Life. Kinsman teaches at Old Orchard Beach/Saco Adult Education and the Dyer Library/Saco Museum.

MoMA" program for people with Alzheimer's and caregivers. That program's potential for improving participants' quality of life is reported by NYU's Aging and Dementia Research Center. Originally developed in 2006 with the Hearthstone Alzheimer's Family Foundation of Massachusetts, MoMA independently expanded the program to create the MoMA Alzheimer's Project.

In addition to viewing art, those with Alzheimer's express art outside the walls of museums, hospitals, and senior centers. For example, some famous artists, such as William Utermohlen, are known to have painted after becoming afflicted, while others have become artists in the process of dealing with Alzheimer's. "It gives me focus," says former teacher Donna Beveridge, 65, who was diagnosed two years ago with early-stage Alzheimer's. As a result of the diagnosis, she became proactive, as did her family; in fact, Beveridge's daughter told her mother, "You've got to paint."

Beveridge's watercolors that resulted depict family memories and friends, and, as she likes to say, serve as "her communicative process." Her trademark image, a bubble, developed as she dealt with her diagnosis: "I came up with this idea about bubbles because I had

written something in my journal about life being fragile like a bubble." She and her teacher, artist Judith Kinsman, laughed recently as they talked about how Beveridge, new to painting, learned to master the nuances of thin air. Just like the bubbles, Beveridge's expression has taken flight. Given her own experience with art, she warmly encouraged the docent training at the Portland Museum of Art.

Also in Maine, Currier has trained docents at the Bowdoin Museum. Elsewhere in New England, tours for people with dementia are available at the Peabody Essex Museum and the Harvard Museum of Natural History, among others offered by Artists for Alzheimer's™ and associated with Hearthstone. Further afield, there is even mention of a program at the Louvre in Paris. With the number of art programs growing, more people with Alzheimer's can benefit, and perhaps more than one Picasso may emerge.

The accompanying sidebar has "Resources for Alzheimer's Disease and Art." Truslow Adult Day Health Center is a program of the Southern Maine Agency on Aging, publisher of "Senior News."

Resources for Dementia and Art

Alzheimer's Association, Maine Chapter, <http://www.alz.org/maine/>
 David Currier, Education and Training Manager, (207) 772-0115 or david.currier@alz.org

Artists for Alzheimer's ARTZ Museum Tour
www.artistsforalzheimers.org
 Peggy Cahill, Director of Programs-Massachusetts, (781) 844-4671 or Cahill2@TheHearth.org

Portland Museum of Art
<http://www.portlandmuseum.org/>
 Emma Wilson, Tour Coordinator (207) 775-6148 ext. 3228 or tours@portlandmuseum.org

The MoMA Alzheimer's Project
<http://www.moma.org/learn/programs/alzheimers>
alzheimersproject@moma.org

Truslow Adult Day Center
http://www.smaaa.org/truslow_day_center.php
 Debra Thomas, Program Director (207) 283-0166 or dthomas@smaaa.org

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BOOK REVIEW

I Know Just What You Mean

By Ellen Goodman and Patricia O'Brien

The first impressions the columnist Ellen Goodman and the writer Patricia O'Brien had of each other when they met over 35 years ago, on Harvard journalism fellowships, did not suggest that a lifelong close friendship would result. Ellen assessed Pat as a "perky California cheerleader. Suburban mom... very Little League, station wagon driving. Verrrrry straight." Pat saw Ellen as a woman "clearly not wearing a girdle" with "craftsy orange earrings; no makeup. An in-charge, what's it to you type" (pp.17, 18). However, when they soon had their first real conversation, they recognized that between them "a comfort zone opened up" (p.43), and they immediately became close friends.

Two and a half decades later, at midlife, they realized that they had been with each other through careers and career-changes, through marriages, divorces, love affairs, and child-raising, through losses and triumphs, and in the process "had become fluent in the language of female friendship" (p.12). Since, in this world of frequent change, a friendship may be one of the most lasting relationships, they decided to undertake the research, interviewing, and analysis of themselves and others that resulted in this book. We therefore learn not just about their friendship and those of the women interviewed, but also about the nature of women's friendship in general, its substance and its significance.

As the authors point out, unlike familial or legally-sanctioned relationships such as marriage, friendship is the one important relationship created and maintained through choice, and they use examples from their own friendship and those of others to illustrate their topics. We thus learn of the friendships of women unknown to us as well as women who are probably familiar, such as Oprah Winfrey and her friend Gayle King, the novelist Mary Gordon and her friend Maureen Strafford, and Susan B. Anthony and Elizabeth Cady Stanton. However, although the book details the many life-enriching aspects of women's friendships, its perspective is not sentimental but instead honest, just as a genuine friendship must be. Thus, while many chapters focus on positive topics such as "Talking," "Playtime," "Taking Chances," and "We're in It Together," others discuss potential pitfalls in friendships, among them "Competition," "Traveling in Different Directions," "Testing the Limits," and the forthrightly-titled, "Bad Stuff."

That "Bad Stuff" includes the large and the small, from personal betrayal, such as Linda Tripp's betrayal of Monica Lewinsky, to the tendency to form cliques, which the

authors say "are the female equivalent of bullies." A young woman attending South Portland High School, who details the various cliques there, explained that she had been in them and then outgrown them, but the authors think that "Women never quite grow out of the clique mentality" (p.173). A disturbing illustration of this was found in an elegant retirement home in the Washington D.C. area; not only did the women there still form cliques, but the "outsiders," the women who were "the most ostracized" and who therefore ate their meals alone, were the women who were deaf (p.282). Bad stuff indeed.

Although women may be especially drawn to the book, men with women in their lives should also find the book interesting, especially


the chapter explaining that scientific research has found men's friendships to differ from those of women. Because men's friendships are more about "doing," men rank "shared interests" as most important in their close friends. For women, however, "being" is more important, that is, feeling closely connected, and thus women rank "shared values" as most important in their friends (pp. 52, 54).

Although both Pat and Ellen had some trepidation that this joint work might adversely affect their friendship, the project ended with their friendship intact. As they explain at the end of their last chapter, "Women and friendship... it's about being stronger together

than alone. It's about shared history, laughter, courage, and consolation. It's about being together for the long run" (p.287). Their "long run" has created a book that is interesting, touching, and informative, as well as fun to read.

Submitted by E. S. Newlyn

Goodman, Ellen, and Patricia O'Brien. I Know Just What You Mean. 2000; Simon & Schuster Fireside, Edn., 2001.



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Presentation and Training in Northport

Sexuality and Aging: Dispelling the Myths will be held Tuesday, April 6 at the Point Lookout Resort and Conference Center, Northport, ME. Presentations and special training by Marilyn R. Gugliucci, Ph.D., Director, Geriatric Education and Research, University of New England, Biddeford and SAGE, Services & Advocacy for GLBT Elders.

Target audience for training includes nurses, social workers, counselors, CNAs, nursing home administrators, home health workers, elders, care providers, psychologists, gerontologists, geriatricians, physicians, and allied health professionals.

For more information contact the University of Maine Center on Aging at 207-262-7920.

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

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Talented Seamstress Discovers Her Love of Teaching

*"If it's not right, rip it out!
You'll not be happy if you don't!"*

As Noble Adult and Community Education's Director, I was surprised that I had not met Lorraine Knox before last spring when mutual friend Alice Eaton introduced us. Alice was to teach an adult education course and she wanted her "quality control factor," Lorraine, to teach with her. I soon realized that Lorraine was not only an experienced and exceptionally lively person with a contagious laugh, but was also serious about accuracy. Lorraine often says, "If it is not right on the money, rip it out," and "if you do not like to rip apart, you ought not to be sewing."

Sheila Jordan, who met Lorraine some 35 years ago, says she is not exaggerating when she learned to sew from one of the best. "Lorraine Knox," says Sheila, "is a wonderful teacher who has been teaching sewing to women throughout her life time." Sheila went on to say, "The other thing I really like about Lorraine is her love of life. When I heard she was asked to teach, I thought to myself how lucky these people are who will have the pleasure of working with this expert in her craft." When Lorraine was asked why she had not formally taught, she said, "I never dreamed I could be a teacher. It is too bad I waited so long because I really enjoy it. At my age, starting anything new, like teaching, is really something. At



Lorraine Knox of Sanford at the sewing machine and Alice Eaton of North Berwick have been co-teaching sewing through Noble Adult Education.

first I was afraid the students would not come back when I told them to rip out their mistakes, but they did." Lorraine even has the ability to make you laugh as you take apart your last mistake.

Recently I was thrilled to be told my quilt block was "right on the money," and I found her "it's passable, only three threads off" was no longer satisfactory for me. In this regard I agree with Sheila who said of Lorraine, "She taught me to be patient and to care about the things I

was creating." Overall, this five foot, soon-to-be octogenarian is a treat to be around regardless of your own age, because she is timeless, fun, and an extraordinary teacher!

Lorraine is only one of many seniors who have discovered how rewarding it is to teach a skill she has mastered to others through her local adult education program. You will find all of Maine's adult education programs at www.maineadult-ed.org. I encourage everyone to share their skills, hob-

bies, and talents with others through adult education...and Lorraine does, too!

Contributed by Brenda S. Gagne, Director, Noble Adult & Community Education.

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Working through Caregiving

Kate Dulac, MS, LCPC,
Caregiver Advocate

Is there really any such thing as a "typical" family caregiver? Few of us feel typical. In fact, we often feel like we each must be the only one. According to the National Alliance for Caregiving, the "typical" family caregiver is a 46 year old baby boomer woman with some college education who works, and also spends more than 20 hours per week caring for her mother who lives nearby. While this may not describe you, it is an indication of the significant number of people who are struggling to multitask through their lives on a daily basis.

Caregiving is notorious for gradually sneaking up on caregivers. Initially, it seems simple and man-

ageable to help an aging parent while holding down a job and perhaps having kids to care for at home. You adjust your organizational skills a bit and everything runs like clockwork. Without your noticing, you take on a little more here and a little more there, until suddenly there isn't enough of you to go around. This is how caregivers become overwhelmed, overstressed and, ultimately, compromise their own health. You may assume you have no options: you have to work and your parents (or whomever) need your help. What can you do?

There are supports available for working family caregivers. Many employers offer supports, from EAP programs to care management referrals to on-site lunch and learn programs. Most employees are also eligible for time off to care for family members through the Family Medical Leave Act (FMLA). Inquire with

your employer if you are unsure about the benefits where you work.

The Southern Maine Agency on Aging (SMAA) also offers many services to support older people and their caregivers. There are volunteer programs to help with grocery shopping or money management. There are healthy living programs for seniors who want to improve or maintain their health and independence. Our Information and Advocacy department can assist with benefit screenings, health insurance education, and locating resources and services. Elder Advocates are available to assist you by phone during our office hours. The agency also coordinates the Meals on Wheels program and offers, for a fee, a care management program called Senior Solutions.

The Family Caregiver Support Program offers services focused on the caregiver. There are ongoing support groups as well as educational programs offered at a variety of locations and times throughout York and Cumberland counties. Some respite assistance may be available and Caregiver Specialists offer individual consultations to assist in identifying programs and resources to make your caregiving experience easier. Stress and anxiety are serious issues for family caregivers, which can lead to illness and an inability to continue to provide care for someone.

The National Family Caregiver Support Program and SMAA offer assistance to caregivers so they remain healthy throughout their caregiving experience and beyond. Reach out for support both at work and to SMAA. You don't have to do this alone. For more information, contact SMAA at 396-6500 or 1-800-427-7411, or check our website www.smaa.org.

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

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

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

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

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

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

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

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

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

On-line support group: This 24 hour/day message board is simple enough for even the least experienced computer user. If you are caring for an aging family member or friend, and you have Internet access, please join us! Contact Kate at SMAA, 1-800-427-7411 or online@smaa.org.

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



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Kinship / Grandparent Support Group

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

Dementia Support Group in Biddeford

An ongoing Dementia Support Group meets on the 3rd Monday at 3:00 PM in Classroom 3 at Community Partners, 443 Main Street in Biddeford. Topics for upcoming groups include:

April 19: **Spirituality, Rituals, and Stress Coping Strategies**—Many caregivers have trouble taking care of their own needs as they provide so much care for the needs of others. Whether you feel guilty for taking time out for yourself, or if you just feel like you don't have the time to take, consider this perspective: If you don't take care of yourself, you won't have anything left to give. Join us for a discussion of coping strategies that include holistic approaches to stress reduction and the importance of rituals. Presented by Lee Donovan, Clinical Coordinator, Community Partners, Inc.

May 17: **Visual Changes with Aging and Perceptual Changes with Dementia**—Presented by Caitlyn Blodget and Kathy Clarrage, Mobility Specialists, DHS, Division for the Blind and Visually Impaired.

All groups offer an educational time along with time for questions/answers and support.

Contact Barbara Alberda, Support Group Facilitator, at 229-4308 for more information.

Mini-grant Lightens the Workload for Caregivers

SMAA Family Caregiver Support Program grant has been awarded to Thriving at Home, to help purchase adaptive equipment to make daily tasks easier and safer for caregivers. Thayer McCain, MA, OTR/L, will provide an in-home comprehensive safety and functional assessment, which is usually covered by Medicare, and will recommend solutions to support an older adult's independence and make caregiving easier.

Eligible caregivers may receive assistance from the mini-grant to purchase needed assistive devices. It is hoped that this project's success will lead to further funding opportunities to support older adults and caregivers who want to continue to live at home. For more information, contact Thriving at Home at 571-8148.

News from Bridgton

A monthly support group for family caregivers meets at the Bridgton Community Center on the second Wednesday of the month from 1:00 to 2:30 PM. The group, which is a collaborative effort of the Community Center, Southern Maine Agency on Aging, and the Maine Alzheimer's Association, has been meeting for several years. Family caregivers of older adults are welcome to attend, whether or not the person they are assisting has dementia.

The meeting is scheduled to allow participation in the Community Center's Senior Lunch. Respite care is available during the support group, so that a caregiver may attend the lunch with the person they are assisting, and then attend the support group, knowing their person is across the hall with caring volunteers during the meeting. Many thanks to Jon and Sally Chappell for creating this opportunity and volunteering to make it work.

For more information, contact Ann O'Sullivan, at SMAA, 1-800-427-7411 x 541 or Oretta Baker at 647-8095.

Savvy Caregiver Classes

Savvy Caregiver is a training program for family caregivers of people with dementia. Often, people take on the role of caregiver without any preparation or training. Maine's Office of Elder Services has a federal grant to offer this series, which is being offered through Agencies on Aging and the Alzheimer's Association.

This evidence-based program is designed for people who are assisting a family member or friend with dementia, and helps them develop knowledge, skills, and attitudes to make caregiving easier. As part of the grant, we will be collecting data to add to the research on this pro-

gram, by asking participants to complete pre- and post- questionnaires.

Savvy Caregiver consists of six, two-hour classes and encourages participants to try out ideas at home between classes. Participants are asked to plan to attend all six classes in the series.

We are scheduling classes at several times of day and locations. If you are interested in learning more or being on our list to be notified as trainings are scheduled, please contact Ann O'Sullivan at 396-6541 or 1-800-427-7411 x541 or aosullivan@smaaa.org.

Help For People Helping Aging Family Members

Spring 2010

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

Class Schedule

April 5, 12, 26, May 3, 10, 17, 2-4 PM: **Savvy Caregiver.** MMC Geriatric Center, Portland. Contact Ann O'Sullivan at 396-6541 or 1-800-427-7411 x 541 to pre-register (required).

April 7, 12-1:30 PM: **Family Caregiving Employees: Employer Strategies.** Scarborough Chamber Lunch & Learn, Scarborough Library. Pre-register at 772-2811 x 228 or www.portlandregion.com. BYO lunch.

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

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

April 19, 3-4:30 PM: **Spirituality, Rituals and Stress Coping Strategies.** Dementia Support Group, Community Partners, Inc., Biddeford. Contact Barbara Alberda, 229-4308.

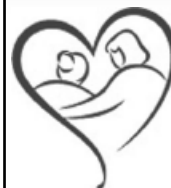
continued on page 9

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Guido Corriero Celebrates 100th Birthday

On his 100th birthday Guido Corriero a/k/a “King of the Woods” was treated to performances by the Royal River Philharmonic Jazz Band and Ayperi, a beautiful belly dancer. Those in attendance included Father Regan, Portland’s Mayor Nick Mavodones, Jr. and city councilor Cheryl Lee-man. Residents and guests shared a super-size birthday cake at The Woods at Canco, where Corriero has resided since 2007.



A little about the latest Centenarian

Guido Corriero was born in Brooklyn, New York January 17, 1909. Guido’s parents were both born in Italy; his father, a barber, came to the United States at the age of 16. Guido was the youngest of the family, following two older siblings. He remembers his first love vividly and had his first chance to kiss her while playing spin the bottle. Guido’s first job was at a grocery store, but he also worked side-by-side with his father, a barber.

Guido attended St. John’s College and Georgetown Dental School. In 1931, he went to Italy by boat to attend medical school in Rome. While in Italy, he met Mussolini and the Pope (on separate occasions). However, he was brought back to the states by “affairs of the heart.” Back in New York, Guido worked as a dentist and even designed a dental instrument. When asked if he made lots of money from this invention, he shook his head no and said, “All I wanted was my name on it.” He got his wish, as the world of dentistry was introduced to the Corriero Rangleur forcep.

Guido was married for 56 years to his wife, Evelyn. They had three children, two boys and one girl. In 1968, Guido saved a woman’s life at a picnic and received a plaque of valor from the Jewish War Veterans of Long Beach, New York, as well as



being named Kentucky colonel by the state of Kentucky.

He loved his car, a Toyota Cressida, and never in his driving career had an accident or even a ticket. He has traveled all over the world including Hawaii, Japan, Italy, Spain, Switzerland, England, Greece, and South America.

After Evelyn passed away, Guido lived in New Mexico and enjoyed a wonderful 15-year courtship with a woman named Virginia. He spent 12 years of retirement in Florida (playing golf) before moving to Maine to be close to his son. At The Woods at Canco, Guido is well known and well liked for his sense of humor, his wonderful smile, and of course, for his love of Thursday Night Happy Hour.

Submitted by Angie Langley, Enrichment Coordinator for The Woods at Canco.

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Help For People Helping Aging Family Members, Class Schedule

continued from page 7

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

May 4, 11, 18, 25, 5:30-7:30 PM: **Putting the Puzzle Together: Getting Ready to Offer Information, Care, and Support to Older Family Members and Friends.** SMAA, Scarborough. Four-part series includes understanding geriatric health issues; resources and supports; legal and financial issues; and strategies to make it work. Contact Ann O'Sullivan to pre-register, 396-6541 or 1-800-427-7411, x541.

May 6 - June 10, 2-4 PM: **Savvy Caregiver.** York Library, York. Contact Kate Dulac at 396-6558 or 1-800-427-7411 x 558 to pre-register (required).

May 17, 3-4:30 PM: **Visual Changes with Aging and Perceptual Changes with Dementia.** Dementia Support Group, Community Partners, Inc., Biddeford. Contact Barbara Alberda, 229-4308.

June 15, 5:30-7 PM: **Options for**

Older Drivers. MaineHealth Learning Resource Center (class will be held at SMAA office). Register at 885-8349.

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

June 24, July 1, 8, 15, 22, 29, 2:30-4:30 PM: **Savvy Caregiver.** Southern Maine Medical Center, Biddeford. Contact Kate Dulac at 396-6558 or 1-800-427-7411 x 558 to pre-register (required).

September 7, 14, 21, 28, 5:30-7:30 PM: **Putting the Puzzle Together: Getting Ready to Offer Information, Care, and Support to Older Family Members and Friends.** Falmouth Congregational Church, Falmouth. 4-part series includes understanding geriatric health issues; resources and supports; legal and financial issues; and strategies to make it work. Contact Ann O'Sullivan to pre-register, 396-6541 or 1-800-427-7411, x541.

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

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Online and Catalog Shopping Tips

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

Many people prefer to shop using mail order catalogs or the Internet, since a quick "click of the mouse" or a telephone call can be more convenient than facing the traffic, lines, and general confusion of shopping at a mall or big box stores. But what happens when your order doesn't arrive on time, or is incomplete? What happens if the merchant ships you something you didn't order, or bills you twice? The "convenience" of online or catalog shopping can disappear and prove to be a headache instead.

To inform Mainers about their rights when ordering products by mail, telephone, or the Internet, the Maine Attorney General's Office has published the "Consumer Law Guide," and more information is



available at (207) 626-8800 or www.maine.gov/ag. The Consumer Law Guide includes tips such as the following:

You Have the Right to Prompt Delivery or a Full Refund

The Federal Trade Commission (FTC) requires mail-order companies to ship goods within the time period stated in their advertisements. This FTC rule applies to merchandise ordered by mail, phone, or Internet. If no shipment time is advertised, the product(s) must be shipped within 30 days of the date you made the order. If the company does not ship within 30 days of receiving the order, it must give you the choice of agreeing to the delay, or cancelling your order and receiving a prompt refund.

If you decide to cancel, you must notify the company, since silence on your part indicates that you agree to wait for the merchandise. The company must refund your money within seven business days of cancella-

tion, and if you purchased by credit card, must adjust your credit card statement by the next billing period. Note, however, that the FTC rule does not apply to magazine subscriptions, photo-printing services, seeds and nursery products, book and record clubs or material ordered C.O.D.

You Have the Right to Keep Any Unordered Goods You Receive

In accordance with both Maine and federal law, you cannot be billed for any merchandise you received but did not order, and the company sending it cannot pressure you into returning it. Instead, you can keep the merchandise and consider it as a "gift." However, if the merchandise was delivered to you by mistake (instead of to the person named on the address) than you cannot keep it.

For a company to deliver goods in a greater quantity than you ordered and to charge you for the unordered quantity is also a violation of the law. In fact, billing you for unordered merchandise may constitute mail fraud, an area of law policed by the

U.S. Postal Service. Demanding payment for, or return of, unsolicited merchandise is an illegal and unfair business practice, and this area of law is enforced by both the FTC and the Maine Attorney General.

Defective Merchandise or Failure to Deliver

If an order made for goods by phone, mail, or Internet does not arrive, or is defective or wrong, first contact the merchant by phone and in writing, that is, give the company (or private seller) a fair opportunity to respond.

However, if you have contacted the seller and received no satisfactory response, contact the company again in writing, demand a date for response, and tell them that you will make a formal complaint to the U.S. Postal Inspector and the Attorney General in the state where they do business if you do not hear from them. If the merchant still does not respond, address your complaint letters to the above authorities, with copies going to the merchant.

If a seller has failed to deliver merchandise, you can contact the Maine Attorney General's Consumer Protection Division, your local Chamber of Commerce, or the Better Business Bureau.

Common Sense Tips When Ordering By Mail, Telephone or the Internet

1) *Know the company you are dealing with.* Use reputable companies familiar to you, or check with the Better Business Bureau or state consumer protection agencies if you are unsure. Note that Internet merchants on E-Bay are often private sellers who can falsify their "great" seller ratings.

2) *Check the company's policy on returns.*

3) *Read the product description carefully.* Don't rely on a photograph, which may make the product look larger, or which may show a new item when the seller is offering a used one.

4) *Keep a copy of the original advertisement or catalog.* Be sure you have the company's name, address and telephone number in the event something goes wrong.

5) *Keep a copy of your order form.* Record accurately the item price, the merchandise description, the order's total price, and your method of payment.

6) *Check the shipping details of your order.* See information above regarding specified shipping periods.

7) *Never respond to an e-mail solicitation for a product.* Since you never know with whom you are really dealing, limit Internet orders to well-known companies that you have contacted first.

8) *And remember, you get what you pay for.* When ordering a product advertised at a very low price, expect that it won't be worth much more than you pay. As the Attorney General notes, "If you order a diamond product for \$3.50 that is what you will get—a diamond worth \$3.50."

For legal questions, call LSE's HelpLine: 1-800-750-5353



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From the Mail

On January 21 we received a \$10 donation for the "Senior News" with a note: "Thank you. Senior News is very informative."

— Gertrude B.

"I am enclosing a check for meals provided for my father who lives in Portland. He is thankful for the meals and visits and would like to donate the suggested amount, \$3/meal, for the month. Thank you for all you do!"

— Susan F.

"I would like to thank the person who made the quilted placemat I received at Christmas. I dropped it over a pillow; it's just too lovely to soil. I look at it often and smile."

The quilted placemats are made by RSVP volunteers. For more information on RSVP, see page 22.

Meals on Wheels Volunteers Act in Emergency

I was so grateful to know that two people who delivered Meals on Wheels to my mother were quick to respond to the smell of fuel oil at her home a few weeks ago.

David and Penny Cole called 911 for her and the Fire Department responded just as fast. I am pleased to say it was a problem with her furnace, which has been fixed, but it could have been a worse problem than a simple furnace problem.

Our family is proud of the work done by these volunteers. These folks are real unsung heroes and deliver more than food, they give their time and heart to all they serve.

May I suggest if anyone knows of a volunteer for Meals on Wheels, say thank you to them for caring for others. Who knows? Some day it may be your parent, loved one or you they may reach their hearts out to.

To David and Penny: Thank you for all you do.

Alice Levesque, Portland



David and Penny Cole, Meals on Wheels Volunteers

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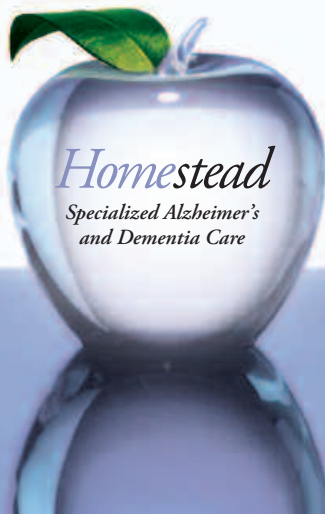
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How to Get Big Nutrients with a Small Appetite

Susan Gay, Registered Dietician
Nutrition Coordinator, Hannaford

Maintaining a healthy diet is essential for strength, endurance,



proper digestion, and a healthy immune system. As if that's not enough, good nutrition can help our memory, too!

However, there are many factors that can interfere with the desire to eat.

For example fatigue, mood, pain, certain medications, and ironically, malnutrition. Lacking in a few essential nutrients can negatively affect our appetite. Consider for a minute, that meals and snacks are medication. A steady dose of protein, calories, and fluids is just what the doctor ordered. No prescription required!

Proper hydration (6-8 cups fluid/day) and eating every 3-4 hours gives us the chance to keep up with the body's demands. Nutrient rich foods can provide more bang for your buck without having to eat like a lumberjack!

Fish, seafood, nuts and nut butter, poultry, lean beef, eggs, and beans are important high protein items to include at every meal. They help to maintain muscle but also contain Vitamin B12 and zinc. Vitamin B12 assists with red blood cell production and supports the central nervous system while zinc provides benefits to our immune system, helps maintain keen taste buds, and promotes a healthy appetite!

To keep weight on, capitalize on the calories from "good fats" like salmon, avocado, olive oil and nuts. Sliced avocado is a great way to enjoy a nutrient rich sandwich. Toss veggies in a generous portion of olive oil, and roast them for a delicious side dish to your meals. Adding healthy extras allows for more tasty choices for example; add peanut butter to toast and cheese with your crackers. Jazz up yogurt with berries and granola.

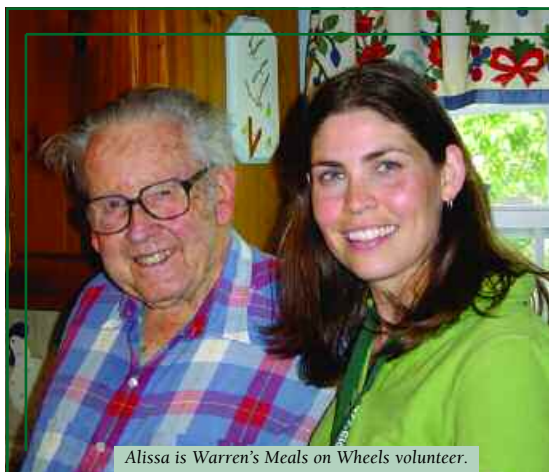
Eating every few hours will provide steady energy and can help to think more clearly too! Make a tasty trail mix with nuts, dry fruit, dark chocolate pieces, and your favorite cereal to nibble on throughout the day. Make your own fortified milk with the addition of one cup of dry milk powder to one quart of milk. Nutritional supplements such as Ensure or Boost work too.

For more information on ways to enhance your diet, find a Hannaford dietitian nearest you. If you or someone you know is primarily homebound and therefore unable to prepare a nutritious meal, learn more about Meals on Wheels by calling 1-800-400-MEAL (6325). There are no income requirements or fees. Meals are delivered by volunteers for a suggested donation

of \$3 per meal. Referrals are accepted on line at www.smaa.org.



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Alissa is Warren's Meals on Wheels volunteer.



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niors interested in receiving a FREE S.O.S. Phone, please contact the Agency on Aging at 1-800- 427-7411 or (207) 396-6500.

If you have old cell phones to donate, please drop them at the Southern Maine Agency on Aging, 136 US Route One, Scarborough, or at the Gorham or Westbrook Police Stations. To help collect phones in your church, school or community group, call Mary Hadlock at 396-6509. Thank you!

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Record Number of People Helped with Medicare and Health Insurance Decisions

The Information & Advocacy staff at SMAA reports assisting 1,830 people between November 15 and December 31, 2009. SMAA staff and volunteers helped 4,301 people with health insurance and Medicare questions in 2009, up 52% from the year before.

Call 207-396-6500 or toll free, 1-800-427-7411 to sign up for one of SMAA's Medicare Birthday Clinics.

The following locations served as "outposts" for Medicare and health insurance counseling during year end Open Enrollment.

- Baxter Memorial Library, Gorham
- Berwick Academy
- Bridgton Community Center
- Bridgton Hospital
- Freeport Community Library
- Gray Public Library
- Kennebunk Free Library
- Maine Medical Geriatrics Center
- Mercy Hospital – Westgate
- Noble High School
- Old Orchard Beach Town Hall
- Saco Community Center
- South Portland Public Library
- Springvale Library
- Trafton Senior Center
- Traip Academy
- Windham Adult Education
- Windham Public Library
- York County Community College
- York Hospital
- York Middle School

Medicare Editorial

Ever hear of the Medicare Improvement Standard? This is hard to believe, but there are some Medicare coverage rules that exclude coverage if your condition will not improve.

People with chronic conditions and long-term illnesses are too often denied Medicare coverage on the grounds that they will not improve, need "maintenance services only," have "plateaued" or are "chronic and stable". Taken together, these reasons are referred to as the "Medicare Improvement Standard."

This is frequently true, for example, for people with arthritis, Parkinson's disease, Alzheimer's disease, ALS, HIV, and Multiple Sclerosis (MS). Because their underlying illnesses will not be cured, these individuals are frequently denied Medicare coverage for an array of health care services including home care and physical therapy.

Does this sound reasonable? Not to me. Fortunately some important organizations, like the Center for Medicare Advocacy, are lobbying to reverse the draconian Medicare Improvement Standard.

Stan Cohen, Bridgton, Maine

Stan Cohen is a volunteer Medicare Advocate and is available for free, one-on-one consultation at the Bridgton Hospital every Tuesday from 9 AM to noon. No appointment is necessary. For more locations for help with Medicare, call the Agency on Aging at 1-800-427-7411 and ask for a Medicare Advocate.



When you've made the right decision, you know.

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

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

We looked at a lot of places. The moment we decided on the Inn at Village Square, we knew we'd made the right choice.

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Walmart Foundation Grant for Meals on Wheels

A grant of \$12,000 has been awarded to the Southern Maine Agency on Aging from the Walmart Foundation through the Meals on Wheels Association of America (MOWAA). The grant is dedicated to an off-site computer server, which will be critical to the continued provision of Meals on Wheels in a local or regional emergency.

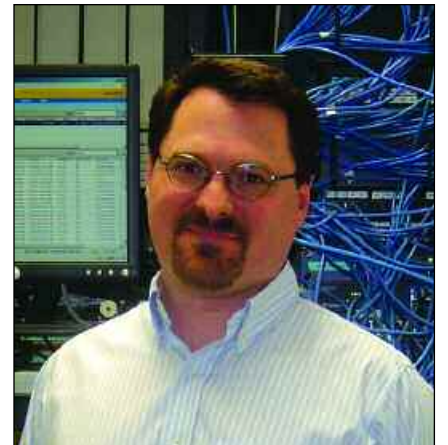
“Our goal is to ensure there is never a waiting list for Meals on Wheels, and that we reach home-bound seniors who have no other way to get nutritious food,” said Ted

Trainer, Director of Healthy Aging at the Southern Maine Agency on Aging. “We’re grateful to all of our volunteers, to the Walmart Foundation and to the Meals on Wheels Association of America for helping to meet this goal.”

Meals on Wheels are available to people 60 and older of all income levels who cannot shop for themselves or prepare a nutritious meal.

There is no fee for meals but donations are requested. To inquire about receiving Meals on Wheels or to volunteer to deliver Meals on Wheels in York or Cumberland counties, call the Southern Maine Agency on Aging toll-free 1 800-400-6352 or 207-396-6583.

“We’re grateful to be able to purchase this emergency backup system, ensuring continued Meals on Wheel delivery even in the event of a total server failure.”
—Dan Knox, Information Systems Manager



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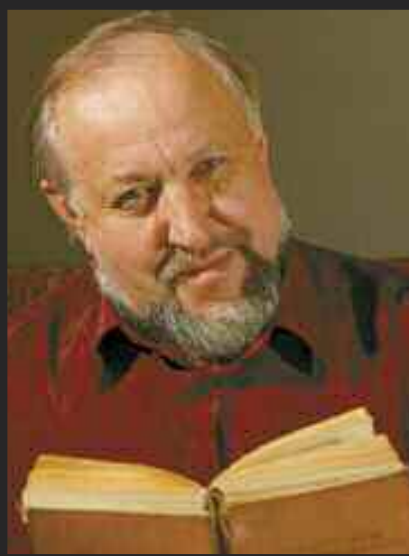
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Quality Care...Close to Home!



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.

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 about this program we encourage you to contact Karen Harding, RN, MSN, CS at 207-647-6074.



Is Retirement Passé?

by Kay Soldier

It's been nine years since I decided to take the Editor sign off my desk and retire. Someone asked me last week how retirement was working out. Frankly, I love it—but then; I loved working 50 or 60 hours a week, too, most of the time.

As my older friends told me back then, there have been some surprises along the way.

My retirement plan was to sign up for “early” Social Security at 62, work maybe 10 hours a week and continue to pay my share (half) of the



company's group insurance plan until I qualified for Medicare. I planned to work about 10 hours a week, writing for Current Publishing and I'd continue to take minutes for two different committees in Windham and whatever typing jobs came along. I had it all figured out and having spent most of my adult life in the world of business, I thought I had all the bases covered and knew I had all the answers! Well, I was wrong.

This past weekend, I was in company of some friends of varying ages, all of them either retired or very close to it. We agreed the best advice for anyone considering retirement, no matter how much is saved for those years, is to expect the unexpected and somehow, be resilient enough to live with the results.

Nine years ago, I spent literally days and weeks studying every aspect of Medicare, but never discovered it would not cover the most obvious needs of older people—hearing aids (thousands of dollars out of pocket), eye glasses (hundreds of dollars each year), life-threatening dental needs (more thousands)—none of this is covered. I didn't read that part of that inch-thick book, because it didn't apply to me. Not at the time.

Supplemental health insurance, which covers part of what Medicare doesn't, is highly touted as a necessity. Nine years ago, I believed this and spent two weeks choosing a company, talking to four different firms. When the premiums more than doubled within three years and reached nearly \$180 a month, I cancelled it because I just couldn't afford it. But I was pretty healthy and had successfully recovered from open-heart surgery about five years before I retired and could not imagine anything that could go wrong. Expect the unexpected.

A couple of years after I cancelled the supplemental insurance, I was faced with another surprise—a trip to the hospital and major surgery, the fear of cancer and untold apprehension. Everything was fine, I recovered nicely, but my pocketbook

did not. Medicare covered 80 percent and I was left with more than \$7,000 to pay out of pocket. Many readers can identify with this situation.

The ripple effect of an unexpected expense like this impacts everything. Bills get paid late; dental insurance gets cancelled, shopping as a fun activity is filed away in the memory scrapbook. Any unnecessary purchase goes by the wayside. Probably why my car is 16 years old and a weekly night out to a restaurant is a memory.

I've been very lucky during these years, though. I've been able to work more hours, which I can easily do. Even better, I can work from home, eliminating the cost of driving to and fro every day. Granted, some of my part time work has been taken over by technology, but new job opportunities have opened up.

My network of retired-but-still-working friends has increased. We all think nearly everyone in government needs a reality check when they start talking about “our senior citizens” and what needs to be done.

In Maine, 75 percent of recipients of Social Security get an average of \$900 a month and depend solely on this for their income. This includes most people of my generation, who worked all their lives, long before it was common practice to provide pensions as part of a benefit package and before the term 401(k) was coined. Pensions (in the old days) were usually provided by the railroad, the military, governments of all kinds—any venue funded with tax dollars. To expect older Americans to “adjust” to the extreme increases in everyday necessities is ridiculous, if their only income is Social Security.

No, I haven't come up with a solution to this dilemma, but I'm beginning to think we should retire the concept of retirement. It might be a chapter in history. Already I hear about people who don't plan to retire at all. And come to think of it, most people in my peer group are still working.

Kay Soldier writes the “Especially for Seniors” column that appears in Current Publishing's weekly newspapers. Originally printed in September 2008 and reprinted by permission. www.keepmecurrent.com.



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Get in on the Excitement — Volunteer for Maine Senior Games!

In-house volunteers

These volunteers come to the Southern Maine Agency on Aging to put things together for the events. Stuffing things into a goodie bags, counting out medals, labeling the cases of water, folding T-shirts and putting them in piles according to sizes and whatever else needs to be put together for the events. 2-3 hours.



Volunteers Fran Martin, Deborah Levine, and Katlyn Blackstone volunteer for the table tennis competition at the Pineland YMCA.

Registration volunteers

These volunteers have to make sure they have everything they need to check folks in for their event. T-shirts, lists, water, goodie bags, signs, table, supplies. They must get to the event at least an hour early to get signs up and set up table with T-shirts, water etc. They must stay throughout the event and possibly pass out the medals. This could be an all day event or 3-4 hours depending on the event.

Delivery or on-the-road volunteers

These volunteers are folks that are willing and able to deliver

brochures, registration forms and other materials to bowling alleys, tennis courts, swimming places, Y's, fitness clubs etc. Time would be your call.

Event volunteers

These volunteers work at an event. They may have to stop traffic for cycling, keep score at a softball game, watch lines at a tennis match, run the scorers clock at basketball, be a spotter for golf or help at a track meet. This could be an all day event or 3-4 hours depending on the event.

For more information, contact Jo Dill, jdill@smaaa.org, 396-6519.

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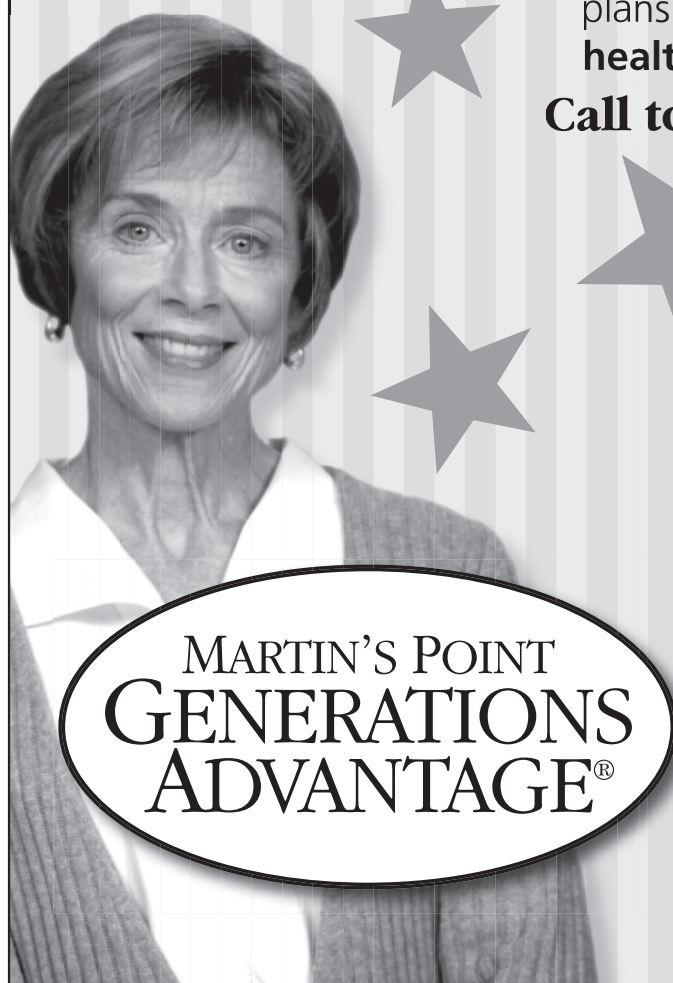
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*Medicare.gov, 2010 Plan Quality and Performance Ratings. Applies to Prime (HMOPOS) and Value (HMO) plans only. The Select (PPO) plan is too new to have current Medicare ratings. **You may only enroll during specific enrollment periods. Call Martin's Point for details. You must have Medicare Part A and B to enroll in Martin's Point Generations Advantage. Serving all of Maine except Washington County. Martin's Point Generations Advantage is a Medicare Advantage organization with a Medicare contract. This is an advertisement; for more information contact the plan. Y0044_H5591_H1365_2010_535

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To register, please call (207) 662-0822.

Date:
Thursday, March 25, 2010

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Portland, ME
East Tower, Classroom #2



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How to Remember SMAA in Your Will

As you do your financial and estate planning, please consider sustaining your support for our mission in your will. Here is what your attorney or tax consultant needs to know to formalize your bequest intent:

Information for Professional Advisers

Mission: The mission of the Southern Maine Agency on Aging is to improve the physical, emotional, and economic well being of older adults in southern Maine.

Legal Address:
Southern Maine Agency on Aging
136 US Route One, Scarborough, ME 04074

TAX I. D. Number
Founded in 1972, the Agency's Tax ID (EIN) number is 01-0360259.
Contact the Development Office at 207 396-6591 for a copy of our 501 (c) (3) tax letter or for instructions on how to give securities etc. We are registered with the State of Maine as a charitable organization.

Web Site: Visit our planned giving site
www.smaa.org/planned_giving.php

Sample Testamentary Provision

In drafting a new will or codicil or establishing a trust, the following is sample bequest language for the Southern Maine Agency on Aging:

"I give to Southern Maine Agency on Aging (SMAA), a Maine nonprofit organization, located in Scarborough, Maine, (___% of the estate or the sum of \$_____ / ___% of the residuary estate.) This gift is to be placed in said Agency's endowment, from which a spending portion will be used to support the Agency's activities and programs."

To restrict the spending portion to a specific SMAA program, please have the second sentence of the sample language read:

"This gift is to be placed in said Agency's endowment, from which the spending portion will be used to support [name of the specific program you wish to restrict to]."

Grief Support Group in Windham

VNA Home Health & Hospice is offering a six-week grief support group in Windham starting April 20 at the North Windham Union Church, 723 Roosevelt Trail. The group will be held Tuesday evenings from 6:00PM to 7:30PM starting April 20th and ending May 25th.

You must call Linda Hopkins at 400-8714 to sign up. This will be a closed group (same group of people meeting for the six sessions) led by experienced group facilitators. There is no charge to attend.

For more information call Linda at 400-8714 or e-mail Linda at hopskinsl@vnahomehealth.org



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Osteoporosis

By Nisheet Prasad, M.D.
Geriatric Fellow
Maine Medical Center



As we age, we may have many questions about our bone health, particularly about Osteoporosis. We may ask, what is it, and why do I need to know about it? How is it diagnosed, and what can I do to prevent it? Are there any treatments for it?

To begin with, Osteoporosis, which means "porous bones," is a medical condition affecting over 10 million Americans and is characterized by accelerated bone loss, leading to low bone mass and low bone density. This gradual process weakens bones, making them fragile and more prone to fractures. Another 34 million have Osteopenia, or low bone mass, and are therefore at an increased risk for Osteoporosis. Although common among the elderly, Osteoporosis can happen at any age and affect any bone in the body, although the most common sites are hips, vertebrae, and wrists. While the process is mostly silent, symptoms may include back pain, hip pain, loss of height, and a curvature of the spine that causes a hump-like deformity. Because the process is silent and gradual, many people do not know they have the disease until they break a bone.

Risk factors that can contribute to Osteoporosis include smoking, inactivity (especially a lack of weight-bearing exercise), excessive alcohol and caffeine consumption, lack of sufficient dietary calcium and vitamin D, lack of sunlight exposure (needed to make Vitamin D that helps in dietary Calcium absorption), a family history of Osteoporosis, and advanced age. Also, women are four times more likely than men to get osteoporosis. Long-term use of certain medications including Corticosteroids, thyroid, and some anti-seizure medications are known to contribute to this condition as well.

For diagnosis, a number of tools are available, such as X-rays, Bone Scans, Blood tests, and Urine tests, but the best detection tool is Bone Mineral Density (BMD) testing. The BMD test measures bone density in hip, spine, and wrist, areas at the highest risk of fracture, and provides a "T-score" number that correlates with bone fracture risks.

Osteoporosis can be prevented by a diet rich in calcium and vitamin D, physical activity with weight-bearing exercises such as walking or weight lifting, and all other exercises, including tai chi. Avoiding smoking and excessive alcohol and caffeine intake will also help with the prevention.

Current treatments for Osteoporosis, which are designed to boost bone mass and prevent further bone

loss, are most beneficial when used in conjunction with preventative measures. Most common drug regimens work by decreasing bone loss and indirectly facilitating gain in bone density. These medications, known as "Bisphosphonates,"

include Fosamax, Actonel, and Boniva. Other drug regimens include Estrogen therapy in women, Calcitonin, and Parathyroid hormone.

At your doctor's office you can expect your doctor to do a physical exam, discuss your current and past medical problems, review your current medications list, and review your family history of fractures, your social history including alcohol and tobacco use, and your activity level. Your doctor may also decide to send you for additional blood/urine tests and radiological studies. Be sure to ask your doctor about daily require-

ments for calcium and vitamin D.

More information about Osteoporosis can be found online at the National Osteoporosis Foundation, website www.nof.org.

Note: It is possible to have NO risk factors for Osteoporosis and yet inherit the disease. The tendency to thinning bones is highly genetic. If your family history is unknown, get a bone density test by age 50 or sooner if you know thin bones run in your family.



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- beautifully landscaped courtyards and patios
- wellness and exercise center
- library and computer center

RSVP

Retired and Senior Volunteer Program

"Sharing the Experiences of a Lifetime through Volunteering"

Volunteer Recognition

This year we are holding Volunteer Recognition Luncheons to honor RSVP volunteers, no matter where they serve, and Southern Maine Agency on Aging volunteers whether they are members of RSVP or not. The Luncheons are scheduled as follows:

In York County:

Tuesday, April 20
 Knights of Columbus Hall
 47 High Street
 Sanford, Maine

In Cumberland County:

Thursday, April 22
 Italian Heritage Center
 40 Westland Avenue
 Portland, Maine

Each Luncheon will run from 11:00 AM to 2:15 PM. All current RSVP volunteers, RSVP Station Supervisors and Southern Maine Agency on Aging volunteers are invited to attend. Invitations will be mailed in late March.

For the York County Volunteer Recognition Luncheon on April 20,

Custom Coach and Limousine is providing a 54-passenger bus to help with transportation. It will begin its run from Kittery at 9:00 AM with pickups in Wells at 9:45 AM and Biddeford at 10:15 AM and bring the passengers to Sanford. Exact pickup spots will be included with the invitations. Reservations for the bus can be made then and people will be accommodated on a first-come, first-served basis.

Mark your calendars now to attend your Volunteer Recognition Luncheon during National Volunteer Week!

New Stations

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

Habitat for Humanity of Greater Portland

The Little Dolphin School – Scarborough

The Root Cellar

New Volunteers

Julie Brooks Allen McRae
 Diann Carroll Betsy Sargent
 Kathleen Dillon Janet Saurman
 Thomas Martin

Volunteer Opportunities

Spring into Something New—Try Volunteering

Spring is just around the corner. An amazing number of volunteer opportunities await your choice. Here are some suggestions.

Cumberland County

- We are looking for a go-getter who likes to meet people to help market a new program in our Nutrition Program. A car is essential for this position.
- Are you a home fixer-upper? A nonprofit building supply store is looking for volunteers to help. The shifts are on Wednesday through Saturday mornings or afternoons.

- For all you lovers of cats: volunteers are needed at a no-kill shelter during the morning hours.
- Students in grades 3 to 5 need after school help with homework and related educational enrichment activities. The only requirement is that you be comfortable with children and diversity.

These are only a few of the choices you can make. All you have to do is pick up the phone and call Priscilla Greene at 396-6521 or 1-800-427-7411 x 521. You may also e-mail pgreene@smaaa.org.

York County

- Residential care facilities in Springvale, Sanford and a number of other communities are looking for volunteers to help with activities or to visit residents.
- There are a variety of opportunities to volunteer in your local community to help seniors remain independent and in their own homes. Needed services include shopping for groceries, minor home repair, delivering Meals on Wheels and helping with check-writing and bill-paying.

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ENRICHING LIVES, ENJOYING LIFE, LIVING WELL

iTNPortland™

Because we still have places to go, people to see...

iTNPortland is a membership based non-profit organization. We provide arm-in-arm, door-through-door transportation for seniors. We use donated cars, volunteer and staff drivers, to deliver our 600+ members to destinations throughout Greater Portland. Our membership also includes adults with visual impairment.

Join and ride, volunteer to drive, or donate a car
 (207) 854-0505 www.itnportland.org

- An adult day center in Saco is looking for volunteers to help with activities or with clerical work.
- Schools, museums and libraries all depend on volunteers. Can you help?
- A long-term care facility in the Saco area is looking for a volunteer who speaks French and a volunteer who speaks Greek to visit and converse with residents who speak those languages.

teer opportunities include sidewalk-ing, occasional office work, and set-up and break-down during our annual events.

If you are a senior looking for an opportunity to make the difference in someone's life, and keep your mind and body active, within an exceptionally pastoral setting, please consider volunteering with Equest.

For more information, see www.equestmaine.org or contact RSVP at 396-6520 to get involved.



Happy children with their new hats and mittens knitted by RSVP volunteers. To get involved or donate yarn, call Priscilla Greene at 396-6521 or 1-800-427-7411 x521.

To learn more about these and many other volunteer opportunities, contact Ken Murray at 396-6520 or 1-800-427-7411 x 520 or by e-mailing kmurray@smaaa.org.

**Equest Therapeutic Riding Center
Lyman, Maine**

An autistic child reaches out to gently pat her horse. She feels its warmth and runs her fingers through the horse's curly mane. For an instant, the child's eyes connect with her helper. For some children with autism, milestones such as this one are monumental. But they can only be made possible with the help of generous volunteers who are willing to offer their time as support persons during lessons.

Equest Therapeutic Riding Center is recruiting volunteers for its 2010 season. Equest offers a beautiful, natural environment in which we help riders of all ages, with disabilities, achieve their goals. Volun-



Aging...let us help you and your family make the most of it.

We offer evaluations in the following specialties:

- Memory Issues
- Geriatric Assessments
- Fall/Balance Concerns
- Eating/Swallowing Concerns

Call for an appointment and additional information, (207) 662-2847



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

Discover *love*
why so many seniors *love*
Bay Square living



Just beyond the beautiful Royal River is a place you'll love to call home. From the traditional stone fireplace that welcomes you, to our world-class service and amenities, Bay Square at Yarmouth invites you to come celebrate life with friends by your side.

Life at Bay Square feels like coming home to your favorite seaside inn, where a caring staff and full calendar of activities make it easy to enjoy every day.

Call us today to schedule a complimentary lunch and experience the beauty of Bay Square living.



A Benchmark Senior Living Community

27 Forest Falls Drive • Yarmouth, ME 04096 • **207-846-0044**

www.benchmarkquality.com

ASSISTED LIVING • THE HARBOR PROGRAM FOR THE MEMORY IMPAIRED

NEW MEMORIES.

Just one of the reasons you'll want to join our community.



Building lasting friendships, at any age.

At Scarborough Terrace, you and your loved ones are part of our family! Whether it's relaxing in the company of other residents, participating in activities or just enjoying your surroundings...
No cooking, No laundry, No worries!

We offer medication management, 24-hour assistance, transportation, delicious menu options, housekeeping and laundry services. Memory care apartments and short-term stays are also available.

To schedule a tour, call Elizabeth Simonds or visit www.terracecommunities.com



600 Commerce Drive • Scarborough, ME 04074
(207) 885-5568





Remember this?

Then it's time to get screened for colon cancer.

Talk to your doctor. It could save your life.

Colon cancer is 90% curable when detected early.
Regular screening tests are recommended, beginning at age 50*

*unless recommended earlier by your doctor.



An Initiative of the Maine Comprehensive Cancer Control Program, Maine Department of Health and Human Services Bureau of Health



Brought to you by your Cumberland County Healthy Maine Partnerships.



For more information: mainepublichealth.gov or preventcancer.org