



From the Director's Desk

As I write this column, it's a balmy zero degrees outside and the wind chill factor is registering at -16. I hope by the time you are reading this, Maine is at least tip-toeing into Spring with sunnier, warmer days on the horizon. It has been a challenging winter for most of us and especially for homebound seniors in Maine who have been literally "snowed-in" for days at end. I'd like to send SMAA's thanks to all the town workers, the high school students, the community volunteers and church groups who looked out for their older neighbors and spent countless hours helping to shovel out driveways and walkways, rake snow off roofs, inspect outdoor vents and assist with other chores as needed. Neighbors helping neighbors has been a lifesaver for many of our older citizens.



The bitter cold and snow did not however prevent our Meals on Wheels volunteers from delivering a little winter cheer to homebound seniors. On the Thursday before Valentine's Day, along with their meal, all of our Meals on Wheels recipients received a long-stemmed red rose to brighten their day. Since 1995, thanks to the generosity of Loraine Merrill, a long-time Meals on Wheels donor, the Valentine's Day rose delivery has been a SMAA tradition. When Loraine died in 2003, she left a bequest to the Agency that established an endowment fund assuring the rose tradition will continue in perpetuity. Planned gifts, such as these, enable the Agency to sustain and grow valuable programs that have a profound impact on the lives of seniors in southern Maine. I encourage you to contact Kate Putnam, SMAA's Director of Development, to find out how you can leave a legacy through your will or estate plan.

On the state level, the Maine Council on Aging recently announced legislation to the Maine Aging Initiative. A bi-partisan group of legislators have agreed to sponsor proposed legislation across six priority areas: keeping people home; keeping people healthy; keeping people connected in the community; workforce; and keeping people safe. These themes emerged from the recent Maine

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Maine Senior Games Hits the Road in Style— Thanks to Martin's Point



Jo Dill, to transport equipment, supplies, and materials to and from the various events for the Games.

"We are truly grateful to Martin's Point Health Care for their long-standing support and generosity," said Laurence Gross, SMAA Executive Director.

"The donation of this van is a wonderful example of the great partnership that has developed between Martin's Point, SMAA, and the Maine Senior Games. We are so appreciative of their involvement and continued support!"

Martin's Point Health Care has been a long-time partner of the Southern Maine Agency on Aging and a long-time sponsor of the Maine Senior Games—2015 marks their eighth straight year serving as the lead sponsor.

"We have always appreciated the Maine Senior Games and their commitment to the health and vitality of Maine seniors," said Rebekah Dube, Martin's Point Vice President of Senior Products. "We are both interested in and dedicated to the well-being of other people and helping them live healthier lives. We are very proud to be the longtime lead sponsor of the Games and look forward to a very successful year!"

Above: Jo Dill, ecstatic to see the new van.

L to R: Dr. David Howes, Martin's Point President and CEO; Larry Gross, Southern Maine Agency on Aging Executive Director; Julie Moss and Kim Koehler, Maine Senior Games Board Members; Jo Dill, Maine Senior Games Coordinator; Kate Leahy, Martin's Point Public Relations; and Dr. Jonathan Harvey, Martin's Point Chief Medical Officer during the presentation at Martin's Point Healthcare in Portland.



KEEP YOUR EYES PEELED FOR THE BRIGHT GREEN MAINE SENIOR GAMES VAN THIS YEAR!
Let us know where you've seen the van on our MSG Facebook page www.facebook.com/MaineSeniorGames



Celebrating 20 Years of Giving

Since 1995, every Meals on Wheels recipient in York and Cumberland County receive a single, long-stem, red rose in celebration of Valentine's Day. This gift is possible through the kindness and generosity of the late Loraine Merrill.

Loraine, a Meals on Wheels recipient herself, supported the delivery of the roses anonymously for years. Since her passing in 2003, SMAA has been able to acknowledge and thank her for her gift.

February 12 marked the 20th anniversary of the rose deliveries. It is estimated that over 15,000 roses have been delivered in the past two decades. On behalf of everyone at SMAA, our volunteers, and our clients, we would like to continue to offer our gratitude and we look forward to many more years of roses!

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

Southern Maine Agency on Aging
136 U.S. Route 1
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A Big Thank You to Boulanger Paving!

When snowy weather strikes many seniors do not have the support network or the means to have their homes plowed or shoveled out. When it comes to Meals on Wheels, this can be quite problematic.

After a recent snowstorm, one of our volunteer drivers in the Kittery area came across a senior's home where the snow had piled up so high that she could not get to the house to deliver the meals. Concerned, the volunteer contacted someone she knew at Boulanger Paving in Berwick. She explained the issue she was having and Boulanger Paving sent someone out to plow FREE of charge.


This act of kindness was so incredibly helpful and greatly appreciated. Because of them, one of our clients did not go without meals. Thank you Boulanger Paving and Jeremy Chandler for making this happen!

If you are interested in donating an hour to help plow or shovel out a few seniors in need in York and Cumberland counties, please let us know. Your donated time and efforts will help keep a senior from going hungry AND help keep our hard-working volunteers safe during their deliveries.

If you're interested in helping out, please call JoAnn McPhee in our Nutrition Department at 396-6510.

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Call Elaine DuMais for more information: (207) 781-4621
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 4 Schoolhouse Drive (off Lunt Road), Falmouth, ME 04105 

A Season of Giving—Two Organizations Making a Difference

Christmas 2014 was made more joyful for some of SMAA's clients. The Little Dolphin School and Coastal Women's Healthcare "adopted" some older Mainers in need of support. They showered our members with gifts of slippers, clothing, toys and food for pets, gift cards and home goods.

Thank you to the Little Dolphin School and to Coastal Women's Healthcare for choosing SMAA to help make Christmas happier for some older Mainers.

If your company or organization would like to participate in 2015, contact Kathy Baxter, Information and Resources Supervisor at SMAA, 396-6518.



SMAA CALENDAR OF EVENTS

BIDDEFORD/SACO/OOB

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

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 Mon, 6-7pm. 713-3723 – Truslow Adult Day Center, Saco on 1st and 3rd Thurs, 3-4pm. 283-0166

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
– There are now 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 café@memoryworks.org

Savvy Caregiver – Saco and Biddeford Savings Institution Community Room, Biddeford

April 7 - May 2, 2-4pm, Registration (required) 1-800-427-7411 x540

CUMBERLAND

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

FREEPORT

Chronic Pain Self-Management Workshop, April 28 - June 9, 1-3:30pm, Registration: 396-6583

GORHAM

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

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

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

Introduction to Memory Loss, Alzheimer's

Disease and Other Dementias – Greater Portland Bone & Joint Specialists – South Portland, April 7, 6-7pm

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 café@memoryworks.org

KENNEBUNK/WELLS

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 café@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 café@memoryworks.org

Welcome to Medicare Seminar – York Hospital, March 25. 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 café@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 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.

Savvy Caregiver, April 29 - June 30, 9:30-11:30am, Registration (required) 1-800-427-7411 x540

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.

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

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

Indoor Walking – North Yarmouth Memorial School, Mon, Tue, Thurs, 10-11am, Event is FREE. Transportation available by Friends In Home Care for small fee. 846-5525.

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Southern Maine Agency on Aging is blessed with loyal donors who have chosen to honor our agency by making a gift in the form of an annuity or a trust arrangement or by providing for SMAA in their wills or estate plans. The SMAA Legacy Society honors and recognizes individuals who provide for the Southern Maine Agency on Aging through bequests, trusts, retirement fund gifts, life insurance and other planned gifts. There is no minimum required to participate. No gift is too small... or too large!

The members of our Legacy Society share our vision of improving the lives of older Mainers in Cumberland and York counties. By including SMAA in their wills, these donors' legacy will live on in the programs we offer to ensure our mission continues. Our Legacy Society members and their families also benefit from the tax advantages of planned giving.

We encourage donors who have made a provision for SMAA in their estate plans to share with us their intentions. By sharing this with us,

we can work with the donor to discuss with how he or she would like the eventual gift to be directed, to maximize both the impact of the gift for the Agency and for the donor's estate.

Not sure where to start? We'll work with you, your family and your advisors to ensure that your giving tradition continues. Contact Kate Putnam, Director of Development and Marketing; by email—kputnam@smaaa.org; or phone—396-6590 to start the discussion.

All Aboard!

If you like history, people, and rail... volunteer opportunities abound at Seashore Trolley Museum in Kennebunkport!

Although we're open to the public May-October, many of our volunteer positions are available all year long. Whatever your interests and talents may be, it's quite likely you'll find a rewarding way to apply them with us.



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- Helping with Special Events
- Distribution of marketing materials
- Fund-raising
- And more!

If you are interested in knowing more and discussing possibilities, please visit this page on our website at www.trolley museum.org.

Senior News

is a publication of



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"Senior News" is mailed free for the asking. If you would like to receive "Senior News," call Jessica LeBlanc at 207-396-6520 or send your name and mailing address to jleblanc@smaaa.org.

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.

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

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Mission Statement

The 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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MEDICARE

Medicare Open Enrollment 2014

Every year during the weeks of Medicare Open Enrollment (OEP) SMAA becomes one of the busiest hubs in Southern Maine as our staff and volunteers settle in for a packed schedule of events including office visits, off-site appointments in various locations throughout Cumberland and York counties, clinics, increased call volume, and a general sense of mission as we help Medicare beneficiaries choose the plan that best suits each individual's needs. This past year was no exception as people began calling us early on to make an appointment for assistance in finding and comparing their prescription medication and insurance options. The preparation that leads up to this annual event begins around August when our stellar Medicare team starts nailing down locations, dates, times and schedules, before our many calendars take form. It is an all-out effort of behind-the-scenes double duty to assure that we assist as many individuals as possible between October 15 and December 7. Just prior to OEP we organize training for our volunteers and staff to assure they have the latest information from Medicare and a thorough understanding of what plans serve our area. Once OEP ends, the task turns to making sure we accurately count up the number of people we served and what the total potential estimated savings was. In other words, we want to know how much money people can save by comparing plans. While some people could remain with the plan they were already enrolled in, others could realize substantial savings by switching to another plan with lower premiums, co-pays, and deductibles.

This past OEP our staff, along with 43 dedicated volunteers, assisted 1,767 people and the estimated annual savings per person was \$1,164. Now that's what we call success.

Medicare Nugget #514 from Stan Cohen

Every year, Medicare Part D drug plans may change which drugs they cover and the restrictions, if any, associated with obtaining coverage for those drugs. Transition refills let you get temporary coverage for drugs that aren't on your Part D (or Medicare Advantage) plan's formulary or that have restrictions on them. A transition refill is typically a one-time, 30-day supply of a drug that Medicare drug plans must cover when you're in a new plan or when your existing plan changes its coverage.

Transition refills aren't for new prescriptions. You can only get transition fills for drugs you were already taking before switching plans or before your existing plan changed its coverage. All Medicare drug plans must cover transition fills. The rules apply to both Medicare Advantage plans that include drug coverage and Medicare stand-alone, Part D plans. When you use a transition fill, your plan must send you a written notice within three business days. The notice will tell you that the supply was temporary and that you should either change to a covered drug or file a request with the plan (called an exception request) to ask for continuing coverage.



Stan Cohen, a Medicare Volunteer Counselor, is available for free, one-on-one consultations by appointment only.

An Op-Ed from Stan Cohen

Sometimes Medicare beneficiaries are denied coverage for a health service. If that happens to you, you can appeal this decision by asking Medicare [or your plan] to reconsider its coverage decision. You can appeal whether you have Original Medicare, a Part D prescription drug plan, or a Medicare Advantage private plan. For appeals to Medicare about denials shown on your quarterly Medicare Summary Notice (MSN), look for the General Information page which provides the address for sending appeals. The MSN also in-

www.smaa.org

cludes a form for submitting Part B appeals. For appeals to either a Medicare Part D plan or to a Medicare Advantage plan, call the number shown on the back of your plan ID card and ask for the address for appeals. Yes, going through the ordeal of making the appeal may be a pain – but the good news is that many appeals are successful.

Here's some advice from the Medicare Rights Center: Before you start your appeal, make sure you fully read all the letters you receive from Medicare or your plan. If necessary, contact Medicare or your plan to find out the reason your health service or item is not being covered. In your appeal, be sure to mention the reason for denial in your letter. Additionally, appeals are more successful if you have a doctor's letter of support that also specifically mentions the reason for denial and details the medical necessity of the service.

There is often more than one level of appeal, and you should continue appealing if you are not successful at the first level. Appeal lev-

els and timeframes differ. Make sure you follow the steps and stay within the timeframes of the appeal process that applies to your situation. If you do not follow these rules, your appeal may not be considered. Finally, if you need help, Legal Services for the Elderly at 1 (800) 750-5353 is a good resource.

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Thank you Kennebunk Savings Bank

For over five years Kennebunk Savings Bank is one of the organizations in the greater Kennebunk area which has been volunteering delivering Meals on Wheels to seniors.

Kennebunk Savings Bank is not just a financial institution with people working inside their offices assisting seniors with bank mat-

ters; they are also outside serving the community delivering nutritious meals to homebound seniors. Meals on Wheels is fortunate to be a recipient of the bank's volunteer program. Since volunteer drivers are always needed for the Meals on Wheels program, these bank employees are greatly valued and appreciated.

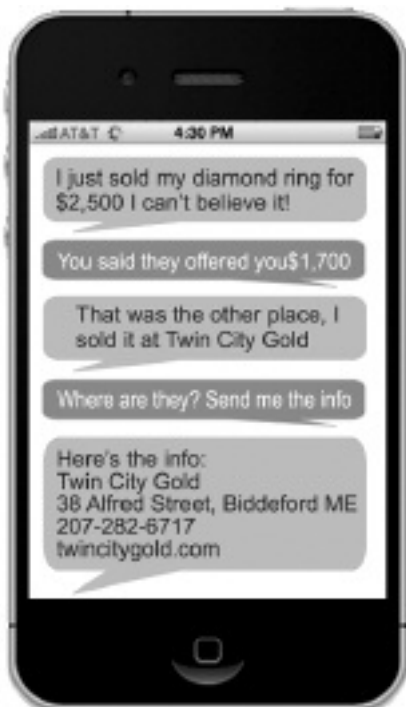


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So You Think You Want A Dog

By Stephanie MacNeille

When you think about the joys of aging, one of those might be the thought of having a dog. That is, having a dog after you've retired, living a peaceful life without Homeowner's Association telling you that you can't have pets, or without being gone all day at work so you can't walk the dog until evening after work/dark/cold. After I retired from my career in California and moved into my small cottage here in Maine, the more I thought about having a dog, the better the idea sounded.

I decided on a GSD (German Shepherd Dog is what they call them nowadays), because I'd owned two of them in my lifetime and found them to be wonderful companion dogs. They are very intelligent, easy to train, good watchdogs yet don't bark too much, and bond very well with their person. I found two downsides to GSD's, one of which caused me to call mine "my German Shedder". I made two hair

pillows for my couch from my dogs shedding each Spring. Well, not exactly, but they do shed a lot. The other downside was that many of them, along with their intelligence, have a strong personality to go with it. If you take the Alpha role in your house with the dog, he will be the ideal dog. They like to know what you expect of them, and will do it happily if you are the one in control. If you are not in control, you will have a dog that is out of control. I learned that lesson with Connor (his name when I got him at the age of 10 months—and 75 pounds and still growing). He had two major faults in terms of control, which can be a dangerous (for the dog, as well as you) problem if not remedied. He



would not come when called, and when we walked with him on a leash, he pulled. If you are off balance when an 80 to 100 pound dog pulls the leash, they can pull you right over.

I took Connor to a dog trainer who believes in training both the dog and his owner. He worked with Connor alone for a few hours while I killed time in a restaurant. Then he came and picked me up and we went to a park for a walk. After a short time with this new dog, I asked the trainer "Who is this dog, and what have you done with Connor?" Ownership of my dog became an even greater pleasure after the training, for those two faults were gone. Sev-

...he managed to talk me out of my large, comfortable chair in the living room.

eral years later, I experienced an incident which made me profoundly grateful to the trainer. Connor and I used to walk in the woods and beach behind my house, and we would frequently run into a neighbor who walked his Greyhound there also. We would stop and talk a bit while Connor and the other dog

got acquainted. One day, Connor and I were at the General Store, out front in the parking lot near the building. Across the street I saw our neighbor with his dog setting out for a walk on the other side of the street. Connor saw them too, and happily ran across the parking lot to run across the street and greet them. However, I saw a car coming on that street at a fair rate of speed toward the place where Connor was going to cross the street. As he was running toward the man and dog, I could only call him and try to get him to stop before he was run over. I yelled at the top of my voice, saying "Connor, NO!" He skidded to a stop on all four legs right near the road when the car went by, then I took him over to see his friend (complimenting him all the way). What a fright.

You never know when you will need you and your dog to be trained so something dangerous doesn't happen—like when Connor chased a skunk underneath our neighbor's house and was taught a life lesson, or how he managed to talk me out of my large, comfortable chair in the living room.

Because of space considerations, I will, at a later date, tell you about some funny times we had over the years and of the lessons I learned. One of the greatest things in his life was his best friend, a dog bigger than he was, named Daisy. When I would tell him Daisy was coming over to play with him, he'd go over to the living room window, sit down in front of it and watch the driveway for the car bringing Daisy. I wanted a companion dog, and he brought me that in spades.

The author can be reached at mewannabe1@myfairpoint.net.



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From the Directors's Desk
continued from page 1

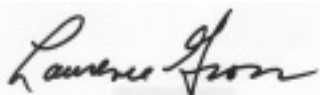
Summit on Aging convened by Speaker of the Maine House of Representatives, Mark Eves of North Berwick. SMAA is committed to advancing the public policy initiatives that improve the quality of life for older adults in Maine. We will keep you apprised of further developments as the Maine legislature acts on these important pieces of legislation.

SMAA completed another successful Medicare Open Enrollment this past October through early December. This year, 43 highly-trained SMAA volunteer counselors and Agency staff helped 1,767 individuals choose the best Medicare plans for 2015. As I've written about in previous issues of Senior News, in many cases, a yearly benefit review during Open Enrollment can save a person hundreds of dollars in annual out-of-pocket expenses. I am proud to report that that was indeed the case during the just-completed Open Enrollment. Of those individuals who saved as a result of their visit, the average per person out of pocket savings was \$1,164. SMAA is blessed to have such a capable and talented group of Medicare volunteers working with us. They have proven once again what a tremendous resource they are to their peers.

I am also happy to announce that construction of SMAA's new adult day center in Biddeford will commence this spring! The 10,500 square foot, purpose-designed building will be located on the Barra Road, adjacent to the new Southern Maine Medical Center's McGeachy Medical Arts Building and the Biddeford YMCA. The new Center will greatly increase the number of people living with dementia that SMAA will be able to serve as well as their caregivers and families. I look forward to welcoming new members to the Center in the Fall. Look for updates on our progress throughout the construction process. Although fundraising is on-going, it is very exciting to see this next phase of the Campaign to Create a Better Day begin.

Here's hoping that when this issue of Senior News arrives in your mailbox that the tulips and daffodils are poking their heads through the snow and the cold and that the windy days of winter are long behind us!

Enjoy the coming Spring!



Laurence W. Gross
Executive Director



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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.

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. On site respite available (call 647-8143 to reserve).

- 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 (trial). 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

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.

March 4, 2-3PM: **Pulled from All Sides: The Sandwich Generation at Work** webinar offered by the Canadian Institute for the Relief of Pain and Disability (CIRPD). For more information and to register, go to <http://cirpd.org/resources/Webinars/Pages/RTWSTW-Webinars.aspx>

April 7, 6-7PM: **An Introduction to Memory Loss, Alzheimer's Disease and Other Dementias.** Osteoporosis Support Group (The public is also invited.) Greater Portland Bone & Joint Specialists, 800 Main St., South Portland.

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 22, 12-1PM: **Advance Directives.** York Hospital lunch & learn at Kittery Community Center. Pre-register (required) at the Community Center (120 Rogers Rd.) or online at <http://activenet13.active.com/kitteryrec>

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.

Language and Caregiving

Kate Cole Fallon, MS, LCPC

The English language can be very imprecise. There are many words with multiple meanings, and it's easy to become careless with the words we choose. Despite our best intentions, this can lead to misunderstandings, miscommunication and negative reactions. As Mark Twain wrote, "The difference between the right word and the almost right word is the difference between lightning and the lightning bug". In our role as caregivers it is especially important that we consider the message behind our words and how that message sounds to others, especially the person who needs assistance.

Our words are not only a way of saying something; they communicate attitude, mood, and expectation. Sometimes, the use of a particular word is so ingrained we may not give it a second thought. Consider how we think about day programs. Many seniors who are not safe alone attend day programs while their caregivers go to work or



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- Transportation

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attend to other business. This is a great opportunity for folks to get out, and experience some intellectual stimulation and social engagement, plus it gives caregivers a break. The words we use around this are very powerful. If we call it day care, we must keep in mind that day care is traditionally for children, and this implies that the person who needs assistance is no longer an adult. Even if they are living with dementia, adults are still adults and need to be treated that way. It is important to always respect this in both word and action. Putting a more positive and attractive spin on attending a day program may make it more acceptable for an adult: day center, senior center, or activity center, for instance. Maybe even “the club”.

Another place where our words create meaning is in how we refer to people with dementia. Occasionally people use the word “demented” in reference to someone with cognitive loss; even professionals sometimes say this. The primary definition of

demented according to Merriam-Webster is “mad, insane”. The word dementia itself is currently used to describe a set of symptoms caused by any one of a number of medical conditions which involves changes in the way a person thinks. It’s unfortunate that this word carries another meaning, with such a negative connotation and a long history. Formally, this diagnosis is being retitled “Neurocognitive Disorder” though it is likely that the word “dementia” will be used for some time to come. The key is to frame this as something a person has rather than something the person is: “someone with dementia” is quite different than someone who “is demented”.

An issue that creates quite a bit of awkwardness around language is incontinence, and the words we choose can stir up an emotional response as well. There are many reasons why older people may need to use incontinence products. A conversation with a doctor to determine the cause is always a good first step if this becomes an

issue. Thankfully there are some excellent products to choose from that make a world of difference for people who need them, and they make caregiving easier as well. Once again, what message are we conveying with the words we use to describe them? If you ask your parent or spouse to wear a “diaper”, might that cause some friction? There are other descriptive terms that feel more respectful and leave the person in need feeling less like a child. Perhaps “adult briefs” or even just “underwear” would leave the wearer more comfortable. These are products that can make all the difference in helping someone continue to live at home, so choosing your language carefully enough that it is comfortable and acceptable for everyone is the key to making it work.

Our words really do convey a great deal about our attitude, culture, and intention. Let’s make sure our words are clear, and that they sound as gentle and respectful as possible to the people hearing them.

Dementia, Delirium and Depression – What’s the Difference?!

Paula Banks, LSW Executive Director
Cape Memory Care — A Woodlands Senior Living Community

We’ve all heard the statistics! Every day in this country 10,000



Americans are turning 65. This trend is expected to continue for many years, and perhaps because of this trend we are hearing the terms dementia, delirium and depression more often. I call them the ‘three D’s’! I’m often asked ‘how are they different and what can we do about it?’

No wonder people are confused! Each of these diagnoses often share the same symptoms which can be difficult to tease out. Confusion, agitation, mania, poor judgment, and social withdrawal, to name just a few, can be common in all three diagnoses.

So what are the differences? The word ‘dementia’ is actually an umbrella-term used to describe a variety of diseases and conditions that develop when the nerve cells in the brain no longer function properly. There are many types of dementia, with Alzheimer’s disease being the most common. Delirium is a fluctuating state of alertness that can be accompanied by agitation and severe confusion. Delirium can be caused by a medical condition such as a urinary tract infection, medication related or a combination of the above with added stressors. Depression is a medical condition that can be triggered by loss, trauma or can develop for no apparent reason; but make no mistake about it depression is a medical condition and not a ‘pull yourselves up by the bootstraps’ situation!

The good news is that depression is treatable, often by combining counseling with medication management. Delirium can improve by determining the cause. Sometimes changing or stopping medications, or treating an underlying infection can address it. While dementia is not ‘curable’ there are treatment options that may slow down the process of decline. No matter what, it’s always helpful to eat well, get some exercise and make sure you are socializing. Isolation makes the ‘three D’s’ worse!

If you suspect dementia, delirium or depression (or all three), be sure to start with your primary care physician to rule out medical issues. It is always a good idea to get a comprehensive geriatric assessment when questioning the ‘three D’s’.

When it’s clear that you or a loved one can no longer safely and happily live at home any longer because of dementia, there are memory care communities that have the assistance, care and programming that help people live satisfying and meaning full lives.

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Agewell Schedule

A Matter of Balance

April 8 – May 27, 1-3PM
MaineHealth Learning Resource Center, Falmouth

April 30 – June 18, 10AM-12PM
Kittery Recreation Center

May 6 – June 24, 10AM-12PM
SMAA Main Office, Scarborough

June 8 – July 27, 10AM-12PM
New England Rehabilitation Hospital, Portland

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

Session Two starts in April. Limited spots are available for new participants. Cost is \$89 for 16, one-hour classes.

Additional classes may be forming. For information on classes, or to register (required) please contact Maria DeFabritiis at 207-396-6583.

Don't Let Pain Control Your Life!

Fight Back with Chronic Pain Self-Management workshop!

By Crystal Castro, Evidence-Based Programs Manager

In my work as an Agewell program facilitator, I encounter so many people who tell me that pain is holding them back. They're just not able to do all the things they used to do and feel that they are missing out on life. It is not always

easy to find the road back to better and that is why SMAA is offering a six-week course on how to manage your chronic pain and start feeling better, doing things that you enjoy, and achieving your goals so that you can feel good and maintain your independence.

Each Chronic Pain Self-Management workshop consist of a group of about 8-12 people who meet weekly for six weeks. Together, participants explore the pain and symptom cycle, and strategies to manage their pain and other health symptoms. Participants are led through a gentle stretching program, designed for people who have chronic pain, so that they can get moving without fear of more pain. In addition, the group will review tips for improving communication, sleep, nutrition, relaxation and much more!

The Chronic Pain Self-Management program won't "cure" your pain. Rather it gives you tools that you can choose from to cope with, and even minimize, your symptoms.

Through an interactive, supportive group process, participants are encouraged and motivated to try new things, set and track their goals, and learn about strategies to improve their symptoms and their outlook on how to manage their health.

If you are interested in taking a Chronic Pain Self-Management workshop in your area, call SMAA's Agewell Center at 396-6583 to discuss class locations and times. If you are interested in bringing the Chronic Pain Self-Management workshop to your site, call Crystal Castro at 396-6529 for more information.

Upcoming Workshops:

Paul Hazelton House - 7 Smith Lane, Saco. April 16 - May 21, Thursdays, 9:30AM-12NOON (Registration Required)

Cost: Class is FREE, just pay for cost of Materials. \$45 includes textbook, course work book and relaxation CD

Casco Bay YMCA - 14 Old South Freeport Road, Freeport. April 28 - June 9, 1-3:30PM (Registration Required, Y membership is NOT required—open to the public)

Cost: Class is FREE, just pay for cost of Materials. \$45 includes textbook, course work book and relaxation CD

InterMed - 84 Marginal Way, Portland. May 4 - June 15, Mondays, 1:30-4PM (InterMed Patients Only)

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Upcoming AARP Smart Driver Courses

Designed for experienced, mature drivers, the AARP Smart Driver course reviews defensive driving techniques, new traffic laws, and rules of the road. Topics covered will include reducing the effects of blind spots, making turns safely at busy intersections, recognizing and reducing driver distractions, the effects of medications on driving, and maintaining proper following distance. Most Maine residents completing this class, who are 55 years of age or older, will be eligible for a reduction on their automobile insurance. The cost of the class is \$15 for AARP members and \$20 for others. Class size is limited. Please contact each class for registration.

March 26, 10AM-3PM (w/lunch break)
Biddeford Senior Center.
282-5005.

April 23, 1-5PM
SMAA Main Office. 396-6500.

May 13, 9AM-1PM
Kennebunk Senior Center at Lower Village. 967-8514.

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Reaching Out to Me?

By Don Kopp

Have you noticed how certain words and phrases suddenly appear in our national discourse and like a deadly contagion go viral? A good illustration of this is the phrase “go viral.”



Another example of buzzword overkill is “at the end of the day,” which means “when all is said and done.” No wait that is also a cliché. Darn. Well, in any event, and borrowing from a song in the musical *Les Misérables*, the only meaningful conclusion to “at the end of the day” is “you’re another day older.” But who wants to be reminded of that?

Often heard with “at the end of the day” is “going forward,” meaning “in the future.” Forgive my cynicism, but I find it unlikely that as the years roll on I will feel that I am going “forward.” And don’t get me started on “the light at the end of the tunnel.”

Political discussions, it seems, require “kicking the can down the road.” Seriously? And for some reason talk show guests have begun prefacing their responses to questions with “So,” as if they are about to explain something to a toddler... or a senior citizen. If you haven’t noticed this “so” phenomenon, I apologize because now you will, and it will drive you crazy.

For a big-time irritant, consider the word “like” (which of course, means “fond of,” “as if,” “similar to,” “typical of,” or “such as”). But somehow “like” has become a fluency disruption, especially for the young, in place of our time-honored “ums,” “ahs,” “ers,” and “you knows.” For me this previously worthy four-letter word has indeed become a four-letter word. I worry that my grandchildren’s addiction may actually be more difficult to overcome than mine was to cigarettes.

But my *bête noire* is “reaching out.” People no longer “telephone,” “email,” “contact,” or “meet.” They “reach out.” Today alone—which explains these fulminations—an investment advisor “reached out” to me with an email sent to all of his customers. And a relative “reached out” also by email with the suggestion that I, and all of his other email contacts, reach into his or her pocket and send him money.

How did this “reaching out” phrase plague start? It must be that somewhere in the world there lives that one person who first corrupted the simple notion of “contacting” by substituting “reaching out.” And then that usage spread like wildfire. No, can’t say that! It spread rapidly, you know, the way a virus would. But why are so many repeating this phrase? Consider that certain birds, being birdbrains, mindlessly mimic what they hear. Need I say more? Which reminds me why I need to be careful launching naughty words

within earshot of a grandchild. For some perverse reason those are the words the child unfailingly will repeat. And when the child’s parents, trying to act nonchalant, ask the little one where he or she heard that word... well, you see where this is going.

What makes “reaching out” especially obnoxious, beyond it not making literal sense and being clichéd, is that it is so patently cheesy. Does the person who “reaches out” to me actually believe that I will feel that he or she is demonstrating a special and abiding interest in me when that is never the case? Kind of funny to imagine one of my kids saying “I will be reaching out to you tomorrow because... “The heck with that. How about just “visiting”?

Don Kopp can be reached at donkopp@sacoriver.net

MAINE ROOTS

Sunday Drives

By Elaine Parker



Before there was television in everyone’s home and before the computer had been invented there was an American pastime and it was the Sunday Drive. My family went on these tours after church, and as soon as Sunday dinner was finished we would pile into the old black Chevy—the four of us children across the scratchy back seat, no seat belts required. Destination Bah Habbah (pronounced with a Maine accent), it was 50 miles from our home in Holden, Maine. Dad, driving the standard shift car, and Mom teaching us to sing rounds so we would not be bickering. We sang, “Row row row your boat gently down the stream. Merrily, merrily, merrily

life is but a dream”. Only my mother and my sister could carry a tune so it must have been ear splitting, but we all knew when it was our turn to chime in. We played twenty questions and a memory game called “What’s in Grandma’s Trunk” as the miles went by.

When we arrived in Bar Harbor and proceeded around Shoreline Drive Dad would point out to us the Rockefeller’s, Astor’s and Vanderbilt’s estates. We could only glimpse them through the trees and shrubbery. We ignored the Natural beauty of Mount Desert Island and gazed at the opulence and immense size of the summer homes of these robber barons. We were fascinated by the grandeur, what a contrast it was to our small farming village. To me it was like a fairy tale place. The mansions looked like castles and the landscaping and gardens were so perfect they did not look real.

As I look back, I think the time frame of our little excursions must have been after World War II, and before the Great Bar Harbor fire of 194—maybe 1946 or the summer of 1947. Gas was rationed during the war so we would not be making

any unnecessary trips, and the mansions were still there, so it was before the fire. I am so glad we got to see Bar Harbor in its entire splendor before the disaster changed it forever.

The Great Bar Harbor fire started on October 17, 1947 and destroyed 70 of the mansions and 17,000 acres of woods burned in a two week period. There had been a prolonged drought that year and strong winds fanned the flames. Bar Harbor was never the same after the fire and it became a tourist town. The Gilded Age was over.

I will never forget those Sunday drives and my first-hand knowledge of the great divide between the rich and the poor. Did they look down on us as we were on the outside looking in? Did they feel sorry for us? Did they resent us invading their privacy? Were they happier than we were?

I didn’t think so as we resumed singing and Dad took us to Spencers in Bradley for homemade ice cream cones. We had double scoops. We were as rich as Rockefeller.

Elaine Parker can be reached at auntiee6@maine.rr.com

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Stewart Center Members Create Self-Portrait Sculptures

This month our members have been hard at work creating self-portraits. We started by blowing up balloons, and covering them with newspaper strips that were moistened with a mixture of water, white glue, salt, and flour.

Things got pretty messy, but could see right away that each of the "heads" had a different personality coming through even at this early stage. Once they were dry, we attached them to the stands (necks), painted features, added hair and other accoutrements. Masterpieces one and all!

Come see the collection on display in the Great Room at The Stewart Center at 74 Lunt Road in Falmouth. You can stop by any time during normal business hours, or if you would like to schedule a tour please call 207-699-4618.

The Stewart Adult Day Center offers person-centered therapeutic activities designed to maximize self-esteem, decrease boredom and anxiety, increase positive social interactions, and improve overall health and well-being for our members. We offer diverse programming that includes word games and puzzles, creating a monthly newsletter, spirituality group, movement and light exercise, and various arts projects.



Westminster Move Over!

You're not the only show in town! Calling all doggie debutants, canine Casanovas and puppy princes and princesses. Tuesday March 31, at 2PM a pooch parade will take place at the Legacy Memory Center auditorium at the OceanView Campus in Falmouth. It will be a show to bark about!

Members, guests, and caregivers from Stewart Adult Day Center and The Legacy Memory Center are inviting you to bring your four legged companions, to the legacy auditorium to celebrate our furry friends. Superlative prizes will be awarded.

Please RSVP by Wednesday, March 18 to pbradley@smaa.org, or Polly at 699-4618.



Owen M. O'Donnell, Provider Relations Associate for SMAA's two Adult Day Centers, meeting with USM Media Studies Program Team who are developing a promotional DVD to assist agency in providing a visual of programming & activities at both the Stewart Center in Falmouth and Truslow in Saco.

From left to right Kate Scamman, DJ Fuhrman, O'Donnell, & Bethany Bernhardt

Honor & Respect



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- Recreation activities


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



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- 2 What are the risks?** Will there be side effects? What are the chances of getting results that aren't accurate? Could that lead to more testing or another procedure?
- 3 Are there simpler, safer options?** Sometimes all you need to do is make lifestyle changes, such as eating healthier foods or exercising more.
- 4 What happens if I don't do anything?** Ask if your condition might get worse — or better — if you don't have the test or procedure right away.
- 5 How much does it cost?** Ask if there are less-expensive tests, treatments or procedures, what your insurance may cover, and about generic drugs instead of brand-name drugs.


Use the 5 questions to talk to your doctor about which tests, treatments, and procedures you need — and which you don't need.


Some medical tests, treatments, and procedures provide little benefit. And in some cases, they may even cause harm.

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http://www.ama-assn.org/press-release/201503/15/150315-ama-choosing-wisely



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Southern Maine Agency on Aging

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

From Jo Dill's Notebook

2015 Schedule

MSG/Martin's Point Celebration of Athletes: May 29, Fireside Inn, 4:30PM, Friday
5 K Road Race: May 31, Scarborough HS, 9AM, Sunday
Explore Track & Field Day: May 31, Scarborough HS, 11AM-1PM, Sunday
Track & Field: August 1, Scarborough HS, 10AM, Saturday
10K Road Race: August 2, Scarborough HS, 9AM, Sunday
Pickleball: August 15, Men's/Women's Doubles, Gorham, 9AM, Saturday
Pickleball: August 16, Mixed/Singles, Gorham, 9AM, Sunday
Golf: August 17, Nonesuch River, Scarborough, 8:30AM, Monday
Horseshoes: August 22, Deering Oaks, Portland, 9AM, Saturday
Archery: August 23, Lakeside Archery, North Yarmouth, 9AM, Sunday
Table Tennis: August 28, Pineland YMCA, 5PM, Friday
Tennis: September 3, Women's Singles/Men's Doubles 9AM, Mixed Doubles 1PM, Thursday
Tennis: September 4, Women's Doubles, Men's Singles, 9AM, Racket/Fitness, Portland, Friday
Swimming: September 12, Waterville YMCA, 10AM, Saturday
Cycling: September 13, Kennebunkport Bicycle Co, 9AM, Sunday
Basketball (Women's): September 20, Cape Elizabeth HS, Cape Elizabeth, 8:30AM, Sunday
Hot Shot/Foul Shoot: September 19, Cape Elizabeth HS, Cape Elizabeth, 3PM, Saturday
Basketball (Men's): September 19, Cape Elizabeth HS, Cape Elizabeth, 9AM, Saturday
Bowling Candlepin: Singles/Doubles: September 24, Big 20, Scarborough, 10AM/1PM, Thursday
Racquetball: September 26, Racket/Fitness, Portland, 9AM, Saturday
Bowling 10 Pin: October 4, Singles/Doubles, Yankee Lanes, Portland, 10AM, Sunday

Honorary Chair of Maine Senior Games

Senator Rebecca Millett is the 2015 Maine Senior Games Honorary Chair. We are delighted to have Senator Millett on board with us. "I am thrilled to be Honorary Chair for this year's Senior Games. The athletes' dedication to fitness and wellness is an inspiration for us all and a reminder that it's never too late. I urge all of us to reexamine our own commitment to staying active and consider joining these great events."



Save The Date

Not sure if the "Games" are for you? Try us out on Sunday, June 1 at Scarborough High School from 11AM-1PM. "Exploring Track and Field" is a day for those wanting to try a new event, have a chance to practice or to see what the Maine Senior Games is all about! Events will include: 50m, 100m, 200m, 400m, 800m, 1500m, 3000m, 1500m Race Walk, 1500 Power Walk, javelin, shot put, discus, long jump, high jump and triple jump. Come see what the buzz is about! No pressure—just a chance to learn more from experienced competitors, get training tips from coaches and who knows you may even want to try the Maine Senior Games.



Our New Van

Thanks to **Martin's Point Healthcare**, our Lead Sponsor, we have a new van. You can't miss us now as we travel from event to event. Thanks Martin's Point for your continued support to the Maine Senior Games.

MSG Advisory Board

MSG is so fortunate to have such a caring and dedicated advisory board that meets every five weeks to discuss strategies, marketing, development, athletes, volunteers and other pertinent information. They also volunteer at events, are athletes, event coordinators, and never hesitate to be on a committee. The MSG advisory board consists of staff from SMAA: Kate Putnam, Ted Trainer and Jessica LeBlanc as well as Ginny Ketch (athlete/Independent Sales Rep), Jerry LeVasseur (athlete/National Senior Games Board member), Kim Koehler (Partner and CMO Healthy Body Fit Mind), Robin Rutherford (Business owner, Studio 25), Deb Smith (athlete/Not Too Late Basketball Camp), Julie Moss (athlete/Civic Volunteer), Patsy Wiggins (athlete/ Videographer) and Noelle St. Hilaire (athlete/business owner). Thanks for everything... what would I do without you?!



Martin's Point Health Care Earns 5 Stars from Medicare!

Martin's Point Health Care 2015 Generations Advantage Prime and Value plans are the only Medicare Advantage plans in New England (and among only 11 plans nationwide) to earn Medicare's highest-possible Overall Plan Rating—5 Stars!

The overall rating is based on over 50 care and service quality measures, across multiple categories including how the plan helps members stay healthy, managing chronic conditions, customer service and prescription drug services.

"A 5-Star Overall Plan Rating is a clear message from our members that we are "hitting on all

cylinders" in the areas that are most important to them—service, care, benefits, and value," said Rebekah Dube, Martin's Point Vice President of Senior Products. "Earning a 5-Star rating from Medicare is a great honor that we share with those across Maine who work with us to provide the highest-quality health care to the people we serve. We're proud of the hard work these five stars stand for, and grateful to everyone whose efforts helped us earn them."

For more information, visit www.MartinsPoint.org/medicare. To learn more about Medicare Star Ratings, go to www.medicare.gov.

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SENIOR MOMENTS

By Hunter Howe

What's Up, Doc?



There's an old adage—Worry About the Questions.

Novelist Thomas Berger said, "The art and science of asking questions is the source of all knowledge."

For many of us, our backgrounds helped facilitate this critical skill. For me, I think of two significant experiences that stand out. The first, as a new Second Lieutenant, the Air Force assigned me to SAC Headquarters in Nebraska where I assumed the duties of an Aircraft Officer. I worked for a Lieutenant Colonel. Each afternoon, I watched him walk along the flight line, stopping, asking questions, and listening to the answers from various specialists and senior sergeants. Then, I'd accompany him to our daily briefing with the Colonel in charge of twenty five aircraft and a thousand men. It never failed to amaze me that my boss' briefings were professional, tight, accurate, and informative. Yes, I learned a lot from him, most important, the skill of asking the Right question.

Second, during my time in Human Resources in various capacities with different companies, I recruited interviewed, and hired many peo-

ple. As the Senior Recruiter at The Gillette Company's corporate headquarters, I needed to apply this critical skill over and over.

Most professions demand high proficiency in this area—how about lawyers, auto mechanics, police officers, and doctors, among others. Remember Detective Joe Friday's famous dogged demand, "Just the facts ma'am," as he searched for the essential W's, the who, what, why, when, and where.

Say, don't be like the lawyer who asked this question, "How far apart were the vehicles at the time of collision?"

Tony Robbins, the well-known life and business coach said, "Successful people ask better questions, and as a result, they get better answers."

Now, is there a more important place to ask the Right questions than your doctor's office? I wonder if that audacious cartoon character Bugs Bunny had this in mind with his catch phrase, "What's Up, Doc?" I suspect that far too many seniors refrain from engaging in a meaningful exchange of information with their physicians. This is not the time to be a wall flower. Go prepared. Bring a list of questions. Ask probing questions. Listen carefully to the answers, trying not to interrupt. Get clarification. Ask follow up questions. Take notes. Ascertain, what's next?

My litmus test is this: If I ask a question in a measured tone and if the question is reasonable and relevant, then I'm in the Right playing field. Hey, it's my body, it's my life.

Consider this as well, one question most of us like to respond to is, "What do you think?"

Perhaps Jonas Salk said it best, "What people think of the moment of discovery is really the discovery of the question."

And, as Porky Pig said, "That's all folks!"

Hunter may be reached at grayowl6464@gmail.com



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OLD AGE A Blast?

By Louise Hirshberg

Did I really say that? In my wildest dreams I never thought I would admit this. I fought growing “old” for my first 40 years and then it just happened. First came eye glasses and then in a seemingly split second I saw my youthful self spiral away.

With better vision, I could now see the many creeping wrinkles, the sagging body, jiggling skin, loss of inches, and the mousy gray hair. Next the realization that no one looked at me, whistled at me or for that matter listened to me. I had become invisible.

I fought the fight. I bought creams that promised wrinkles gone in days, I joined health clubs to exercise the squishy body and the loss of muscle. I battled the news media

writing articles lambasting editors who wrote about “elderly woman hit by car” when she was only 60 (Sixty is not elderly I demanded.).

On retiring at 65 I was still fighting “being old”. I initiated a support group for peers to talk about the issues of aging, but continually struggled with what to call this group. Was it to be: Living Joyfully in The Golden Years, maybe Act Four, or Over the Hill Gang, or the gentler, Aging with Grace? I was

always unhappy with the titles because they would sound old and I was still young.

It was in these groups that we shared our feelings about aging, our fears, the negative role models in today’s youth oriented world, family issues, and of course the speeding up of time and what is left to be done. Some of us even wrote our own obituaries and designed our funeral services – which sounds morbid but was actually quite freeing.

Twenty years later the groups still meet. We laugh uproariously over ourselves, our crazy foibles and best of all; we learn we are not alone. What we don’t talk about is illness and our pains. This is probably what led me to admit today, in my 80’s that, yes I AM OLD and it is not only ok but freeing. No longer do I need worry about: what I look like, what I say, what I wear (I wear my vintage clothing proudly), lack of sleep (I have time in my day to take a nap), and keeping up with new technology (that is what grandchildren are for).

I have learned to accept that: I am no longer super mom, or even super grandma, that I cannot reach that ceiling light bulb and should no longer stand on the kitchen counter to try, and that asking for help is not a weakness but strength. I happily accept an offered seat, a door opened for me and other polite gestures for the “old woman”.

I accept that my tennis is not going to improve and I am damn lucky I still play; that I shall be visiting the dermatologist every three months to take care of those precancers from all the years of basking in the hot sun, and most of all, I have come to terms that I am not going to turn the world upside down and get a million hits on YouTube for my magical feats (although I do still hold out a wee hope.).

Yes, today I can freely say, I am old and I am enjoying old age. It was so much work trying to hold on to my youth.



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

Social Security to Expand Field Office Hours Nationwide

Social Security announces as a result of Congress' approval of the fiscal year 2015 budget, the agency will expand its hours nationwide and offices will be open to the public for an additional hour on Mondays, Tuesdays, Thursdays and Fridays, effective March 16, 2015. A field office that is usually open from 9AM to 3PM will remain open until 4PM. Offices will continue to close to the public at noon every Wednesday so employees have time to complete current work and reduce backlogs.

"This expansion of office hours reaffirms our commitment to providing the people we serve the option of top-notch, face-to-face assistance in field offices even as we work to expand online services for those who prefer that flexibility," said Carolyn W. Colvin, Acting Commissioner of Social Security. "The public expects and deserves world-class customer service and thanks to approved funding, I am pleased we will continue our tradition of exceptional service."

In recent years, Social Security reduced public office hours due to congressional budget cuts, growing backlogs and staffing losses. The agency began recovery in fiscal year 2014 by replacing some field office staffing losses and providing overtime support to process critical work. With the commitment of resources in fiscal year 2015, the agency is able to restore some service hours to the public.

Most Social Security business does not require a visit to a local field office. Many services, including applying for retirement, disability and Medicare benefits, creating a my Social Security account, replacing a Medicare card, or reporting a change of address or telephone number are conveniently available anytime at www.socialsecurity.gov. Social Security also offers assistance via a toll-free number, 1-800-772-1213 (Voice) and 1-800-325-0778 (TTY). Representatives are available from 7AM to 7PM, Monday through Friday.

Dr. Ann Babbitt of Greater Portland Bone and Joint Specialists and Greater Portland Bone Densitometry located at 800 Main Street, South Portland announces the closure of her medical practice April 30, 2015.

Dr. Babbitt has selected Dr. Emily Demetriou, MD of Maine Medical Partners to assume the care of patients who need ongoing specialty care. Dr. Demetriou is a Board Certified Endocrinologist with a special interest and training in osteoporosis.

Dr. Babbitt thanks her patients and the Maine medical community for a most fulfilling career.

Seniors on the Snow

By Gregory Morell

Sometimes we need a little winter motivation to get us out in the great outdoors. March is the best time to enjoy warmer temps and soft piles of snow. For those of us that love food, travel, and adventure, the Appalachian Mountain Club has provided a fabulous mid-winter mini vacation package that is absolutely stellar.

For a mere \$59, check out what this winter package includes. On Wednesday nights in March you can visit their Pinkham Notch Welcome Center nestled in the Mount Washington Valley of New Hampshire for an overnight stay at the Joe Dodge Lodge. Additionally you can feast on a fabulous international dinner, enjoy a travel program that includes a virtual visit to one of the more exotic locations on the globe, get up from a restful sleep and then enjoy a sumptuous AMC breakfast. After this, go for a hike up the Mount Washington trails, or head out to the nearby Great Glen Resort and enjoy snowshoeing, cross country skiing or snow tubing with your trail pass.

The Appalachian Mountain Club's New Hampshire encampment at Pinkham Notch sits at the gateway to Mount Washington. It's a hiker's paradise with the alpine glory of the Wildcat Mountain right across the street and the Attitash Resort is just a short drive away.

On Wednesday nights through the end of March, AMC features their International Dinner series currently celebrating its 25th season. An exotic location of the globe is vicariously explored through photography and storytelling. Camera adventures in Ireland, Scotland, the ruins of the ancient Inca, and excursions to tropical isles are all on the docket.

These programs are accompanied by feasts catered specifically for each locale, giving participants a real taste of faraway culinary enchantment.

Your overnight accommodations are at the Joe Dodge Lodge. Here Spartan simplicity is augmented by honeyed natural pine walls and furniture. The beds and bunks are without television or telephones. The bathrooms are down the hall and the lodge features a cozy library with a grand fireplace.

A hearty breakfast is served between 7 and 9 a.m. On my visit they were serving scrambled eggs, bacon, and sausage, along with egg and cheese burritos. Three hot cereals were steaming in tureens bolstered by a bevy of granolas and grains. Home-baked muffins, pastries and bagels were lined up next to a gen-



erous assortment of fresh fruits, coffee, cocoa, teas, and French toast.

Organize a group of active, adventure seeking seniors and take advantage of the warmer winter wonderland weather and these terrific programs.

Upcoming Wednesday Evening programs :

- March 11: Inca Empire
- March 18: Emerald Isle
- March 25: Trekking in Scotland and Iceland

All of these programs come complete with an extensive dinner menu served family style in the great room of the Pinkham Notch Welcome Center. All dinners come complete with fresh baked homemade breads and desserts, appetizers, soups, salads, entrees and beverages. Beer and wine is BYOB. For more information on these programs and a detailed list of all menu items, call 603-466-2727 Monday through Saturday 9-5. or visit the website: www.outdoors.org

Greg Morell can be reached at Morell.Gregory@gmail.com The Snow Business column seeks to encourage winter outdoor adventure.

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"An Invitation to Make a Difference"

New Adult Program CATCHing On

By Sharon Schulberger

A ripple of excitement can be felt as people across southern Maine learn about our new program—CATCHing Healthy Habits for Adults 50+.

- There was the librarian who learned that we refer our participants to go-online and request a free copy of Exercise & Physical Activity from the National Institute on Aging at the National Institute on Health. Learning that, she jumped ahead and ordered some for the library. Noticing that there were other free materials for seniors, she ordered those for patrons. You can order your own copy, or read it on-line at <http://goo.gl/ub034Z>
- There was the gal who read about the program in her local paper. She called asking if "Is this something you can bring to my independent living facility"?
- There was the athletic educator who thought it would comple-

ment the efforts of her senior swim group.

- There was the man who began to question how much sugar he was consuming with several sodas daily and three doughnuts—dipped in sugar—each morning.
- And the lady who astounded the rest of the audience with her high kicks. Watch out, Rockettes!
- Or the person who became so conscious of reading food labels that he teased me when the bottle of ground cinnamon we used to sweeten up the sundae did not have a list of ingredients.

It is exciting to see educators at St. Joseph's College, Southern Maine Community College and University of Southern Maine encouraging their students to perform their service learning hours with us.

The biggest challenge right now is that we desperately need more volunteers to help lead the 50+ program. If you have an enthusiastic

interest in healthy eating and physical activity, please consider sharing with other older adults. We will provide training in how to use our curriculum which is designed for lay people. You do not need to be a dietician or gym teacher. Volunteers go out in pairs to present the well-developed program.

I recently read an article that says that many people do not volunteer because they have not been asked. Right now, right here, I am officially ASKING YOU, Dear Reader, to volunteer with the CATCHing Healthy Habits for Adults 50+ program. I really need some older adults, especially in York County, to lead these programs in your communities so I can meet requests.

Westbrook LEARNS

The afterschool classes for youngsters are part of the Westbrook LEARNS program at the

Westbrook Community Center. Our current class of kindergartners and first graders astounds our devoted leadership team with their knowledge of healthy foods. That doesn't mean they wouldn't prefer a fast food fried apple pie over the apples with yogurt dip that we serve, but they are learning to think wisely before consuming sugary, fatty or salty foods. For many of the group, this was the first time they had an opportunity to play with a parachute. The favorite activity is to raise the parachute up high so they can run under the "tent" and enjoy the bit of spookiness as it deflates.

To volunteer or schedule a program, please call Sharon at 396-6523 or e-mail ssschulberger@smaa.org. CATCH Healthy Habits is a program of The OASIS Institute and funded by the Anthem Blue Cross and Blue Shield Foundation.



Members of Vet to Vet's Team 3 celebrate after finishing their nine-hour training course at SMAA. Front row, left to right: Amanda Weber, Adam Mosey, Nicholas Lumenello, Benjamin Wells, and Robert Beane. Back row, left to right: Karl Smith, Jedediah Philpot, Philip Printz, John Curran, and Robert Sanford. Photo by Angie Millington.

Third Team of Vet to Vet Volunteers Begins Visits

The third team of SMAA's Vet to Vet volunteers has begun visits to veterans from Windham to Kittery. Ten volunteers, who are veterans themselves, received nine hours of training at Southern Maine Agency on Aging before being assigned the veterans they will visit. They will provide the veterans with needed companionship and refer them to additional services if needed. The veterans who receive visits live alone or with relatives and are aging or have disabilities.

The volunteers sign on for a year's service and agree to visit the veterans at least twice a month. SMAA and the Maine Veterans Services as well as the local Vet Centers

provide support and advice for the volunteers.

Two other teams of veteran volunteers continue to visit their veterans in York and Cumberland Counties. Among other things, the volunteers have taken their veterans to lunch or coffee, visited military museums, gone for walks, hit golf balls, and formed a reading club.

Karl Smith, one of the new team members, said he was "very excited to visit a [veteran] with such experiences and recollections." Smith, a Vietnam veteran, has been matched to a veteran who served in both World War II and the Korean War.

The program is open to anyone who has served in the military, whether combat or noncombat. To volunteer, sign up for visits, or support the program financially, please contact Susan Gold, project coordinator, at sgold@smaa.org or call Angie Millington at 207-396-6595.



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—Senator George Mitchell

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SMAA Volunteers Nominated for Governors Service Awards

Each year Maine's Governor honors volunteers who have given of themselves in service to their fellow Mainers. Southern Maine Agency on Aging has entered volunteer nominations in three categories this year.

Honor Roll

Volunteers who have reported serving 500 or more hours in the 2014 calendar year. SMAA has six volunteers in that category:

- Ruth Johnson** 1,943 hours
Hospital Volunteer, MMC
- Lorraine Moulton** 1,044 hours
Senior Center Volunteer, Wells/Ogunquit
- Lea Gobeil** 920 hours
Old Timers Shop Volunteer
- Sally Rendall** 791 hours
Hospital Volunteer, MMC
- Norman Tripp** 520 hours
Meals on Wheels Volunteer, Biddeford
- Dorothy Hestermann** 500 hours
Meals on Wheels Volunteer, Sanford

Volunteer of the Year – SMAA is nominating its own SMAA Volunteer of the Year in this category.

Norman Tripp is an invaluable volunteer with the Southern Maine Agency on Aging Meals on Wheels Program serving Biddeford and Buxton, Maine. Three days a week Norm delivers individual meals on a route averaging 11 homebound seniors or disabled persons. Norm provides not only a welcome meal but his signature smile and much appreciated, neighborly conversation at each stop. At 80+ years of age he is a wonderful role model to the other drivers and his understanding of each client's welfare and particular needs is an inspiration. Norm fills in on other routes regularly and kindly does so, driving tens of miles each time without a second thought. Additionally twice a week Norm also brings meals in bulk to be delivered by other volunteers from the Buxton meal site. Once a month, Norm can be

found delivering commodity food staples to an average of 9 people in Old Orchard Beach and one person in Buxton. His service and dedication to the homebound, food-insecure population in the Biddeford and Buxton communities is immeasurable. We believe Norman easily meets the criteria for this award by cheerfully going above and beyond what is expected of him on a daily basis.

National Service Volunteer of the Year – SMAA is nominating its 2014 VISTA volunteer for this honor.

Susan Gold, who served in Southern Maine Agency on Aging's Volunteer Services department from August 2013 through August 2014 as a VISTA volunteer, ended her term after creating a program to benefit veterans, producing a video on SMAA's programs and services, and completing various other assignments.

The Vet to Vet program recruits and trains volunteers who are veterans themselves to visit older veterans and veterans with disabilities in their homes and refer them for services when needed. The first team of veterans began visits in late May 2014 and currently serves 14 veterans in York and Cumberland counties. A second team of veterans completed training in September 2014 and serve eight veterans in the two counties. Susan, in her new role as part time volunteer coordinator, finished training 10 additional veteran volunteers in January who are starting to meeting with 10 veterans in 2015. Two other agencies—in Bangor and Waterville—are using SMAA's Vet to Vet project as a model to replicate the program in their areas. The success of the Vet to Vet project has been so rewarding for Susan and the volunteers and veterans who have given so much already to our country.

The Governor's Awards will be presented in April during National Volunteer Month.

VOLUNTEER HELP WANTED

VOLUNTEERS WANTED

Train to become Advance Health Care Planning Facilitators in York County. Training for new volunteers to become certified facilitators will be held April 1 and 9 at Southern Maine Agency on Aging. Call 396-6525 or email volunteer@smaaa.org to register for the training.

VOLUNTEERS WANTED

Train to become Volunteer Medicare Counselors in York County. The training sessions will be held at St. Martha's Church on June 3, 10 and 17 from 9AM to 2:30PM. Call 396-6525 or email volunteer@smaaa.org to register for the training. If you have questions about the program please contact Mary Hadlock at mhadlock@smaaa.org.

VOLUNTEERS WANTED

Train to teach healthy eating and exercise habits to older people in both York and Cumberland counties. You will learn how to prepare and teach lessons on diet and safe exercise. Volunteers for this program must be at least 50 years of age. Next training will take place in March. Please call 396-6525 or email volunteer@smaaa.org.

New Volunteers

SMAA/RSVP Would Like to Welcome These Wonderful, New Volunteers:

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|-------------------------|------------------|
| Louis Alexander | Mike Levesque |
| Robert Beane | Nick Lumenello |
| William Beaton | Adam Mosey |
| Emily Benner | Cara Ng |
| Kate Bridges | Chad Noonan |
| John Burke & Rita Burke | Gary O'Connell |
| Christian Caruso | Carol Parcher |
| Nancy Kay Clark | Jedediah Philpot |
| Patricia Cluff | Philip Printz |
| Thomas Copeland | Maurice Proulx |
| John Curran | Amy Richards |
| Wesley Davis | Robert Sanford |
| Floyd Hastings | Phyllis Scala |
| Hilary Hayes | Samuel Shapiro |
| Thomas Heels | Judy Sikorski |
| Jane Houston | Karl Smith |
| Carolyn Howell | Mike Sullivan |
| Dr. Charles Kendrick | Brian Turner |
| Kenneth Kuliga | John Watson |
| | Amanda Weber |
| | Benjamin Wells |
| | Debbie Wright |

Welcome aboard and thank you for your commitment to volunteerism in Maine!

Need Help Balancing Your Monthly Bank Statement?

The Southern Maine Agency on Aging offers **MONEY MINDERS...** a **FREE** program to assist people age 55 and older who need help balancing a checkbook and writing checks.



To learn more or to see if you are eligible, Call: 1-800-427-7411





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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.

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.

