



Senior News

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VOL. 23, ISSUE 133

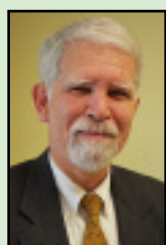
MARCH-APRIL 2019



From the Director's Desk

When this issue of Senior News is delivered, I hope we will all be seeing some small signs that spring is right around the corner! The day our clocks spring ahead, this year on Sunday, March 10, is always a happy reminder that longer, sunny days are coming.

SMAA's Meals on Wheels clients got a lovely surprise on the Tuesday before Valentine's Day when their volunteer drivers delivered a beautiful, long-stemmed red rose along with their meal. Since 1995, thanks to the kindness and generosity of Loraine Merrill,



the Valentine's Day rose delivery has been a SMAA tradition. When Loraine died in 2003, she left a bequest to the Agency to establish an endowment fund assuring the rose tradition will continue in perpetuity. This year, 1000 roses were delivered, thanks to Loraine's endowment. Planned gifts, such as Loraine's, enable the Agency to sustain and grow valuable programs that have a profound impact on the lives of seniors in southern Maine. Contact Kate Putnam, SMAA's Chief Advancement Officer, to find out how you can leave an enduring legacy at SMAA through your will or estate plan.

The results are in and all point to another successful Medicare Open Enrollment at SMAA! From October 15 thru December 7, Agency staff and volunteer counselors helped 1,381 individuals find the best Medicare plan for their circumstances for 2019 during Open Enrollment. As I've mentioned in previous columns, in many cases a yearly benefit review can save a person hundreds of dollars in annual out-of-pocket expenses. Once again, that was the case this year. More than thirty percent of the people who scheduled a one-on-

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Delivering So Much More Than Just a Meal in Maine

For decades, the Southern Maine Agency on Aging (SMAA) has been providing nutritious and delicious home-delivered meals—Meals on Wheels—to homebound older adults in Cumberland and York counties. Meals on Wheels are more than just a meal, they're a cost-effective solution in the fight against hunger and food insecurity, social isolation, and the rising costs of healthcare.

ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

In Maine:

- 9% live in poverty
- 12% experience falls with injury
- 21% self-rate their health as "fair to poor"
- 30% live with a disability

Maine's senior population struggles with hunger and isolation. 14% of Maine's seniors are threatened by hunger, meaning they do not have access to enough affordable, nutritious food, on a regular basis. This may be due to income concerns, lack of transportation, or illness or disability that prevents preparing meals.

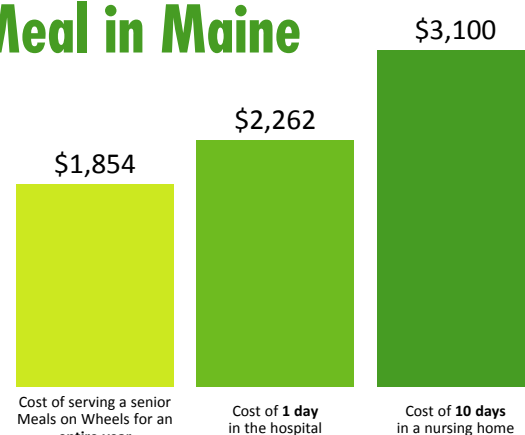
Additionally, 26% of Maine senior live alone. Meals on Wheels provides a wellness check and friendly

visit. Volunteers and staff are trained to make sure that clients are safe when they make their delivery. This brief check helps to provide peace of mind to our clients, and for those living alone it may be their only social contact.

Investing more fully in Meals on Wheels ensures that vulnerable seniors in Maine can remain healthier at home, avoiding more costly healthcare facilities. An entire year of Meals on Wheels for the average Maine senior costs less than a single day in the hospital or 10 days in a nursing home.

49% of Maine seniors experiencing poor nutrition and/or limited social contact are more likely to experience a preventable hospitalization at the cost to Medicare of \$2.79 billion per year.

Despite decades of broad bipartisan support, federal and state funding for vital programs like Meals on Wheels continually fail to keep pace with the rapidly growing need for services. Food, transportation, and other costs have increased while funding remains stagnant. As a result, agencies like SMAA are limited in its ability to serve as the aging population increases each year. By

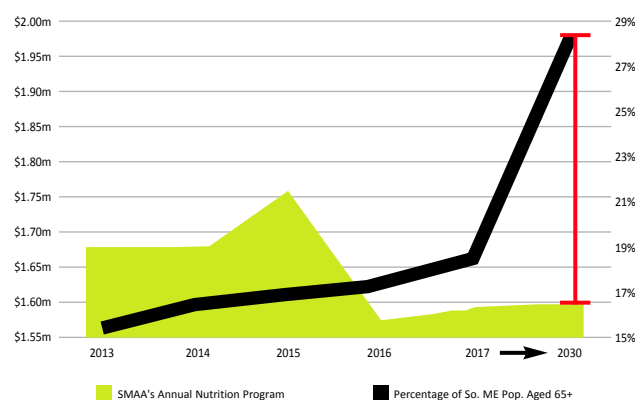


2030, 28% of Maine's population is expected to be aged 65 or older. If funding remains unchanged, the gap between the numbers of seniors we served and the number of seniors in need will only grow wider.

To make up the gap between federal and state funding and the cost of providing meals, SMAA relies on the support of private donations from individuals, foundations, and corporations. Meals on Wheels provides a solution that serves us all. Take action today!

Information gathered from Meals on Wheels America 2018 Fact Sheets www.mealsonwheelsamerica.org/facts, Datausa.io, U.S. Census, and SMAA's Unaudited Expense Figures from annual Reports to the Community.

Without an increase in Meals on Wheels funding, by 2030 the GAP between program funding and percentage of adults in southern Maine aged 65+ will be the largest in decades.



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Creating Better Days

Yes, I would like to take action and support Meals on Wheels today!

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SMAA Day Center Consolidation Proceeding Smoothly

In December, SMAA leadership made the decision to merge its adult day centers, closing the Stewart Center in Falmouth and consolidating adult day programming at the Sam L. Cohen Center in

Biddeford. Since the consolidation, almost a third of the former Stewart Center members are participating in the familiar program while making new friendships. The spacious van transportation is going well with all enjoying the scenic ride with their friends.

New members from greater Portland can take advantage of the transportation to the Sam L. Cohen Center for a small fee. Once they've completed the enrollment process, new members can be picked up from convenient pick up locations in Falmouth and Scarborough.

"Consolidation of our day centers has gone smoothly. Our new van shuttle is easy and efficient."

said Laurence W. Gross, SMAA's CEO. "We were pleased to have several former Stewart Center staff members make the transition to the Sam L. Cohen Center. The Stewart Center provided 'state of the heart' care for over 4 years to many families living with dementia. We are pleased to have its legacy continue at the Sam L. Cohen Center."

If you are interested in learning more about the Sam L. Cohen Center and how it can help people with memory loss have full and active lives, contact Marilyn Durgin at 207.283.0166 to discuss becoming a member and learn more about our transportation from the greater Portland area.

Have questions about Senior News?
Call 396-6594 or email seniornews@smaa.org

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MONEY MINDERS Is It for Me?

Southern Maine Agency on Aging's Money Minders program, in place for twenty years, provides assistance with daily finances to older adults—such as balancing checkbooks, organizing bills, and writing checks.

Who would need this service?

- Susan had a stroke and she can no longer write out her regular monthly checks. Her Money Minders volunteer writes her checks, Susan signs them, and the volunteer enters them into her check register, and then balances her checkbook for her.
- Albert, a former accountant, has advancing macular degeneration, and can't see well enough to read his bills, nor write out his checks clearly enough for the receiver to read them. He gathers his bills for his volunteer and together they go through them, paying regular bills and reading any new mail that he can't read.
- Walter's wife died six months ago, and because she was the one who paid all the bills and took care of the couple's finances, he is now overwhelmed with figuring it all out. His volunteer is helping Walter organize his financial information and helping him set up a budget. When Walter is comfortable, the volunteer's work will be done and Walter can independently take care of his financial business.
- Victoria had a fall which resulted in a broken hip. She was hospitalized, went through in-patient rehab, and is now home. Coming home, she is faced with unpaid bills, overdue notices and a stack of unopened mail that seems beyond her energy level to sort through. Just having her volunteer there to go through the stack with her, prioritizing, organizing and taking care of each piece, makes things manageable for her.
- William was the victim of a scam, and had his limited assets wiped out. His volunteer helps him with setting up a new budget and getting him back on his feet financially.

Money Minders clients don't need a power of attorney to manage their money – they just need a bit of monthly support to become and remain independent financially. Money Minders matches each client with a highly trained volunteer who will provide the assistance they need on a monthly basis. These older adult clients remain in full control of their money, sign their own checks and make all decisions regarding their finances.

The service is free for older adults of moderate or low income. If you think this assistance would help you, or someone you know, please call Southern Maine Agency on Aging at (207) 396-6565, and tell them you are interested in more information about Money Minders.



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Tea and Muffins... and Checkbooks?

Each monthly client visit report received from Money Minders volunteer Lynn Chase ends “We enjoyed tea and muffins.” You can picture the two of them, having done the work of organizing bills, paying them, and balancing the checkbook, relaxing at the kitchen table with tea of choice and Lynn’s client’s homemade muffins.

The Money Minders program at Southern Maine Agency on Aging has been matching older adults who need some assistance with the regular tasks of organizing and paying bills, reading mail, and balancing checkbooks with a trained volunteer for over 20 years.

Lynn Chase, born and brought up in Maine, works full-time at a local bank, and with her employer’s blessing and support, also volunteers for Money Minders. She has been working with her current client for about ten years. When she chose her volunteer work, she said she wanted to help out in the community she grew up in, and as a banker, Money Minders seemed a perfect fit.

When a volunteer begins helping an older adult through Money Minders, it is often about bringing order out of chaos, or helping them recover from a financial loss. The work the volunteer does starts just where the client is, and slowly and carefully helps them bring order and stability to their financial health.

But the work quickly grows to forging a relationship between the client and the volunteer. Lynn says one of the most important part of her volunteer work is “I listen to her. I’m someone she can bounce things off. And it is reciprocal. I talk with her about my life. We share our memories and fix the world’s great problems! We both love gardening and in the summertime, we often end our visit with a walk through her garden.”

As with most Money Minders volunteers, Lynn visits her client in her home once a month. The visit lasts between 1 to 2 hours. When the volunteer leaves, they complete a visit summary and a bank reconciliation sheet, which is returned to the Money Minders office at Southern Maine. Once a quarter, a team of volunteer “monitors” review the work of the client volunteer, a practice that protects the client from any financial exploitation.

Clients come to the Money Minders program for many different reasons. They may have lost their sight from macular degeneration, and can no longer read their bills or bank statements. Others are recovering from a stroke, some have had a medical episode that they have recovered from, but they come home to an overwhelming pile of mail and bills that they can’t find the energy to organize and keep up with. Others lost a spouse or partner who took care of all the financial portion of their relationship, and the remaining person needs to learn the basics of budgeting and banking.

The Money Minders program is

just one piece of a puzzle, or network, supporting older adults living on their own in their own homes and communities.

But important it is. Lynn and her client, besides taking care of financial business, have weathered her client’s health issues and the death of a beloved pet. They discuss the latest frauds and scams that it might be easy to fall prey to, make phone calls to vendors that her client hates to make, and then “have tea and muffins.”

“I would recommend the program to potential volunteers. It helps the client and does the same for the volunteer. It’s not about doing a job, it’s about a relationship.”

Money Minders is looking for more volunteers. If you would like to learn more about Money Minders volunteering, please contact the Southern Maine Agency on Aging’s Volunteer Services department at 396-6500, or go to the agency’s website, www.smaaa.org.

SMAA Receives Gift from Eastpoint Church’s GO Team



SMAA was chosen by Eastpoint Church’s Generous Outreach (GO) Team to receive the offering from five Christmas services which totaled \$26,909.81. This incredible gift will be used by SMAA for the When in Need (WIN) Fund. The

WIN Fund supports our most needy and fragile clients with emergent needs. The GO Team is pictured here: Kurt Holmgren, Steve Cole, Joe Bettencourt, Don Ballute, and Daryl Lavway.

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Now I Lay Me Down to Sleep?

Regis Langelier, Ph.D. and Pamela Langelier, Ph.D.

The American College of Physicians has recommended CBT-I (Cognitive Behavioral Therapy for Insomnia). Proven to work, it has the added benefit of no medication needed and six to eight visits with results! You may know that insomnia is:

- difficulty initiating sleep; or
- trouble maintaining sleep (frequent awakenings); and
- early morning inability to go back to sleep.

Not enough sleep may link to heart disease, diabetes, pain, accidents, etc., plus trouble with memory and concentration. Being a senior adds to the struggle.

Meeting with a sleep psychologist covers the following:

- Normal sleep for your age;
- Best sleep environment and typical sleep struggles.
- Your sleep is reviewed, drugs used as well as current stress, what habits that interfere with sleep, and corrective steps to sleep better.

As you may know, the brief annual Medicare Wellness Visit may not cover critical sleep struggles, for most physicians lack training in certain sleep disorders: Restless Leg Syndrome, Periodic Limb Movement, Sleep Deprivation for months, Post Trauma Stress, etc.

Be your own advocate and seek help now to get more shut eye!

Regis Langelier, PhD and Pamela Langelier, PhD are licensed Senior Saco psychologists, who treat sleep problems and aging concerns. Reach them at RPLangelier@gmail.com or 207-351-5352.



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Senior News

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For details on advertising in "Senior News," log on to www.smaa.org and see Senior News on home page and/or send an e-mail to seniornews@smaa.org. You may also reach "Senior News" representative Janet Bowne at 396-6533.

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.smaa.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.

See What You Can Do Online During National Social Security Month

By Elizabeth Newport
Social Security Public Affairs Specialist
Portland, ME

For generations, Social Security has been evolving to meet your changing needs. In April, we celebrate National Social Security Month by letting you know what you can do online with a *my Social Security* account.

Replacing a lost or stolen Social Security number (SSN) card has never been easier. You can request a replacement SSN card online in most states. There's no need to sit in traffic or visit a local office or Card Center. As long as you're only requesting a replacement card, and no other changes, you can use our free online service from anywhere. All you need to do is log in to or create a *my Social Security* account at www.socialsecurity.gov/myaccount.

You can also get a copy of your Social Security 1099 (SSA-1099) or Benefit Statement, which is a tax form Social Security mails each year in January. It shows the total amount of benefits you received from Social Security in the previous year so you know how much Social Security income to report to the IRS on your tax return. If you live in the United States and you need a copy of your SSA-1099 or 1042S, simply

go online and get an instant, printable replacement form with a *my Social Security* account at www.socialsecurity.gov/myaccount.

Another important thing you can do is check the status of your Social Security benefit application or claim. This feature can be accessed anywhere you can log in to your *my Social Security* account. Knowing the status of your pending claim is important for a number of reasons, and now you can get the up-to-date status when you want it.

Please know that securing your identity and personal information is important to us. We protect your information by using strict identity verification and security features. The application process has built-in features to detect fraud and confirm your identity.

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From the Director's Desk
continued from page 1

one session with a Medicare volunteer during Open Enrollment qualified for out-of-pocket savings in 2019—the average savings equaling \$1,500 per person!

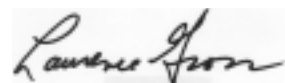
At the state level, I am feeling quite hopeful with the news out of Augusta that the Medicaid expansion referendum that was approved by Maine voters in 2017 will finally be implemented. Governor Mills has made this a priority for her administration, signing Executive Order #1 to implement the change on her first day in office. An estimated 70,000 low-income adults will now be eligible for Medicaid coverage under the expansion, including older Mainers who will now have health insurance while they are waiting to qualify for Medicare.

I am also looking forward to working with Jeanne Lambrew, incoming Commissioner of the Maine Department of Health and Human Services, on issues facing the growing number of older adults in Maine. A native Mainer, she has worked in health policy in both the Obama and Clinton administrations and is committed to bringing more transparency and collaboration with community partners like SMAA.

The search for my successor is ongoing. Deb Gallant, of Career Management Associates, is manag-

ing the search on behalf of SMAA's Board of Directors. She has reported to the Search Committee that more than 100 applications have been received and is very pleased with the depth of qualifications and experience of the applicants. The Committee will begin interviewing candidates in the coming weeks and hope to narrow the field to the top 3 in time for the joint SMAA Board of Directors and Advisory Committee meeting in early May. Updates about the process will be posted on SMAA's website if you are interested in following the progress.

After just returning from a trip to New Zealand, where the temperatures were consistently in the high 70's and 80's, it's nice to think we have that to look forward to in Maine soon. In the meantime, keep an eye out for the first blooms of pussy willows and forsythia—a sure sign that spring is coming!



Laurence W. Gross
Chief Executive Officer

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From Jo Dill's Notebook

2019 Schedule

(so far....
more dates
to come)



Volunteer Position

Senior Games at SMAA is looking for a motivated **Volunteer Project Manager** to recruit fellow volunteers, collect and submit hours for volunteers monthly, load and unload the MSG van, and submit information about upcoming events to media outlets and sports specific websites. This work can be done **at SMAA in Scarborough or from home**, depending on the work. The volunteer will be expected to assist for **approximately 8-10 hours per week on a mutually agreed schedule**. The individual needs to be self-directed, organized, and willing to learn the online registration and volunteer programs.

Interested applicants can contact Adam at volunteer@smaa.org or 207-396-6595.

Sponsors

Thanks so very much to the following sponsors who, so far, have come on board for the 2019 season: Lead Sponsor Martin's Point, Gold Sponsor Aging Excellence, Silver Sponsors The Derry Rundlett Show CTN-5, Bangor Savings Bank and Cross Insurance.

MSG Program

I am very excited to announce that we are going to publish a program book this year to give to all of you as well as to businesses and offices. We hope to print 2,500 to give away. This program will include the 2019 schedule, photos of athletes and volunteers, sponsors, information about volunteering, history of MSG and other information.

Because this is a fundraiser for Maine Senior Games we are selling ads in the program to businesses all over the state. If you have a business and are interested in advertising please email Joline Edwards at jolineedwards@gmail.com for prices and other information. If you or a family member/friend make a donation of \$20 or more to the Maine Senior Games, your/their name will be listed. Donations can be made out to Maine Senior Games and sent to: Maine Senior Games, Jo Dill, 136 US Route One, Scarborough, ME 04074.

Celebration of Athletes: May 31, Friday Fireside Inn

Pickleball: June 8, Men's/Women's Doubles, A-Copi Sports Center, Augusta, Saturday

Pickleball: June 9, Mixed/Singles, A-Copi Sports Center, Augusta, Sunday

Track & Field: July 27, Scarborough High, Saturday

Cornhole: August 14, (raindate 8/15) Sanford/Springvale Y, Wednesday

Archery: August 18 (raindate 8/25) Lakeside Archery, Sunday

Tennis: September 7 Women's Singles/Men's Dbls, Mixed, A-Copi Sports Center, Saturday

Tennis: September 8, Men's Singles, Women's Dbls, A-Copi Sports Center, Augusta, Sunday

Triathlon: Pumpkinman Tri, September 8, 8AM, South Berwick

Golf: September 9, Willowdale, Scarborough, Monday

5K Road Race/Power Walk: September 12, Sanford/Springvale YMCA, Thursday

Cycling: September 15, K'Port Bicycle Company, Sunday

Basketball (Men's): September 21, Cape Elizabeth High, Saturday

Hot Shot/Foul Shoot: Men's September 21, Women's September 22, Cape Elizabeth High

Basketball (Women's): September 22, Cape Elizabeth High, Sunday

Bowling Candlepin: September 26, Big 20, Scarborough, Thursday

Swimming: September 28, Bangor YMCA, Saturday

Darts: September 29, The Gold Room, Portland, Sunday

Table Tennis: October 5, Lewiston Armory, Lewiston, Saturday

Bowling 10 Pin: October 6, Sparetime Bowling, Augusta

(so far....more dates to come)



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New App Displays What Original Medicare Covers

Newest eMedicare Tool Provides Valuable Information to Mobile Users

Today, the Centers for Medicare & Medicaid Services (CMS) launched a new app that gives consumers a modernized Medicare experience with direct access on a mobile device to some of the most-used content on Medicare.gov.

The new “What’s Covered” app lets people with Original Medicare, caregivers and others quickly see whether Medicare covers a specific medical item or service. Consumers can now use their mobile device to more easily get accurate, consistent Original Medicare coverage information in the doctor’s office, the hospital, or anywhere else they use their mobile device. In addition to the “What’s Covered” app, through Blue Button 2.0 the agency is enabling beneficiaries to connect their claims data to applications and tools developed by innovative private-sector companies to help them understand, use, and share their health data.

“eMedicare is one of several initiatives focused on modernizing Medicare and empowering patients with information they need to get the best value from their Medicare coverage,” said CMS Administrator Seema Verma. “President Trump is delivering on his commitment to Medicare by modernizing tools that deliver health information in the most convenient way possible. This new app is the next in a suite of products designed to give consumers more access and control over their Medicare information.”

CMS created the app to meet the needs of the growing population of people with Medicare. The Medicare population is projected to increase almost 50 percent by 2030—from 54 million beneficiaries in 2015 to more than 80 million beneficiaries in 2030. As of 2016, about

two-thirds of Medicare beneficiaries indicate they use the Internet daily or almost daily (65 percent). Questions about what Medicare covers are some of the most frequent inquiries that CMS receives. There are approximately 15 million page views annually for coverage-related content on Medicare.gov and 1-800-MEDICARE receives over 3 million coverage-related calls each year.

CMS launched the eMedicare initiative in 2018 to empower beneficiaries with cost and quality information. Other tools in the eMedicare suite include:

- Enhanced interactive online decision support to help people better understand and evaluate their Medicare coverage options and costs between Medicare and Medicare Advantage.
- A new online service that lets people quickly see how different coverage choices will affect their estimated out-of-pocket costs.
- New price transparency tools that let consumers compare the national average costs of certain procedures between settings, so people can see what they’ll pay for procedures done in a hospital outpatient department versus an ambulatory surgical center.
- A new webchat option in the Medicare Plan Finder.
- New easy-to-use surveys across Medicare.gov so consumers can continue to tell us what they want.

The eMedicare initiative expands and improves on current consumer service options. People with Medicare will continue to have access to paper copies of the Medicare & You handbook and Medicare Summary Notices.

The What’s Covered app is available for free in both Google Play and the Apple App Store. The app is available in Google Play at: <https://play.google.com/store/apps/details?id=gov.medicare.coverage>, and is available in the Apple App Store at: <https://itunes.apple.com/us/app/whats-covered/id1444143600?mt=8>.

New Medicare Card Mailing is Complete

The Centers for Medicare & Medicaid Services (CMS) – the agency that oversees the Medicare program – announced that they finished the rollout of new Medicare cards to 61 million people with Medicare ahead of the original deadline of April 2019. The new cards do not contain a number

based on the Social Security number. If anyone with Medicare has not received a new card, they should immediately contact 1-800-MEDICARE, log into their MyMedicare.gov account, or ask their health care provider for assistance.



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

–Senator George Mitchell

Donate or Volunteer—Either Way, YOU Deliver!

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



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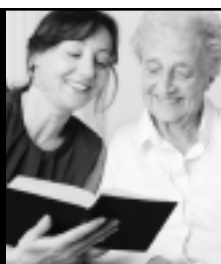
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Family Caregiver Support Program



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.

Aging And Memory

What cognitive changes can we expect in family members or ourselves as we age? What is considered "normal" aging?

Join us for a one hour class that will discuss when you should be concerned about cognitive changes, and how to find out why these changes might occur in an older person.

Thursday, April 11, 1-2PM
Yarmouth Town Hall

There is no charge to attend. This class is presented by SMAA and sponsored by the Town of Yarmouth.

Pre-registration is required by April 10. Please call 1-800-427-7411 x 541 or 396

Caregiver Respite Funds Available

Funding is currently available to qualified caregivers and care recipients through our Caregiver Respite Program. This program allows a caregiver of a person with a dementia diagnosis to submit up to \$3800 in respite care expenses per fiscal year for an 80% reimbursement.

There is a liquid asset cap (\$50,000 for a single person; \$75,000 for a couple) and the care recipient cannot be receiving any other state funding for home care. These funds can be used to reimburse the caregiver for some of the costs of in-home care (agency or private provider), adult day care, and/or up to two weeks in a facility each fiscal year.

Respite care is vital to caregivers, and we want to help. To learn more about this program and how to access the funding, please contact Lori Campbell at 396-6540 or 1-800-427-7411 x540.

Are You Caring For A Family Member With Dementia?

Savvy Caregiver can help. Savvy Caregiver is an evidence-based training program for family caregivers of people with a dementia diagnosis still living at home. This 12-hour training for family caregivers of people with dementia provides:

- Knowledge - Learn what dementia is and how it affects personality and behavior.
- Skills - Communicate more effectively with the person you are caring for, making each day better for you both.
- Attitudes - Learn how to take care of yourself to reduce stress.

Join our upcoming class series:

April 24 through May 29, every Wednesday from 2:30-4:30pm at Southern Maine Agency on Aging 136 US Route One, Scarborough

There is no charge to attend, but donations are accepted. It is important to plan on attending all six classes.

Pre-registration is required by April 19. Please call 1-800-427-7411 x 541 or 396-6541 to register.

Spring Break isn't just for Kids



Join Therapeutic Recreation for All in our inaugural **Spring Break for Seniors**

Games, Music, Crafts, Tropical Drinks (non-alcoholic), Snacks and More! Wear your tropical colors and flowered shirts and get ready to have some fun.

Mon., April 15th 1:30-4pm - Join us for a trip to the Bahamas

Wed., April 17th 1:30-4pm - Join us for a trip to Mexico

Location: The Point, 345 Clarks Pond Parkway, South Portland

\$18 per person per day; or \$33 per person for both days. Everything included.



Reservations required. Call or email:

(207) 578-3033

info@therapeuticrec4all.com

www.facebook.com/therapeuticrec4all



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—Michael and Elizabeth M, Shapleigh, ME

We would love to help you too!
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Rose Day Legacy

For almost 25 years, Meals on Wheels recipients have celebrated Valentine's Day with a special delivery of a beautiful red rose with their meal. This year, volunteers delivered just shy of 1,000 roses to homebound older adults in Cumberland and York counties.

"Rose Day" is something that not only clients, but also volunteers and staff, look forward to each year. It is a wonderful opportunity to put an extra smile on our clients' faces thanks to the generosity of the late Loraine Merrill. Mrs. Merrill was a kind woman and a Meals on Wheels recipient. She wanted to brighten the days of her fellow Meals on Wheels recipients and did so through anonymously gifting roses. Since her passing in 2003, SMAA has been able to acknowledge and publicly thank her for her gift.

It is estimated that over 17,000 roses have been delivered in the past two and a half decades. Thanks to Mrs. Merrill's planned gift to SMAA, her generosity will be able to continue for decades to come.

If you have a vision of how you'd like to support a SMAA program as Loraine Merrill has, contact Kate Putnam, Chief Advancement Officer at SMAA, 207-396-6590 or via email at kputnam@smaa.org.



Deb Folsom, Sanford Site Manager, with her car loaded with roses for The Sam L. Cohen Adult Day Center, and the Biddeford, Kezar Falls and Sanford Meals on Wheels sites.



Above: South Portland Meal Site Manager, Liz Engel and Volunteer, Eric Booker

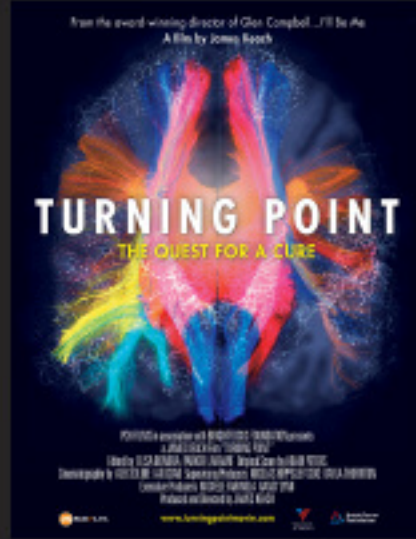


Carolyn Johnson and Fran Gleason prepare to deliver roses and Valentine's cards to the Kittery Meal site.



Left: South Portland Volunteer, Ann Reardon getting ready for her delivery route

JOIN US FOR A FREE SCREENING OF THE DOCUMENTARY:



**TURNING POINT:
THE QUEST FOR A CURE**


Saturday, March 23, 2019
Doors open at 9:30am
- Film starts at 10am -


Sam L. Cohen Adult Day Center
30 Barra Road, Biddeford

In **Turning Point**, acclaimed filmmaker James Keach (*award-winning director of Glen Campbell...I'll Be Me*) takes us inside the quest for the first medication that could treat the underlying process of Alzheimer's disease, more than a century after Dr. Alois Alzheimer first described the brain disorder that slowly destroys memory and cognitive skills (80 minutes).

Film discussion and tours of the Sam L. Cohen Adult Day Center will be available after the end of the film. Refreshments will be provided.

Seating is limited. RSVPs are required. Please call or email:
Janet Bowne - 396-6533 - jbowne@smaa.org

Presented by:  **SAM L. COHEN
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Southern Maine Agency on Aging

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Agewell Programs Launches Healthy Steps for Older Adults!

This spring, look for a new evidence-based falls prevention program from the Southern Maine Agency on Aging. Staff and volunteers with the Agewell programs received facilitator training in the Healthy Steps for Older Adults program in early February, and programming will begin in early March.

Successful aging means taking an active role in managing your health and independence. If you have noticed changes in your balance or have concerns about falls, Healthy Steps for Older Adults is a new falls prevention workshop aimed at helping you understand your fall risk and learn how to stay active.

As part of this unique workshop you'll receive:

- Personalized balance screening you'll receive:
- Education to understand your personal risk factors for falls you'll receive:
- Exercise program demonstration you can practice at home you'll receive:
- Opportunities for action planning and goal setting you'll receive:
- Resource Booklet you'll receive:
- Free Lunch

How is Healthy Steps different from other programs like A Matter of Balance and Tai Chi?

Healthy Steps is a one-day program that provides a unique blend of balance screening, falls prevention education, and physical activi-

ty. One of our goals is to be able to bring this program to some of our more rural communities that are harder to reach with some of our other multi-week programs.

If I've already taken another falls prevention program, should I take Healthy Steps?

We think the more education the better! Each of our falls prevention workshops covers different information and has a unique feel, so you'll learn something new from each program. However, some programs are better suited to different people. If you have specific questions, give us a call – we'd love to talk with you about which program is the best place to start.

Tai Chi for Health and Balance and A Matter of Balance Workshops

Many workshops are starting this spring for Tai Chi and A Matter of Balance! Check our calendar for a program near you, and don't forget to check our website for our most up to date listing of workshops.

Online Tai Chi registration is available!

Helpful tip! Did you know that some Medicare Advantage plans will reimburse for Tai Chi program fees? Check with your plan to see if they'll cover your Tai Chi class!

Agewell Seeks Passionate, Caring Program Volunteers!

Looking to get involved in volunteering with Tai Chi, A Matter of Balance or Healthy Steps? Agewell always welcomes new volunteers to join our team! Contact us today to learn more about visiting a workshop and learning more about

Please visit our online calendar for the most up to date listing of workshops!
www.smaa.org/events.html

what's involved in being a workshop leader—Anna Guest aguest@smaa.org or 207-396-6529.

Upcoming Agewell Workshops

The Center for Agewell Programs at Southern Maine Agency on Aging offers nationally recognized, evidence-based workshops, and balance and strength screening events to help older adults maintain healthy, active lifestyles free from falls and falls-related injuries. We offer A Matter of Balance, Healthy Steps for Older Adults, chronic disease self-management programs and Tai Chi.

Pre-registration is required for all Agewell Workshops. Please call 207-396-6578 or 1-800-427-7411 or visit us online at www.smaa.org/wellness/agewell-calendar.html

A Matter of Balance

March 6 – May 1, Wednesdays, 2-4PM, New England Rehab Hospital, 335 Brighton Ave., Brighton Room, 3rd Floor, Portland

March 27 – April 22, Mondays & Wednesdays, 1:30-3:30PM, St. Ann's Episcopal Church, Parish Hall, 40 Windham Center Rd., Windham

April 1 – May 20, Mondays, 10AM-12PM, Freeport Community Services, 53 Depot St., Bradley Room, Freeport

April 12 – May 31, Fridays, 10AM-12PM (optional balance screening 4/5/19 @ 10:00 am), Kennebunkport Recreation Center, 25 School St., Kennebunkport

April 25 – June 13, Thursdays, 2:30-4:30PM, People's United Methodist Church, Parish Hall, 310 Broadway, South Portland

Tai Chi for Health & Balance (Introductory Series)

The Introductory Series is for all levels of physical ability. Beginners welcome. Introductory classes are \$110 per 11-week series (22 classes). Returning introductory students are \$90. Scholarships are available.

March 5 – May 23, Tuesdays & Thursdays, 9-10:00AM, Southern Maine Agency on Aging, 136 US Route One, Scarborough

March 18 – June 5, Mondays & Wednesdays, 10-11AM, Southern Maine Agency on Aging, 136 US Route One, Scarborough

March 18 – June 5, Mondays & Wednesdays, 10-11AM, Kennebunkport Recreation Center, 25 School St., Kennebunkport

March 19 – June 6, Tuesdays & Thursdays, 9-10AM, Woodfords Church, 202 Woodford Street, Portland

April 8 – June 26, Mondays & Wednesdays, 2-3PM, Westbrook Housing Conference Room, 30 Liza Harmon Dr., Westbrook

April 8 – June 26, Mondays & Wednesdays, 1-2PM, Trinity Episcopal Church, 15 Cleveland St., Saco

April 9 – June 20, Tuesdays & Thursdays, 9-10AM, Yarmouth History Center, 118 East Elm St., Yarmouth. *Yarmouth residents receive priority registration and discounted pricing, call for details.*

Healthy Steps for Older Adults

New! This unique workshop includes:

- Individual balance screening
- Education to understand personal fall risk factors
- Exercise program you can do at home

Friday, March 8, 9AM-2PM, Lunch provided by our program sponsor SMAA, Southern Maine Agency on Aging, 136 US Route One, Scarborough

Tuesday, March 26, 9AM-2PM, Lunch provided by our program sponsor York Hospital, Kittery Community Center, 1st Floor, 120 Rogers Road, Kittery

Living Well for Better Health

March 12 – April 23, Tuesdays, 9-11:30AM, Mason Motz Activity Center, 190 Middle Road, Falmouth

To register call the Mason Motz Center @ 207-699-5302

Living Well with Chronic Pain

April 26 – June 7, Fridays, 9:30AM-12PM, Yarmouth Town Hall, 200 Main St., Yarmouth

Pre-registration is required for all Agewell Workshops. Please call 207-396-6578 or 1-800-427-7411 or visit us online at www.smaa.org/wellness/agewell-calendar.html

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Whether it is you or a loved one, growing older is an experience we all share - and it doesn't mean giving up a healthy, active lifestyle. At Maine Medical Center's Geriatric Center we understand the importance of maintaining your well-being as you grow older and are dedicated to providing family-centered treatments that improve the quality of life for you and your loved ones.

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Call (207)662-2847 for an appointment or visit us at www.mmc.org/geriatriccare for more information.



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Coastal Rehab to Offer Services at the Sam L. Cohen Center

Coastal Rehab, LLC., a provider of high quality occupational, physical and speech therapy services, is opening an onsite clinic at the Sam L. Cohen Center in March. Located at 30 Barra Road, in Biddeford, the Coastal clinic will offer rehab services to members attending the Sam L. Cohen Center as well as welcome people from the local area. Coastal Rehab specializes in geriatric rehab while also treating clients of all ages and diagnoses. Their team has clinical expertise in the areas of memory care, Parkinson's, home safety assessments and provides specialized programs such as LSVT BIG and LOUD and Low Vision Rehab.

"The Cohen Center will allow us to serve a wide variety of people needing our rehab services. Its proximity to Southern Maine Medical



Center and other medical offices is very convenient for patients and their caregivers. We are also excited to be working with members of the Sam L. Cohen Center. Members of the Center will be able to receive onsite services easing the caregiver burden of transportation to separate appointments. Additionally, therapists will have the ability to see clients at the Center and in their home environment, working seamlessly hand-in-hand with caregivers to maximize safety, independence and participation in meaningful activities." said Nathalie Descheneaux, OTR/L, MS, Coastal Rehab's Executive Director.

"We often hear from caregivers about the difficulties of fitting in rehab services for their family member with dementia. Now they can re-

ceive the services as part of their day at our day center." stated Marilyn Durgin, Manager of the Sam L. Cohen Center.

Coastal Rehab accepts Medicare Part B and all major insurances. Referrals can be made by contacting Coastal Rehab's main office at 207-767-9773. The dedicated intake team will verify individual's coverage, obtain treatment authorization if needed and answer any questions you may have. You can also visit www.coastalrehab.me for more information.

YOUR 1ST STOP FOR ANSWERS
1-800-427-7411
www.smaaa.org



Are you a family caregiver?

Join us at an upcoming caregiver class sponsored by the Harvard Pilgrim Health Care Foundation.

Stress Management for Family Caregivers

March 27, 4:30-5:30pm

Jewish Community Alliance of So. ME.
 1342 Congress Street, Portland

This class will help you recognize sources of stress, understanding the impact of stress on your own health and wellbeing, and identifying some strategies to manage stress, so that you can take care of yourself and provide the best assistance possible. Light snacks provided.

In the Middle: Solutions for the Sandwich Generation

April 30, 12-1pm

SMAA Main Office
 136 US Route One, Scarborough

Members of the "sandwich generation", those who are assisting older family members while also raising children, face unique challenges as they try to balance caregiving, parenting, and, often, working as well. In this one hour session, we will look at some roots of stress, and ideas for managing multiple demands, finding assistance, and taking care of yourself. A complimentary sandwich lunch will be provided for participants!

Preregistration for these classes is required.

Call **207-396-6541** or visit **www.smaaa.org**.

This series of Family Caregiver Classes is sponsored by:



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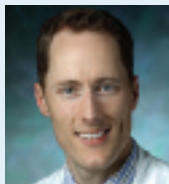
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For a free email subscription to our Eye Health Updates, visit us at www.eyecaremed.com.

Beware Of Scammers Pretending to be From Social Security

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

In the digital age, frauds and scams are an unfortunate part of doing business online. Social Security has seen a spike in phishing scams, and we want to protect you as best we can.

We urge you to always be cautious and to avoid providing sensitive information such as your Social Security Number (SSN) or bank account information to unknown individuals over the phone or internet. If you receive a call and aren't expecting one, you must be extra careful. You can always get the caller's information, hang up, and—if you do need more clarification—contact the official phone number of the business or agency that the caller claims to represent. Never reveal personal data to a stranger who called you.

Please take note; there's a scam going around right now. You might receive a call from someone claiming to be from Social Security or another agency. Calls can even display the 1-800-772-1213, Social Security's national customer service number, as the incoming number on your caller ID. In some cases, the caller states that Social Security does not

have all of your personal information, such as your Social Security number (SSN), on file. Other callers claim Social Security needs additional information so the agency can increase your benefit payment, or that Social Security will terminate your benefits if they do not confirm your information. This appears to be a widespread issue, as reports have come from people across the country. These calls are not from Social Security.

Callers sometimes state that your Social Security number is at risk of being deactivated or deleted. The caller then asks you to provide a phone number to resolve the issue. People should be aware the scheme's details may vary; however, you should avoid engaging with the caller or calling the number provided, as the caller might attempt to acquire personal information.

Social Security employees occasionally contact people by telephone for customer-service purposes. In only a few special situations, such as when you have business pending with us, a Social Security employee may request the person confirm personal information over the phone.

Social Security employees will never threaten you or promise a Social Security benefit approval or increase in exchange for information. In those cases, the call is fraudulent, and you should just hang up. If you receive these calls, please report the information to the Office of the Inspector General at 1-800-269-0271 or online at oig.ssa.gov/report.

Remember, only call official phone numbers and use secured websites of the agencies and businesses you know are correct. Protecting your information is an important part of Social Security's mission to secure today and tomorrow.

Soup and Sandwich Saturdays for Veterans

All Veterans, their families, and the general public are welcome to join us at the Vietnam Veterans of America Chapter 1044 R&R Center in Biddeford each Saturday for a delicious homemade soup and sandwich luncheon. Luncheons usually feature a choice of two or three soups and two or three sandwiches. Past luncheons included chicken cacciatore, clam chowder, three bean chili, sloppy joes, chicken parmesan, and egg salad sandwiches to name a few! Each week the menu changes, so please call 207-494-9287 to check on this week's specials or stop in for a surprise. Take out is available too!

Saturdays, 11AM-2PM
508 Elm Street, Biddeford
\$5.00 suggested donation per person. Donations received will support veterans and their families in their time of need.

The Soup and Sandwich Saturday is sponsored by the Vietnam Veterans of American Chapter 1044 as part of their recently expanded R&R center. The R&R Center, located at 508 Elm Street in Biddeford, is open every Saturday from 12-2pm. Veterans from any era are welcome to relax and connect with other veterans. The group offers a comfortable space to watch TV, play card and board games, or just to sit and quietly read a newspaper, magazine, or a book. During the week a Veterans Service Officer is also available to assist with VA forms or to answer any questions you may have as a Veteran.

For more information on the R&R Center and Veteran's resources, please contact:

Joe Armstrong, 207-490-2094
Conrad Letellier, 207-282-2115
Jim Davis, 603-312-2979

Consider Making a Lasting Gift to SMAA from your Estate

Tax season is a great time to start or reexamine your estate plan. It's important to have an estate plan to ensure that your assets and possessions are distributed according to your wishes. Over the years, SMAA has received many wonderful bequests. Loraine Merrill received Meals on Wheels and loved the wonderful visitors and the regular meals. She knew how lonely aging could be. In her will, she designed a program for every Meals on Wheels recipient to receive a rose on Valentine's Day. This program started while she was alive. In her will, she created a generous bequest to ensure this program would continue after her death.

This is just one example of how a bequest can benefit older Mainers in southern Maine. If you'd like to discuss how you can structure a bequest to support one of your favorite program or to benefit the greatest need of the agency, call Kate Putnam, Chief Advancement Officer at 207.396.6590 or email her at kputnam@smaa.org.

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Medicare Open Enrollment Comes to a Close

In December, The Southern Maine Agency on Aging wrapped up another Medicare Open Enrollment period. SMAA would like to thank the numerous individuals and couples we saw these past few months who trust us to help them make informed choices about their Medicare plans. We are pleased to report that from October 15 through December 7 we served 1,381 people. Collectively we saved clients over \$667,000 on their premiums. Of the clients who experienced a savings, the average annual savings was \$1,496 per client.

Our ability to serve so many is truly because of the team effort and partnerships that SMAA has with our Medicare host sites and with our team of volunteers. We would like to extend thanks to the following locations for their support. Without their hospitality, we would not have been able to serve as many individuals throughout southern Maine.

- Sam L. Cohen Adult Day Center, Biddeford
- Bridgton Community Center
- Dyer Library, Saco
- Great Works Family Practice, South Berwick
- Freeport Community Library
- Kittery Community Center
- Larrabee Village, Westbrook
- Our Lady of Perpetual Help, Windham
- Louise B. Goodall Memorial Library, Sanford

- Plummer Senior Living, Falmouth
- St. Martha's Church, Kennebunk
- The Center at Lower Village, Kennebunk
- Waterboro Town Hall
- Wells Activity Center
- Westbrook Community Center
- York Hospital

We would also like to thank our amazing team of volunteer State Health Insurance Program (SHIP) counselors. Our dedicated volunteers worked diligently in order to accommodate the number of individuals seeking to review their Medicare options. We take great pride in knowing that our volunteers routinely go above and beyond for our clients and that together we will have helped consumers save substantially in out-of-pocket health care expenses for 2019. We could not do it without them.

Thank you Volunteers!

- Doris Ames
- Terry Bagley
- Jim Baker
- Ron Bolduc
- Mary Bruns
- Paulette Burbank
- Donald Caouette
- Lindsay Copeland
- John Dyhrberg
- Elizabeth Miller
- Sharon Eastman

- Warren Giering
- Peggy Gilbert
- Nancy Goddard
- Carol Goldberg Copeland
- Nancy Gordon
- Connie Grant
- Jerry Harkavy
- John Holland
- Therese Johnson
- Maryann Lawton
- Patricia Lennox
- Cindy Lord
- Jim MacLeod
- Ann Milliard
- Steve Murphy
- Sue Ellen Muse
- Judy O'Brien

- Wayne Olson
- Maurice Proulx
- Doug Robinson
- Fred Ronco
- Steve Goodman
- Steve Sawyer
- Linda Sprague Lambert
- Gary Starbuck
- Linda Westinghouse
- Barry Wolfson

In addition, we would especially like to thank the following volunteers who took the time to greet and direct clients at SMAA with a welcome smile: Dot Lee, Susan Laughton, Elaine Killele, Katherine Brooks, and Betty Harmon

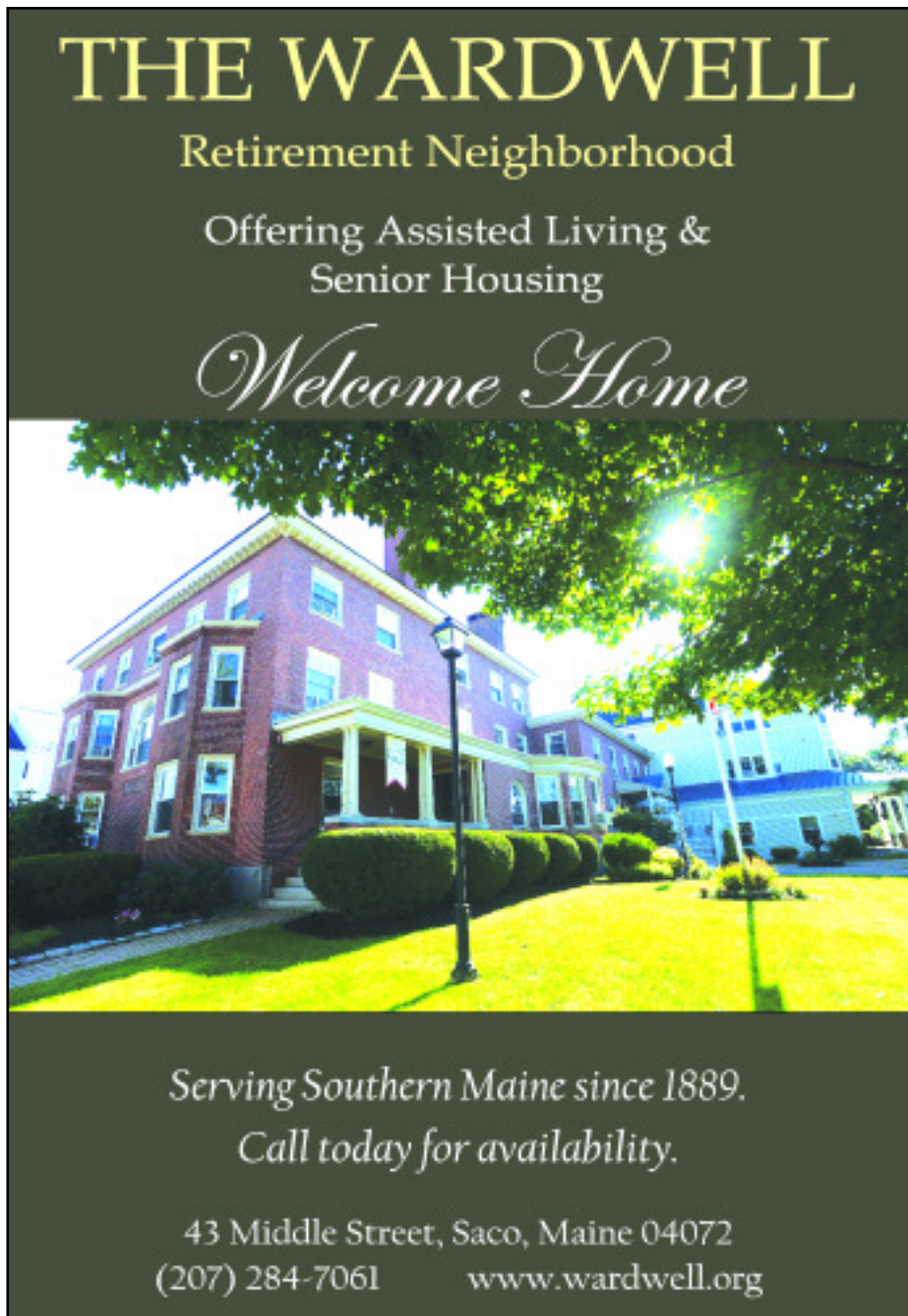


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Volunteer Corner

Retired BU Professor Warren Giering Satisfies His Urge to Teach at SMAA

Medicare Services Program Manager Debra McFarland describes Warren Giering as the go-to volunteer who will never turn down an assignment.

Warren leads "Welcome to Medicare" seminars, and specially crafted Medicare seminars for specific audiences. He solicits funds at local town meetings to assist with SMAA's operating costs. He is a one-on-one Medicare volunteer who meets with clients, offering options for Medicare plans that might work best for them or helping clients who can't afford the many medications they require.

In 2012, a volunteer contacted Warren about the volunteer opportunities available to him in SMAA's Medicare Services Program. Medicare was his only volunteer interest because, as he explains it, "My wife and I were living it." Their off-the-cuff Medicare choice worked well for them, but

he could see that nightmares can happen to those who may choose the wrong program, and then develop catastrophic illnesses.

SMAA seminars on reducing drug costs are open to anyone who wants to learn how to save money on medication. Attendees can save up to \$2,500 of out-of-pocket costs by implementing all the suggestions offered by Warren, or those of another State Health Insurance Assistance Program (SHIP) volunteer. He explains that it can take them from a couple hours, up to 24 hours, navigating through information to help clients get costs down on the drugs. Sometimes savings can be as simple as switching from prescription to over-the-counter medications.

Medicare Services volunteers are required to take many hours of training, and must pass an exam every two years to keep their SHIP certification current. SHIP volunteers can be found in

every state and offer free, impartial health insurance information through seminars in local communities, or during one-on-one health insurance counseling for people with Medicare. Warren explains, "You think you have it down, and then things change." He finds it challenging to keep up with the changing policies, but the trainings help him stay abreast with current information.

Warren is a retired Boston University professor who taught organic chemistry to both medical students and the general student population. He and his wife Kathie moved from the Back Bay area of Boston to Buxton where they bought an old farm. After



selling the farmhouse and three acres to their daughter, they built a single story handicapped accessible house they share with Kathie's 98-year-old father.

When asked what he likes best about being a SHIP volunteer, Warren explains, "I am a teacher. I love teaching, running seminars, and meeting clients who are so receptive and appreciative of what I am

presenting. Volunteering satisfies my urge to teach." Running seminars also satisfies his hunger to perform. Warren truly enjoys speaking in front of people and does not get stage fright.

Warren says volunteering is a "...tremendously rewarding experience. You actually are helping people by assisting them to get health-care while saving gobs of money, and making their lives better."



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A Day in the Life of SMAA Volunteer

JoAnn Gobeil

The Southern Maine Agency on Aging Phone Pal Program is celebrating its official one year anniversary this spring. The program matches Meals on Wheels recipients in York and Cumberland counties with trained volunteers who agree to phone their clients on a regular, mutually agreed upon, schedule.

JoAnn Gobeil of Biddeford has been a Phone Pal volunteer since November 2018. A retiree who worked in banking most of her career, she was attracted to this opportunity because, as a busy married grandmother of two, the ability to volunteer from her home was a big draw. Knowing all clients were Meals on Wheels recipients afforded her a level of comfort. Since she used to help her husband, Norman, make Meals on Wheels deliveries in York County.

JoAnn felt the required four-hour training session prepared her well to be a volunteer in the program. The training offered situations and strategies on how to engage clients without seeing them face to face. In training, volunteers pair up and converse without looking at each other, and JoAnn felt

that was an important exercise in preparation for becoming a Phone Pal.

All calls are initiated by JoAnn, and take place twice a week for about 45 minutes. JoAnn explains days and times always need to be based on the client's schedule and agreed upon beforehand. While her client is welcome to call her, they prefer that she call them and are always happy and ready to converse. The only thing she and her match have in common is that they are members of the same generation.

"This is an interesting program which... seems beneficial to both parties," JoAnn tells us. She recommends the opportunity to others and has told her friends about the Phone



Pal Program with the caveat that boundaries are important in this volunteer/client relationship. She can see how a volunteer may want to do more than just call, and then might find themselves in an uncomfortable situation that could be difficult to manage.

She was determined to give the opportunity six months, but after only two months had passed, JoAnn emailed Phone Pal/Warming Crew Project Manager Deborah Baginsky to say she and her match "... have had some wonderful conversations. At times, I wonder who is helping whom." JoAnn also feels that slowing down to listen carefully to what

her client is talking about forces her to "be in the moment," something she feels is good for her.

The next Phone Pal Training will take place from 9 a.m.-12 p.m., Thursday, March 14, at the Southern Maine Agency on Aging, Scarborough. Anyone interested in attending the training or learning more about the Phone Pal Program should call Volunteer Services at 207-396-6595.

It's Official! Volunteering Helps Older Americans Live Happier, Healthier Lives

In the February newsletter from the corporation for National & Community Service, Volunteer Services' grantor, Senior Corps Director Deborah Cox-Roush summarized the results of a two-year Longitudinal Study launched in 2014. She writes, "...because of Senior Corps, hundreds of thousands of older Americans live happier and healthier lives while making a difference in their communities. After two years of service, volunteers reported improvements in their health, decreased depression, and

less social isolation." The report also found that community service instilled personal growth, a sense of accomplishment, and consistent opportunities to meet new peers.

The final report can be seen at <https://www.nationalservice.gov/programs/senior-corps/senior-corps-and-health-benefits>. The Volunteer Services Department at SMAA is thrilled to be affiliated with this program and extremely pleased to see that our efforts working with volunteers have contributed to these results.

All Volunteer Networking & Training: Hoarding 101

The Volunteer Services Department at SMAA is pleased to announce our third "Networking & Training Coffee Hour" on Hoarding. This new training will take place on Wednesday, March 13 at 9AM in Scarborough.

The program is designed to help volunteers recognize signs of hoarding from clients they might be working with. Our featured speaker will be Eric Grainger, a hoarding specialist who currently serves on the Greater Portland Hoarding Task Force. Please RSVP to volunteer@smaa.org or 207-396-6595 if you would like to attend. We hope to see you there!

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