



## From the Director's Desk

### May is Older American's Month

For the past 50 years, May has been a month to appreciate and celebrate the vitality and aspirations of older adults and their contributions to our communities. The theme for Older Americans Month 2013, *Unleash the Power of Age*, has never been more fitting. Older Americans are productive, active, and influential members of society, sharing essential talents, wisdom, and life experience with their families, friends, and neighbors. SMAA enlists the services of many older adult volunteers who use their skills to support those who are less fortunate, to teach others the skills they've honed over the years or to become active SMAA ambassador's in the community. Celebrating the on-going contributions of the elderly in our communities helps us all stay positive, active and looking forward.



### Dealing with the Sequester Cuts

As detailed in the front page article in this issue of the *Senior News*, SMAA has not been spared from feeling the impact of the federal sequester cuts. It is my goal, and that of our Board of Directors, to spread the cuts across programs that will have the least negative impact on the services needed by our most frail clients. During these challenging times, I am most grateful for the dedication, understanding and patience that our staff, volunteers and clients have shown and will continue to offer each other. As we all hope for better times ahead, I know we are committed to delivering the best programs and services possible despite the present uncertainty.

### Good News for Meals on Wheels

I am happy to announce that SMAA was one of only seven organizations selected nationally to receive a \$42,000 grant from

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## Federal Sequester Cuts Impact SMAA

Federal sequester cuts will impact services and staff at the Southern Maine Agency on Aging (SMAA), although every effort is being made to preserve services for the Agency's most frail clients. "The SMAA Board of Directors has approved a balanced plan to cut expenses that includes a mix of specific program service reductions and use of unpaid Agency furlough days through September 30, 2013," said Laurence Gross, Executive Director of SMAA.

Prompting the actions was notification by the Office of Aging and Disability advising SMAA that they will lose about \$65,000 in federal Older Americans Act funds between April and September. It is also likely that several smaller sources of federal funding received by the Agency will be reduced by about five percent but the specific dollar amounts had not yet been released.

The federal sequestration cuts came on top of more than \$40,000 in state curtailments ordered by Governor LePage in January that affected SMAA's Volunteer Services and Independent Housing with Services Programs.

"In order to achieve the savings needed to offset both the federal sequestration and the state funding curtailment, several actions have been implemented at the Agency," said Gross. "Effective on April 8th, the mix of desserts provided in the Meals on Wheels program was reduced to a simple cookie, saving nearly \$22,500 in program costs. We have also reduced the number of weekend meals served by adopting stricter criteria for qualification. SMAA will continue to serve almost 250 weekend meals per month—although providing this service is not a required element of the Meals on Wheels program," he said. "We have

also implemented a cap on the number of people under the age of 60 who can receive Meals on Wheels and we will only accept new referrals if other funding becomes available to meet this need. Making these reductions prevents SMAA from having to create a waiting list for people who really need to receive Meals on Wheels," explained Gross. Due to the

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SMAA staffers Jo Dill and Ted Trainer model the shirt Maine athletes will wear at the National Senior Games.



Joel Stinson will be one of the Flag Bearers for Maine at the celebration of athletes at the National Games in Cleveland.

## SMAA Joins in Pilot to Help People Plan for End of Life Choices

by Carol Rancourt, Director of Volunteer and Training Services

On April 15, at 2:50PM on Boylston Street in Boston, tragedy struck. When I heard the news flash I thought what if I had been there? Would I be ready if I was severely injured and could no longer make decisions for myself and my care? The answer for me and many of us is no. Southern Maine Agency on Aging and Maine Health have been talking about this

need for many months. Statistics show that many of us do not want to contemplate this type of event. However, statistics also show that most of us wish to make our own choices even at the end of life.

This pilot project will recruit and train a small number of volunteers as speakers and to provide one-on-one counseling to older adults and others who wish to develop their own advanced care plan. Maine Health will provide the training using an evidenced-based curriculum provided by Gun-

derson Lutheran Health Systems. Once trained, the volunteers will offer regular informational Advance Care Planning sessions at Southern Maine Agency on Aging and other locations in York and Cumberland counties, as well as one-on-one appointments for help with putting your choices in writing and sharing them with your family and loved ones.

Contact Volunteer@smaa.org or call 396-6525 if you would like more information on this project.

If you no longer want to receive the paper, please contact Bonnie at 396-6526 or 1-800-427-7411 x526 or bcraig@smaa.org.

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## SOCIAL SECURITY

### Best Ways to do Business with Social Security

By Robert Clark  
 Social Security Representative

Many people save time by going online to take care of everyday tasks. For example, they shop online to avoid going to crowded malls or stores. They pay bills and check their account balances to save a trip to the bank.

It's true of Social Security business too. You can save a lot of time by visiting [www.socialsecurity.gov](http://www.socialsecurity.gov).

Here, you can handle much of your Social Security business quickly and securely from your home or office computer. At the Social Security website you can —

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- get an instant, personalized estimate of your future Social Security benefits;

- apply for retirement, disability, spouse's and Medicare benefits;
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- apply for *Extra Help* with your Medicare prescription drug costs.

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curity number for a newborn to returning to work while receiving disability benefits.

If you need to reach us by phone, you can call us toll-free at 1-800-772-1213. We treat all calls confidentially. We can answer specific questions from 7AM-7PM, Monday through Friday. Generally, you'll have a shorter wait time if you call during the week after Tuesday. We can provide information by automated phone service 24 hours a day. (You can use our automated response system to tell us a new address or request a replacement Medicare card.) If you are deaf or hard of hearing, you may call our TTY number, 1-800-325-0778.

No matter how you choose to contact us, Social Security is here to assist you. We encourage you to give our website a try. You'll get fast, convenient service by going to [www.socialsecurity.gov](http://www.socialsecurity.gov).

### Social Security Honors All Who Serve

By Robert Clark  
 Social Security Representative

Every day of the year, Americans across the nation remember friends and family members who have served and sacrificed for their country. Memorial Day is a day when we come together to honor those who have given their lives in the defense of freedom and the principles we hold dear in this country.

May is also National Military Appreciation Month. As we observe Memorial Day and Military Appreciation Month, we would like to let members of our military know how much we value what they do for our nation.

At Social Security, we offer a wide range of services for our service members.

Families of fallen military heroes may be eligible for Social Security survivors benefits. Learn more about Social Security survivors benefits at [www.socialsecurity.gov/pgm/survivors.htm](http://www.socialsecurity.gov/pgm/survivors.htm).

For service members who return home with injuries, Social Security is here to help. Visit our Wounded Warriors website. You can find it at [www.socialsecurity.gov/woundedwarriors](http://www.socialsecurity.gov/woundedwarriors). We use an expedited process for military service members who become disabled while on active military service, regardless of where the disability occurs.

The Wounded Warriors website answers a number of commonly asked questions, and shares other useful information about disability benefits, including how veterans can receive expedited processing of disability claims. It is important to note that benefits available through Social Security are different than those from the Department of Veterans Affairs and require a separate application.

Even active duty military who continue to receive pay while in a hospital or on medical leave should consider applying for disability benefits if they are unable to work due to a disabling condition. Active duty status and receipt of military pay does not necessarily prevent payment of Social Security disability benefits. Receipt of military payments should never stop someone from applying for disability benefits from Social Security.

If you've served in the Armed Forces and you're planning your retirement, you'll want to read our publication, *Military Service and Social Security* at [www.socialsecurity.gov/pubs/10017.pdf](http://www.socialsecurity.gov/pubs/10017.pdf).

You also may want to visit the *Military Service* page of our *Retirement Planner*, available at [www.socialsecurity.gov/retire2/veterans.htm](http://www.socialsecurity.gov/retire2/veterans.htm).

At Social Security, we honor all those who served in the military and we remember those who died for their country.

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## Restless Legs Syndrome (RLS) AKA Willis-Ekbom Disease (WED)

### 8th Annual Seminar

Join Dr Régis Langelier, a Saco psychologist, and WED National Foundation Board Member for an educational round table on "Medication for Restless Legs Syndrome/Willis-Ekbom Disease", at the Southern Maine Agency on Aging, 136 Route One, Scarborough, ME, Thursday, June 20, 1-2:30PM.

The guest of honor will be a local pharmacist from Hannaford Stores, Denise Doyon, R.Ph., who will be discussing currently known drug interventions for RLS/WED.

Bring your questions and register by calling 207-351-5352. Space is limited. Please RSVP by requesting a seat registration number. You will not be enrolled for this meeting until you have a number. The deadline for registration is Friday, June 7. Usually a waiting list is formed. Please cancel 48 hours ahead if your plans change as we expect a large, interested response.

Ask Yourself, Do I have the characteristics of RLS/WED :

- An overwhelming need to move the limbs, increasing with age;
- Restless, nervous, or creepy-crawly sensations in legs or arms and trunk;
- Relief by movement/walking or activity ;
- Symptoms start or become worse while resting and in the evening or night;
- Difficulty falling or staying asleep, leading to feelings of daytime tiredness or fatigue.

## Another Medicare Nugget

from Stan Cohen



### NUGGET 428 — 2013

When choosing a Medigap plan (Medicare Supplement plan), many buyers simply pick the best plan available – which is currently Plan F. In addition to the other nine Medigap choices (plans A,B,C,D,G,K,L,M,N), however, there is another plan available that has a relatively small premium, and it is not well understood. It called the "high deductible Plan F".

Hi-Ded Plan F requires you to pay the first \$2110 in Medicare cost-sharing per year. After that it covers expenses exactly the same as regular Plan F. And the lowest premium being offered in Maine today for Hi-Ded Plan F is \$52.17 per month (by Anthem).

By comparison, the lowest monthly premium offered today for regular Plan F is \$169. When you do the math, you can see that you could save \$1402 in annual premiums by choosing Hi-Deductible Plan F instead of Regular Plan F. That would offset a large portion of the \$2110 deductible under Hi-Ded F. Which makes the Hi-Ded plan attractive for those who feel confident that they will not incur serious medical expenses during the year (but who can tell?), or for whom the deductible is not a financial problem.

One caution needs to be explained. Even though most beneficiaries do not ever change their Medigap plans, you should know

that if you do want to make a change later, no insurance company is obliged to give you a "richer" plan than the one you have. That means that if you have Hi-Ded Plan F, you may or may not be able to change to a different plan in the future.

Stan Cohen, a Medicare Volunteer Counselor, is available for free, one-on-one consultations at Bridgton Hospital on Tuesdays, 8-11AM. No appointment is necessary. Alternatively, call the Southern Maine Agency on Aging – (800 427-7411) and ask for a Medicare Advocate.

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**EDITORIAL**

**Subsidy Reductions**

by Stan Cohen

Once again, the doom predictors were wrong. One of the cost saving measures in the Affordable Care Act (ACA) is the reduction of special subsidies to Medicare Advantage insurers. These special subsidies will eventually be calculated to make the overall cost of Medicare Advantage plans about the same as the cost of Original Medicare. The cost savings

will be in the billions. Since the subsidy reductions started two years ago those who opposed the ACA have been predicting that many Medicare Advantage (MA) companies would pull out, and others would either increase their premiums or reduce benefits, or both. Neither has happened.

According to a report by the Kaiser Family Foundation, the MA marketplace remains just as robust in 2013 as it was before. There is little change in the number of MA plans available to beneficiaries in

2013 and only modest increases in average plan premiums. Many plans continue to have zero premiums. Benefits, by the way, have not been diminished. In fact, all the free preventive services available in Original Medicare are now offered by MA plans. So much for the doomsday set.



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

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**ATTENTION: Snowbirds**

Welcome back! Let us know your Maine mailing address if you haven't already. If your mail is returned to us it costs us money and besides, if you want the "Senior News," we want you to receive it. Contact Bonnie Craig at bcraig@smaaa.org or leave a message at 207-396-6526 or 1-800-427-7411 x526. Be sure to specify the date when you expect to "fly away" again. Happy reading!

## Father Daughter Duo Will Compete at National Senior Games

There is a special duo heading to the National Senior Games this year—father/daughter golfers, Dr. Mary Brandes and her 81-year-old father Charles Callam. “Age doesn’t matter with golf,” said Mary. Although the two will be competing in different age groups, Mary in the 55-59 bracket, and Charles in the 80-84 group, they will both play four 18-hole rounds when they meet in Cleveland in July for the National games. “We’ll be playing on different courses, but we’ll be rooting each other on throughout the tournament,” Charles said.



**Charles Callam, his grandson Peter Brandes, and daughter Mary Brandes, enjoy a round of golf together at a course in Bermuda.**

Mary will be representing the state of Maine during the Games and her Dad will represent his home state of Michigan. During the season there, he plays with a group of seniors three times a week. “We play all over the state at nine-hole courses,” he said. Once a year, he and his wife Mary come to Maine and usually play a round or two with daughter Mary and her family. “We usually play up in Rangeley and really like the Mingo Springs course” he said. “We’re a pretty competitive family,” Charles said, “but when we play golf together, we compete but never mention the score. We play well together and enjoy each other’s good play.”

Mary, a former Gold medal winner at the National Senior Games in Palo Alto, California, didn’t start playing serious golf until she reached her thirties. “I bought some clubs, joined Val Hal and really started to play then. I’m a pretty good imitator. I can usually watch something for a while and then do it so I picked it up pretty quickly,” she said. Charles was Mary’s caddy when she competed in the Southern Maine Amateur tournament. Mary will also be competing in the triathlon at the National Games.

It means a lot to both Mary and her Dad to be competing in the same sport. Even though Mary has participated in the Maine Senior Games and represented the state at the Nationals, this will be Charles’ first time at the National games. “I tried to get him to do the Senior Games before but this year he jumped in and qualified for Nationals. Then he bragged about it for the whole year,” said Mary with a smile. Charles gives Mary full credit for spurring him on to compete at the Games. “It was 100% Mary who got me involved. It’s just so wonderful to be doing it,” he said.



## Capturing Memories at the Truslow Center

Earlier this year, Debra Thomas and her staff at the Truslow Adult Day Center purchased large shadow boxes with the hope of filling them with information and artifacts that would display the lives lived and accomplishments of the people who attend the program. Many of the clients have filled boxes with the things that mattered most in their lives. Family photos of their parents and siblings, their children, grandchildren and even great-grandchildren have been proudly displayed, as well as pictures of their childhood homes and beloved pets. Some have included samples of their handiwork or pictures of things they have made or hobbies explored. Many of our military veterans have displayed badges and medals received for duty. Some have highlighted careers they have had or the spiritual journeys they have lived.

One of the shadow boxes currently on display at the Center features the life of Lorraine Boissonneault. Lorraine was employed for many years at the mills in Biddeford and also ran a jewelry and leather shop in Old Orchard Beach, but it is clear from the contents of her shadow box that family is what she holds most dear. “Lorraine has been very proud to share her display with her children, grandchildren and her friends at Truslow,” said

Thomas. “It has truly touched her heart that someone would be interested in seeing her display and learning about the story of her life.”

“By knowing the things each participant values and their accomplishments, we are able to get to know

each participant better. We want to know all of the things that have gone into making the person we know today. We want to know about their lives beyond the Center and the things that are important to each of them. We want to value and reinforce the uniqueness of each of our clients,” said Thomas. “It has been a treat for all of us to see the pride our clients show when others see and talk about the items in the shadow box. Conversations around these displays are priceless,” she said.



## There’s so much to life now

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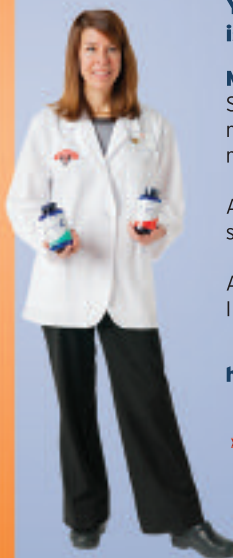
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# Family Caregiver Support Program



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.

## Getting a Read on How Things are Going When You Visit

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

### Things to Consider When You're Visiting

Summer in Maine—a time when family and friends often choose to visit. It may also be an opportunity to make sure people you care about are safe and have what they need. As always, it's important to keep in mind that competent adults have the right to make their own decisions, and to build a collaborative relationship based on mutual goals, such as safety or preferences about where to live.

Visiting someone you haven't seen in a while may highlight changes in their health, abilities, needs, or environment. Here are some things worth paying attention to:

- How is the person's health? Are they reporting new or worsened problems? Do they feel they're getting appropriate care for them? If you notice burns, injuries or weakness, ask about them. Have they fallen? Are there any concerns about drug or alcohol use, or the use of prescription medications?
- Does the person seem to be having any difficulty with their thinking or memory? Are you noticing changes in how organized things seem to be? Many factors, including infections, medications, and depression, can have an impact on cognitive function. Confusion doesn't necessarily indicate dementia, but it is a reason to get a good medical workup.
- Does the person you are visiting seem less interested in activities that he or she has enjoyed in the past? Are you hearing concerns about their mood from them or from others who know them? Are they sleeping well? Depression is under-recognized in older adults, and can be one cause for these changes. A conversation with a medical provider is a starting place.
- Do they express any concerns about being able to manage taking care of themselves? Do they appear as you expected?
- Are they eating well? Unintentionally gaining or losing weight? Do they have the food they need on hand? Food insecurity is a big issue in Maine, but there are programs that can help.
- Do they have concerns about managing money? Do they have to choose between buying medications and paying bills or buying food?

### How Do I Figure It Out If There Is a Problem?

When you notice that something has changed, note that it could be due to any number of causes, and it's important to figure out what is really going on. For instance, if you notice the refrigerator is empty, there could be a variety of explanations, each with a different solution needed:

- Forgetting to eat or buy food
- Lack of transportation to get to the store
- Not enough money for food
- Depression
- Not feeling well enough to prepare a meal or eat
- Having trouble carrying groceries

Ask the person and others who see them regularly to help determine what's really going on, and then discuss it with them, local friends and family, and/or their doctor. Remember that the Agency on Aging is here to help with problem solving.



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From left: David Johnson, MD, Brent Albright, PA-C, John Solari, MD, Eric Smith, PA-C, Gregory Taggart, MD, Jeff Nicoletti, PA-C, Peter Dollard, MD, and David Markellos, MD.



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**What Should I Do When I Visit?**

Whether you're visiting in Maine or going to visit someone elsewhere, the following tips can be helpful for planning.

Discuss the person's needs with them. Perhaps you can help make or adapt a plan if needed. Try to anticipate what might be needed soon. The Family Caregiver Support Program can help you sort out the situation and suggest strategies.

Connect with their/your support network. Get input on how things are going. Make sure things are working well for the local caregivers.

Help with financial / legal tasks if needed. Coordinate with the person to make appointments with key people. If they are willing, attend medical appointments with them. Establish/strengthen relationships and communication with local resource people. Contact the local Agency on Aging (go to [www.elder-care.gov](http://www.elder-care.gov) to learn who this is in any area) to learn about resources, supports, and services that may be available to assist.

Have family meetings, including people designated by the older adult. Revisit goals and make plans for your next visit. Appreciate any

local caregiver(s) and give them a break.

And, most important, have fun together! Don't forget your relationship - it's why you're visiting. It's easy to lose track of that when you're focused on tasks. Make sure you make time to enjoy each other.

**2013 Update on Savvy Caregiver**

Our goal in the Family Caregiver Support Program is to provide the best possible community education programs to family caregivers. Savvy Caregiver, a grant-funded six-week series for caregivers of people with dementia, continues to be a huge success! Since 2008 the Maine Office of Aging and Disability Services has coordinated Administration on Aging grant funding for the delivery of this class, which has received consistently positive reviews for its in depth knowledge, skills and outlook training for caregivers. On August 31, 2013 this grant funding will end. This does not mean that Savvy Caregiver will end, but our number of offerings may be reduced. We are working on finding ways to continue to support this important program.

Typically, Savvy Caregiver classes scheduled to be held at our office in Scarborough and elsewhere fill, and we maintain waiting lists. This is a good indication to us, and to potential sponsors, of just how critical these trainings are. Without specific funding, rather than offering 6 to 8 series per year we are more likely to offer 3 to 4. It is vital for caregivers to call early if inter-

ested in attending a class! Even if classes are full, having an accurate sense of how many people are interested, and what locations are most convenient for them, helps us to plan for future offerings. As always, whether you are interested in attending a class or not, please call us for individual services and supports (1-800-427-7411 x558 or x541).

**Help For People Helping Aging Family Members**

**Class Schedule 2013**

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

May 24, 31, June 7, 14, 21 and 28, 9:30-11:30AM: **Savvy Caregiver.** Southern Maine Agency on Aging, Scarborough. Contact Kate Fallon at 1-800-427-7411 x558 to pre-register (required). Class is full; please call for wait list.

May 28, June 4, 11, 18, 25 and July 2, 5:15-7:15PM: **Savvy Caregiver.** Southern Maine Agency on Aging, Scarborough. Contact Ann O'Sullivan at 1-800-427-7411 x541 to pre-register (required). Class is full; please call for wait list.

July 10, 17, 24, 31, August 7 and 14, 9:30-11:30AM: **Savvy Caregiver.** Southern Maine Agency on Aging, Scarborough. Contact Ann O'Sullivan at 1-800-427-7411 x541 to pre-register (required).

September 17, 24, October 1, 8, 15 and 22, 1-3PM: **Savvy Caregiver.** Southern Maine Agency on Aging, Scarborough. Contact Ann O'Sullivan at 1-800-427-7411 x541 to pre-register (required).

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

**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:** For caregivers of people with dementia. 2nd Monday of the month, 3-4:30PM, at Community Partners, Inc. Contact Barbara Alberda at 207-713-3723.

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

**Kittery:** 1st Thursday of the month, from 3-4:15PM, at The Gathering Place. Respite available onsite for a fee; please call ahead to reserve. Contact Jill Larson at 207-439-6111.

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

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

**York:** Caregiver support group for family and friends assisting an older adult with a chronic condition, 3rd Tuesday of the month, from 1-2 PM, at the Heart Health Institute. Contact Susan Kelly-Westman at 207-475-1167.

**Other areas:** Please call Kate or Ann at SMAA's Family Caregiver Support Program if you are looking for a group in another area. 1-800-427-7411.

For online support and information, "Like" us on Facebook!—  
[www.facebook.com/SMAAcaregivers](http://www.facebook.com/SMAAcaregivers)

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## From Jo Dill's Notebook

Packets have gone out for the 2013 Maine Senior Games and registrations are coming in. You can register online at [www.mainesrgames.org](http://www.mainesrgames.org) or go to that same website to download a form and send it in by mail! It is much cheaper to register online and saves so much time.



Houghton, Joan Howard, Tom Hughes, Linda Hunt, Charles Kahill, Rudy Kelley, Claudia Lackee, Jo Lannin, Alan & Genny Leathers, Linda Lee, Arthur Lekousi, Arden & Jerry LeVasseur, Jackie Lozier, Meg & Jeff Lyons, Rita Maines, Judy Martin, Maureen McInnis, Sarah McIntyre, Lana Merchant, Ed Oakes, Janice Pendleton, Rita Perron, Joanne Petkus, Linda Pickard Susan Pillsbury, Elaine Politis, Betty Rancourt, Karen Reardon, Nancy Richardson, Ellsworth Rundlett, Kathy Sanborn, Deb Smith, Laird Spaulding, Irena Stepan, Theresa Stevens, Joel Stinson, Patty Stogsdill, Debbie Tefft, Brad Thompson, Gerry Tipton, Elliott Tracy, David Trask, Adrienne Turner, David Vail, Dan Walczyk, Sue Weatherbie, Maurice Wesley, Ron & Karen White, Mary Whited, Diane Whitmore, Deborah Williamson, Jane Wilson, Joan Wright, David Colby-Young. Good luck to you all! I know you will make Maine proud!!

### Opening Ceremonies

This year the Maine Senior Games will have their opening ceremonies on Sunday, June 29, at 9:30AM at our Track and Field event at Scarborough High School. We will have a parade of athletes holding signs of each sport as well as state signs from those states represented. A brief ceremony and lighting of the torch will follow the parade. More information as it becomes available! Hope to see you there!

### Sponsorships/Donations

Thanks so much to the following sponsors of the Maine Senior Games: Lead Sponsor: Martins Point, Platinum Sponsor: Anthem, Gold Sponsor: Piper Shores, Silver Sponsor: Goodwin's Chevrolet and Bronze Sponsors: Falmouth Orthopaedic, The Vitamin Shoppe and Aging Excellence. We salute you for your generosity and for your continued commitment to the Maine Senior Games.

### Volunteers Needed!

Many volunteers are needed at each Maine Senior Games event. We need folks to check in the athletes, hand out bags and t-shirts, keep a time clock, be a line judge, stop traffic at the cycling event and the list goes on. Email Jo at [jdill@smaaa.org](mailto:jdill@smaaa.org) or call 207-396-6519 to volunteer! Volunteers have so much fun AND you get a beautiful t-shirt! More information is on our website at: [www.mainesrgames.org](http://www.mainesrgames.org)

### National Senior Games

Congratulations to the following athletes, coaches and managers who are going to the National Senior Games in Cleveland, this July to represent Maine: Gary Andrew, Tiffany Andrews, Frank Arseneault, Marion Barros, Darlene Beach, Guy Berthiaume, Laurie Bjorn, Peter Blank, Dick & Sally Boardman, Cyndi Bona, Pam Bowen, Mary Brandes, Tracy Carroll, Marion & Bill Chasteen, Marcia Chute, Rocky & Anne Clark, Don Clayton, Kim Coombs, Marie Coyne, Karen Croteau, Loring Deagazio, Jo Dill, Anne Dunn, Sue Dunn, Joan Feldmeier, Gail Fitzmaurice, Nancy Fortin, Bonnie Fossett, David Gilbody, Jack Ginty, Johann Gouws, Bev Grant, Spencer Gray, Tammie Higgins, Coco Hirstel, Biz

### Maine Flag Bearers at Nationals

We are so proud that Linda Hunt and Joel Stinson will be the Flag Bearers for Maine at the celebration of athletes at the National Games in Cleveland. Linda is a basketball player who also competes in track and field. She has taught high school math for 30 years and is retiring this June. Joel plays tennis and also will participate in track and field. Joel is a retired professor where he taught at Syracuse University. Thanks for your willingness to represent us and congratulations!

### Sendoff Party

Thanks to AARP of Maine, Maine athletes going to the National Seniors Games will get a "Sendoff Party" on July 12 at the Fireside Inn in Portland. Athletes, coaches and managers will be treated to a pasta dinner, receive goodie bags for their trip, hear from well-wishers and more. Athletes will also get a Maine shirt to wear at Nationals so that everyone will know that Maine has arrived. The shirts will have an outline of Maine with MAINE through the middle. A special thanks to the following generous folks who made the shirts possible: Dr. Ann Babbitt, Johann Gouws, Claudia Lackee, MaryAnn Malloy, Julie & Robert Moss, Diane Whitmore, Deborah Williamson, David Vail, Bob The Screenprinter, A.T. Voice works, INC, Healthy Body Fit Mind, IRC Industrial Roofing & Siding Co., Not Too Late Women's Basketball Camp.



## Active Retirement Association Presents Author, Eleanor Morse

The Active Retirement Association (ARA), through their Seacoast Memorial Lecture Series, is happy to host award winning author, Eleanor Morse, discussing her new book, *White Dog Fell from the Sky*. This novel takes place in apartheid South Africa in 1976, where medical student, Isaac Muthethe, is forced to flee his country after witnessing a friend murdered by white members of the South African Defense Force. He is smuggled into Botswana, where he is hired as a gardener by a young American woman, Alice Mendelsohn, who has abandoned her Ph.D studies to follow her husband to Africa. When Isaac goes missing and Alice goes searching for him, what she finds will change her life and inextricably bind her to this sunburned, beautiful land.

This event is free and open to the Public; everyone welcome. Please join with friends and family on Sunday, May 19, at 2PM, at the Durham Community Church, 17 Main Street, Durham, NH for an entertaining afternoon.

Eleanor Morse, a graduate of Swarthmore College, spent a number of years living in Botswana. She earned an MFA in creative writing from Vermont College. Her novel "An Unexpected Forest", won the Independent Publisher's Gold Medalist Award for Best Regional Fiction in the Northeast U.S. and was also selected as the Winner of Best Published Fiction by the Maine Writers and Publishers Alliance. She currently works as an adjunct faculty member with Spalding University's MFA Writing program in Louisville, Kentucky. She lives on Peaks Island, Maine.

## Federal Sequester Cuts

continued from page 1

sequester cuts, most of the other Agency's on Aging in the state have been forced to either create or expand their waiting lists for Meals.

To further reduce expenses, SMAA will also implement at least four unpaid staff furlough days between May and September. The Scarborough office will be closed on Wednesday, May 15, Monday, June 24, Monday, July 22, Monday, August 19, and if necessary, Friday, September 13. There will be no client services available on those days, with the exception of the Truslow Adult Day Center in Saco and Larrabee Village.

"The Board of Directors and I are tremendously frustrated and disappointed to take these actions. We are deeply aware of the impact these reductions in service will have on our staff and clients. However, the reduced level of federal and state support for our programs this year, and over the past several years have left us with few other options," said Gross.

## From the Director's Desk

continued from page 1

the Wal-Mart Foundation to test the impact of offering Meals on Wheels to elderly patients discharged from the hospital. SMAA will be partnering with Southern Maine Medical Center and MMC's Physician Hospital Organization (PHO) to offer a package of 10 Meals on Wheels to 30-40 participants per month. We will track the 30 day hospital readmission rates for those receiving the meals, hoping to reduce readmissions.

To raise awareness of the important role home-delivered meals play in solving food insecurity, SMAA held its Community Leaders Day in March. Ten out of 11 SMAA meal sites arranged for local community leaders (e.g., City Councilors, Town Managers, police and fire officials) to deliver Meals on Wheels, providing them with an introduction to

SMAA's Meals on Wheels clients and deep insight into the value our volunteers and staff bring to isolated seniors through the program.

## Celebrating our volunteers

I had the pleasure of meeting and thanking 120 of SMAA's volunteers at the annual Volunteer Appreciation event on April 18. It was a great afternoon celebrating the wonderful work our many volunteers provide to SMAA—almost 80,000 hours last year. We honestly could not provide the depth and breadth of our programs without them! Once again, I thank all of you who volunteer your time and talents for SMAA.

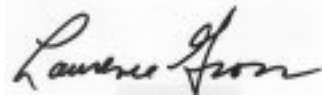
## June is Elder Abuse Awareness Month

Each year, more than 12,000 Mainers are the victims of elder abuse, neglect and financial exploitation. It is a sad and growing

problem that increases as the size of the elder population grows. SMAA will join others across the state on June 15 for World Elder Abuse Awareness Day to highlight the problem. I urge you to add your voice to the call for action to prevent and prosecute all forms of elder abuse.

## Happy Older Americans Month!

If you are interested in sharing your time and talents while unleashing your own power of aging, I urge you to call SMAA and investigate all the great volunteer opportunities we have available. You can reach our volunteer office directly at 207-396-6525 or by emailing volunteer@smaa.org.



Laurence W. Gross  
Executive Director

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## Brick Store Museum And Kennebunk Free Library Collaborate On "OUR SHARED HISTORY"

The Brick Store Museum and Kennebunk Free Library are collaborating on a series of special events to compliment the newest exhibition at the Museum.

### To Sea: The Maritime Heritage of the Kennebunks

The exhibit will feature marine art, artifacts, and archival materials for an up-close look at the behemoth sailing ships—and the stories of their masters—built in Kennebunk in the 19th Century. *To Sea* runs through the summer.

**OUR SHARED HISTORY** events include a reading program; field trips to the Portsmouth Naval Shipyard (June 24) and to Bath Iron Works and the Maine Maritime Museum (July 22) to learn more about modern-day shipbuilding; a nautical-themed poetry contest; a stage play written by the Museum; author lectures; and special Monday movie nights with maritime themes. A festival of Chowder and Ale will close the program on September 14.

The first workshop in May will be a discussion of *Moby Dick*—Herman Melville's novel of Captain

Ahab and the great white whale. The film series opens on Monday, July 8 with *Pirates of the Caribbean*. Admission to both events is free.

For more details of the special events in *OUR SHARED HISTORY*, visit <http://www.brickstoremuseum.org/oursharedhistory> or call the Library at 207-985-2173 or the Museum at 207-985-4802

### Other upcoming events include:

#### Wednesday, May 15:

"Rescuing and Restoring a Lost Painting," 7PM, Brick Store Museum Program Center. Neil Crandall,

master conservator, illustrates the processes necessary for the total reconstruction of this 19th Century family treasure. Co-sponsored by the Kennebunkport Historical Society. FMI call 207-985-4802 or visit [www.brickstoremuseum.org](http://www.brickstoremuseum.org).

#### Tuesday, May 28, 2013:

"Words of the Ocean" Poetry Contest open for submissions. Brick Store Museum invites amateur poets of all ages to submit a nautical-themed original poem. Poems are limited to one page, and can encompass any style. Please list name, age, and address on top of page. Send Word or PDF documents to [research@brickstoremuseum.org](mailto:research@brickstoremuseum.org). ONE POEM per poet. Submissions accepted through August 9. Winners will be announced on September 14. FMI call 207-985-4802 or visit [www.brickstoremuseum.org](http://www.brickstoremuseum.org)

## Greater Portland Hoarding Task Force

**SPRING CONFERENCE**  
Friday June 21, 8:30AM-4:30PM  
Luther Bonney Hall, USM,  
Portland Campus

If you have a personal or professional interest in the issue of hoarding, consider attending this very interesting and informative day!

The day's keynote speaker is Christiana Bratiotis, Ph.D., LICSW, former Director of the BU School of Social Work Hoarding Research Project, and author of *The Hoarding Handbook*. Breakout sessions will cover topics including case management, legal implications, harm reduction, clinical perspectives, animal hoarding, housing challenges and strategies, and the impact on public health and safety.

The conference fee is \$129 which includes lunch and 6 CEUs. On-site parking is free. To register, or for more information, go to [www.shalomhouseinc.org](http://www.shalomhouseinc.org). Or you may contact Jill Silander at Shalom House, 874-1080 x102, or Kate Fallon at SMAA, 207-396-6558.



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Like thousands of residents in our area, you may be discovering that after years of non-stop child traffic in and out of your doors, toys on the floor, music floating throughout, suddenly you can hear a pin drop over the quiet hum of the refrigerator. Your rooms are filled with pictures and memories of this wonderful time of your life, but there are many empty rooms gathering dust now that your children have moved on. The freer years ahead are exciting ones to look forward to, and it's time for you to move on as well.

If you find yourself in this situation, you're in vastand good company. And what that means is thatthere are many wonderful opportunities for you tocreate this new chapter in your life...if you know what it takes to get the most out of the equity you've built up in your current home.


To help you understand the issues involved in making such a move, and how to avoid the 9 most common and costly mistakes most Empty Nesters make, a new report called "Empty Nester: How to Sell the Place You Call Home" has been prepared which identifies these issues, and shows you how to steer clear of the mistakes that could cost you literally thousands of dollars.

To order a FREE Special Report, visit [MaineEmptyNest.com](http://MaineEmptyNest.com) or to hear a brief recorded message about how to order your FREE copy of this report, call toll-free 1-877-649-6714 and enter 6013. You can call any time, 24 hours a day, 7 days aweek. Get your free special report NOW to find out how you can fly your empty nest with the most cash in your pocket.

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# Community Leaders' Day

# MARCH FOR MEALS

March for Meals is a national campaign during the month of March, initiated by the Meals On Wheels Association of America (MOWAA), which seeks to raise awareness of senior hunger and to encourage action on the part of the local community. Southern Maine Agency on Aging promotes Meals on Wheels by involving our local communities in our Community Leaders' Day. This year, Community Leaders' Day was celebrated on March 21.

Wheels programs by helping to pack meals, getting to know staff and volunteers, and getting to know clients through deliveries. We welcome community leaders from all the towns and cities we serve and from all professions: mayors, city and state representatives, teachers and professors, police, fire, and EMS, as well as busi-



Community Leaders' Day provides an opportunity for community leaders across York and Cumberland Counties to become more involved in their local Meals on



Many community leaders took part in delivering Meals on Wheels on March 21.

ness professionals who are dedicated to helping end senior hunger.

We want to express an incredible amount of thanks and appreciation for each and every community leader who came to celebrate this day with us:

- John Adams, Naples
- William Baker, Portland
- Laura Bolduc, Old Orchard Beach
- Debbie Carr, Scarborough
- Victor Chen, Westbrook
- Janice Cooper, Yarmouth
- The Eliot Auxiliary Police:
  - Ernie Bruneau, Barbara Field, Ruth Hirst, Ed Roche, Jean Seeley
  - Ruth Hamm, Shapleigh

- Colleen Hilton, Westbrook
- Mark Johnston, Saco
- Rick Laverriere, Biddeford
- Brent Libby, Windham
- Linda Mailhot, Old Orchard Beach

- Larry Mead, Kennebunkport
- Daniel Moore, Wells
- Dr. Richard Nickerson, Windham
- Craig Sanford, Kennebunkport
- Michael Sanphy, Westbrook
- Candice Simeoni, Eliot

**If you're a Community Leader who would like to get involved with Community Leader's Day, let us know. We're already planning for 2014!**



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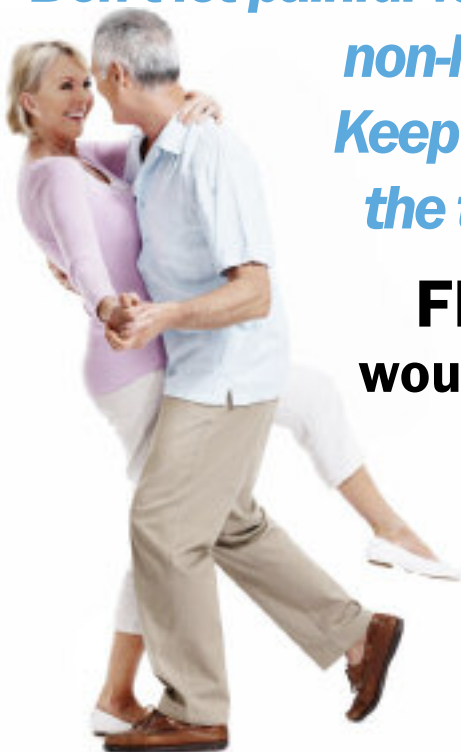
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## Medicare & Health Insurance Counseling

**Understand what you need to know. Make informed decisions.**

SMAA offers seminars to help you sort through your Medicare options. If you are eligible for Medicare, consider registering to attend a "Welcome to Medicare" Seminar to help you maximize your benefits.

While there is no fee for this service, we welcome a suggested donation of \$35 to attend, which includes a one-on-one follow up session. No one will be turned away for the inability to make the suggested donation. Volunteers and donations help SMAA offer this service.

Our staff and Medicare Volunteers can assist you with decisions and questions about:

- Medicare
- Health insurance
- Supplemental insurance (Medigap)
- Prescription Drug Plans
- Medicare Advantage Plans
- Plan enrollment

The Southern Maine Agency on Aging offers *Welcome to Medicare Seminars* in Scarborough, Windham, Sanford and coming soon in York. Seminars are offered each month. Registration is required, call 207-396-6500 or 1-800-427-7411 and ask to speak with a Resource Specialist.

## Frustrated with living a "used to do" life?

Does your health keep you from doing the things you want to do? Join a **Living Well Workshop** and take back your life.

Discover powerful ways to:

- Stop the "symptom cycle" from keeping you stuck
- Set personal goals and ACHIEVE them
- Eat and exercise for better health
- Deal with frustration, pain and fatigue
- Work with your doctor



Developed at Stanford University School of Medicine - **proven to work!**

*I participated in a workshop over a year ago and I use something I learned every week! I feel empowered and more pro-active in my health. The conversation techniques I learned make the few minutes I get with my doctor much more beneficial. Goals and challenges I set for myself are now attainable thanks to "Action Planning". Lastly, becoming more aware of how different symptoms impact one another makes it easier to manage my health when it's trying to get out of control. Anyone who struggles with their health can quickly*

*relate to the feeling of being sucked down a drain, or being swirled up in a never-ending pile of health problems. The outcomes of Living Well have been very positive for me. I have changed my diet, lowered my blood pressure, and reduced the amount of medications I take. Most importantly, I don't feel like my health controls me. When it feels like my health wants to spiral out of control, I can better see how symptoms tie into each other and how to stop them before they take over."* — Marie, Saco

## Now Living Well Workshops are Better Than Ever!

In the fall of 2012 Stanford University released an updated version of its world-renowned Chronic Disease Self-Management Program (called Living Well for Better Health in Maine). As the regional coordinator for Living Well in Southern Maine, SMAA's Agewell staff has been busy learning the new material and providing update training for all our volunteer leaders.

The 2012 Living Well curriculum includes many new topics including:

- Physical limitations and the impact on our emotions
- Getting a good night's sleep
- Falls prevention
- Making decisions during times of uncertainty
- Dealing with pain before it gets bad
- Brand new session and activities for healthy eating and making healthy food choices
- Weight management... and much more...

We are taking names now for upcoming workshops. To register or for more information, please contact Liz Weaver at 207-396-6578, 1-800-400-6325 x 578, or [lweaver@smaaa.org](mailto:lweaver@smaaa.org)

**A meal, and so much more.**

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

**Donate or Volunteer—Either Way, YOU Deliver!**

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

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Contact Debra Thomas at 283-0166 or [dthomas@smaaa.org](mailto:dthomas@smaaa.org) for a complimentary visit.

Transportation provided or arranged.

**Families of Veterans:  
Adult Day Care is covered by VA benefits.**

Hourly fee for non-Veterans may be covered by third-party payment.

State-licensed, Adult Day Health provider for VA, MaineCare and Office of Elder Services.



Donna Beveridge (dbeveridge@maine.rr.com)

**NOTE:** We are looking for other locations but that depends entirely on volunteers and/or professionals stepping forward. Our next locations will probably be Kennebunk, Kittery, Brunswick, Bangor and Augusta. If you can offer two hours once a month in your area, you can help make the Cafés in Maine available to so many more people.

**CURRENT LOCATIONS:**

**PORTLAND** - 2nd Tuesday of every month 2-4PM, Woods at Canco

**BIDDEFORD** - 4th Tuesday of every month 9-11AM, North Dam Mill, 2 Main Street, in Perks Café Lobby

## A Matter of Balance

Unintentional falls are a leading cause of injury, hospitalization and death for older adults. But you don't have to live in fear. **A Matter of Balance** helps participants take control of their fear and reduce the risk of falling.

This 8-week class will help you:

- Exercising to increase strength, flexibility and balance
- Identifying fall hazards in the home and environment
- Making positive changes to help reduce the risk of falling

Don't let fear take control of your life!

**June 27 – August 8, 1-3PM**  
Biddeford YMCA, 3 Pomerleau Street, Biddeford

Call for additional dates and locations: 1-800-400-6325

## Chronic Pain Self-Management

Millions of Americans suffer from chronic pain—that is pain that lasts longer than six months. Chronic pain can vary considerably in intensity and is often unpredictable. Dealing with chronic pain can make daily life and relationships difficult, but you don't have to go it alone!

This 6-week workshop series will help you:

- Better cope with chronic pain and feel more in control
- Improve your problem solving skills
- Work with healthcare providers to expand your skill to manage chronic pain
- Learn how eating healthy can make a difference
- Learn gentle movement exercise (please wear comfortable clothing)
- Learn how to balance activity and rest
- Dealing with sadness, anger, and loss
- Getting a good night's sleep... and much more

**June 25 – August 6, 1-3:30PM**  
Casco Bay YMCA  
14 Old South Freeport Rd., Freeport

Call for additional dates and locations: 1-800-400-6325.

Many people get introduced to Alzheimers or other dementias through a clinical environment. Not everyone looks forward to the cost and coldness of a doctor's office just to get the news that their lives are about to change—in less than predictable ways.

A couple of folks here in Maine have started up alternatives to that clinical setting. They're called **Maine's Memory Cafés**—FREE, informal, social settings that bring together patients, families and caregivers. Attendees initiate friendly conversations around the issues of Alzheimers and dementia care. A Café is a place where you can openly talk with like-situated people – some of whom are just beginning the journey, others who may have completed the trip and are looking to move on.

How does one deal with the loss of a drivers license? Where can you find info on care options? What does insurance cover? You probably never dealt with incontinence before – do you leave the seat up or seat down—HELP! Are there some things that ease the symptoms? Special diets? What if your doctor doesn't seem to understand what you are dealing with? These are just a few questions. Learn more about how others have managed dementia in their families.

Some Cafés offer coffee and cookies for free. Others have refreshment nearby for purchase. The conversation however is always free. Come to listen, come to share, come to make new friends around the dementia campfire. Everyone is welcome. No obligations whatsoever.

Contacts: Ken Capron (watch dog@maine.rr.com; 207-797-7891) or

## 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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Free Legal Help for Maine's Seniors

**HELPLINE: 1-800-750-5353**

## Legal Services for the Elderly is Here for You!

Last month I met with a group of seniors to discuss the prevention of financial exploitation. Before we began the discussion, I asked the members of the group to raise their hands if they had heard of Legal Services for the Elderly (LSE). I saw only a few hands. I was troubled to learn that any, let alone that many, senior members of our community were not aware of the existence of Legal Services for the Elderly. This leads me to believe that seniors who need our help simply are not finding their way to us. We want every single senior who could benefit from our help to find his or

her way to our door. Therefore, I ask you, reader, to help me spread the word that LSE is here to help!

LSE's services are free. All first calls for help should be directed to the Helpline. Helpline Attorneys are able to help with a broad range of legal issues and questions. In certain circumstances, including elder abuse and financial exploitation, eviction, foreclosure, and public benefit appeals, LSE may be able to provide an attorney to assist a senior in an administrative or court proceeding. LSE must receive a request for assistance from the senior who needs help or someone with legal authority to speak for the senior. If a senior is not able to use the phone, LSE will work with those helping the senior to make arrangements for an intake to be done in person. LSE uses both telephone and in-person interpreter services to ensure seniors who do not speak English or who are not proficient in English can access LSE's services.

The following are just a few of the reasons to refer a senior to LSE:

- Someone is physically abusing or threatening a senior.
- Someone is misusing a senior's money and/or property and he or she doesn't know how to stop it or get his or her property back.
- A senior is having trouble paying his or her mortgage.
- A senior is being evicted.
- A senior cannot afford his or her prescriptions.
- A senior's MaineCare or other public benefits have been denied or reduced or he or she is being discharged from a nursing home.
- A senior's friends and family are telling saying that he or she needs a will and Power of Attorney but the senior isn't sure if he or she needs one or how to get one or the senior wants to remove or change his or her POA.
- A senior is feeling overwhelmed by debt.
- A senior's landlord won't address his or her concerns about the habitability of the apart-

ment or the senior has moved and the old landlord won't refund the security deposit.

- Someone is trying to get guardianship/conservatorship over a senior or his or her property against the senior's interest.

**IF YOU ARE 60 OR OLDER AND IN NEED OF LEGAL ASSISTANCE, PLEASE CALL OUR HELPLINE AT 1-800-750-5353.**

**IF YOU KNOW SOMEONE 60 OR OLDER WHO IS IN NEED OF LEGAL ASSISTANCE, PLEASE GIVE HIM OR HER THE HELPLINE NUMBER.**

Together, we can ensure that all seniors who need legal help find their way to LSE.

Legal Services for the Elderly's Helpline is generally open from 9AM-12PM and 1-4PM Monday-Friday, except for holidays.

*Written by Elizabeth LaPierre, LSE Staff Attorney serving York County.*

## Learning About Essential Tremor

While 10 million people in the United States have essential tremor, the general public still has very little awareness of ET. Because the condition can be treated in many cases, it is important for people to seek help early if they exhibit symptoms.

Also known as familial tremor, benign essential tremor or hereditary tremor, essential tremor (ET) is a progressive neurological condition that causes a rhythmic trembling of the hands, head, voice, legs or trunk. It is often confused with Parkinson's disease and dystonia. Because of stereotypes and a lack of awareness, many people with ET never seek medical care though most would benefit from treatment.

People who have ET become disabled at worst and feel frustrated or embarrassed at best.

Quality of life is a big issue for people with ET. Daily activities such as feeding, drinking, grooming and writing become difficult if not impossible. Many people with ET are too embarrassed to go into public and so remain isolated in their homes.

IETF, International Essential Tremor Foundation, actively advocates for greater ET awareness and education at every level—from health care providers to government officials. IETF has support groups across the globe to provide inspiration and fellowship among those living with ET. You can learn more about ET at the foundation web site, [essentialtremor.org](http://essentialtremor.org)

The Maine support group meets every eight weeks on Sunday afternoons at the Maine Medical Center Scarborough Campus Learning Resource Center. Future meetings are; May 5, July 10, August 25, October 6 and December 1.

For information on attending the Maine support group, email [Ted\\_MeTremorsupgroup@yahoo.com](mailto:Ted_MeTremorsupgroup@yahoo.com) or call 207-510-1402.

Loved ones losing their memory is tragic. Not getting them the care they need is even worse.



A memory impairment like Alzheimer's disease makes life difficult for both the person living with it and the family around them. At Cape Memory Care, we go beyond just meeting basic needs and get to know each of the residents in our care, learning what makes them feel good and making sure we avoid what causes frustration and anxiety. Ultimately, by making each resident's day the best possible, we help create better days for everyone involved.



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## One Giant Step for Mankind

by Don Kopp

The bad news is that many of those frustrating telephone recordings now insist that we vocalize our responses. The good news is that this has resulted in my discovering a sure-fire way to get a real person on the line in less than two shakes of a lamb's tail.

I had called Social Security with a Medicare question. A recorded voice told me how important my call was, how busy Social Security is, and how there were better days of the week to call. After awhile a different recorded voice told me that I could save time if I first answered some questions. My date of birth and Social Security number quickly out of the way, the voice next requested my name. After I said it, "Kopp," the voice asked me to spell it. I complied. The voice then inquired, "Koppa?" "No," I said and then spoke it and spelled it again, very carefully this time. The voice stated that we could come back to

that one. I could have sworn that I heard it sigh. The next topic piquing the voice's interest was my mother's maiden name. Aware now of the voice's limitations, I very carefully said it, "Pamiello," and spelled it. The voice said that it didn't understand me and insisted that I say it and spell it again. I did. And again. And again. At this point, reflexively and possibly forcefully, I uttered what my wife's 5th grade students would call "a swear." Now, wait for it. With that the voice swiftly responded, "I will connect you to an assistant *at once*." And like the sun breaking through the clouds, there on the line was Christine, a good-natured genuine human being, who easily answered my question.

It is just possible, of course, that somewhere within the records of the Social Security system there is a less-than-flattering notation after my name, but giant steps for mankind are seldom achieved without some sacrifice.

## VISTA Position Opening Available

Southern Maine Agency on Aging is recruiting one VISTA volunteer to assist with maximizing the service of SMAA volunteers to their communities. The VISTA volunteer will focus on five areas: (1) development and implementation of interactive volunteer recruitment using web based media to recruit high level volunteers; (2) improve orientation of volunteers either live or interactive thereby improving knowledge of volunteer role; (3) improvement of volunteer retention through volunteer-centered communications and evaluation; (4) design and imple-

ment research on Veteran needs, existing veteran programming and veterans-as-volunteers recruitment and (5) research and develop volunteer management operational policies and procedures to strengthen our ability to recruit, orient and place volunteers to serve low income seniors.

The VISTA volunteer receives a monthly stipend, health insurance, training and an educational award or cash "bonus" at the end of their one year term. If this sounds like the job for you, please contact Carol Rancourt at 207-396-6547 or at crancourt@smaaa.org.

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by Vivien Eisenhart

### **OZ THE GREAT AND POWERFUL**

— starring James Franco as Oscar Diggs, Milo Kunis as Theodora, Rachel Weisz as Evanora, Michelle Williams as Annie and Glinda, and Abigail Spencer as May—tells the story of Oscar Diggs, a small-time circus magician with a lack of ethics, who is suddenly hurled away from Kansas in a hot air balloon to the enchanting land of Oz.

Oscar is in a power struggle with three witches. There is a wonderful monkey whom Oscar befriends in the woods and a doll whose legs are broken. Oscar mends the dolls' legs and she becomes part of the trio on the way to save Oz.

I give this movie 4 stars and would recommend it to anyone who enjoys magic and the original *Wizard of Oz*. There are a few scary moments in the movie so I would not recommend taking small children.

### **QUARTET**

—is a wonderful, funny, caring, romantic story about people in their senior years who are trying to hold on to something they love. Directed by Dustin Hoffman, starring Billy Connolly, Maggie Smith, Michael Gambon, Pauline Collins and Sheridan Smith, the story centers around residents of home for retired musicians set in a beautiful English countryside.

As the movie opens, we meet three resident musicians who had performed together as part of a quartet many years ago. Each year, the group performs for the local village in a concert celebrating Giuseppe Verdi's birthday. The event raises money so that the retirement home can stay open.

This year the home is abuzz with rumors of a new resident who will soon arrive. Much to the residents' surprise, the new tenant is Reggie's (a member of the quartet) ex-wife, who he has not seen since she left him for someone else. What happens next is extremely funny and heartwarming.

Maggie Smith never fails in her performance as well as Billy Connolly who appears not to be acting at all but playing himself—extremely funny. I give it 5 stars.

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### *Community Café News*

There will be a Community Café Luncheon at the Blue Point Congregational Church on May 20. They will be serving Meatloaf, Mashed Potatoes, Vegetable and Dessert. The entertainment is the Blue Point Congregational Comedy Hour. For reservations please call Pam McLaughlin at 207-510-4974.



## Civil War Exhibition

**“John Haley’s Civil War,” at Saco Museum—A Collaboration with the University of New England, Funded by a Grant from The Maine Humanities Council**

The University of New England’s History Department and the Saco Museum have teamed up to create this summer’s exhibition celebrating the 150th anniversary of the Civil War, *John Haley’s Civil War*. Dr. Elizabeth A. De Wolfe, Professor of History at the University of New England, and Camille Smalley, Collection and Research Manager for the Saco Museum, team-taught an exhibition class titled *Museums & Public Culture: John Haley’s Civil War*. The resulting exhibition is curated by students in the class, will feature a treasure trove of artifacts related to the Civil War—prints by Winslow Homer, decorative arts, Civil War weaponry, uniforms, and much more. *John Haley’s Civil War* opens on Friday, March 3 at 5:30PM with a public reception and closes on Sunday, November 10.

Students in the spring semester course used the journal kept by Private John Haley (1840-1921), a Saco native, to explore various aspects of the Civil War. Born on March 3, 1840, Haley describes being born “in a hamlet called Biddeford...a stone’s throw from the Saco Fort.” The family was poor, and Haley left school to work as an alley boy in mill #4 of the York Manufacturing Company. At age 22 John Haley answered Lincoln’s call to raise an army of 600,000 and enlisted in the army in August of 1862, and found himself in the 17th Maine Regiment. During his three years as a soldier, Haley kept a diary and chronicled daily activities at camp, on the battlefield, marching, and visiting various towns in the South. Students consulted Haley’s journal for day-to-day events of a Private in the 17th Maine as well as experiences in major Civil War battles such as Fredericksburg, Gettysburg, and others. At the war’s end, Haley was promoted to Corporal, a promotion he felt he didn’t deserve. In 1865, Haley returned to Saco and resumed working at the Saco & Biddeford Gas Light Company. Haley married Abbie Batchelder in 1875 and the couple had two children, George and Adelaide. In 1892, John Haley became the second librarian of the Dyer Library at the 308 Main Street location (now, Steppin’ Out Dance Studio). Adelaide worked alongside her father as a library assistant, and taught school in the Boston public school system. Haley was instrumental in the development and construction of the 1907 Saco Civil War Monument that stands at Eastman Park.

This exhibition was funded, in part, by a major grant from the Maine Humanities Council. The Council determined the project to be

a unique method for uniting an academic institution such as the University of New England with a steward of local history, like the Saco Museum. This is the second major grant from the Maine Humanities Council, the first being the second partnership between the Saco Museum and the University of New England that resulted in the “Voyages and the Great Age of Sail” exhibition in 2011.

Some programs planned for this exhibition include:

**Exhibition Opening  
Friday, May 3 5:30-7:30PM**

Please join us for the grand opening of John Haley’s Civil War! Come and get the first peek of the Saco Museum’s summer exhibition. View the Civil War through the eyes of a self-described “mediocre but always present” soldier!

**Civil War Film Festival: *Glory*  
Thursday, June 20 at 8PM  
Saco Museum Grounds (rain location: Deering Room)**

This summer, the Saco Museum presents the “Civil War Film Festival!” This three-film festival will take place on the third Thursday of every month. Weather permitting, we will show the films outside on a portable screen, so bring your favorite blankets and picnic basket of fried chicken or other snacks and join us for these free films. The first film is the 1989 classic *Glory*, starring Matthew Broderick, Denzel Washington, Morgan Freeman, and Cary Elwes. This film tells the story of the first all-African American volunteer brigade fighting for the Union. Directed by Edward Zwick, rated R, 122 minutes.

**John Haley’s 19th Century  
Walking Tour of Saco  
Sunday, June 23 at 1:30PM**

After returning home from his service in the Civil War in 1865, John Haley resumed life as a civilian. In 1893, the Dyer Library moved to its location at 308 Main Street, beside Saco’s Town Hall. John Haley became the Dyer Li-

brary’s second librarian in 1893. Haley took long walks around Saco and kept a notebook during these walks, documenting what Saco looked like and the kinds of people that occupied various historic buildings in the 19th century. Collections & Research Manager Camille Smalley will lead a walking tour from the Saco Museum to Rapid Rays, across Main Street, and back to the Soldier Monument at Eastman Park, using Haley’s very detailed and sometimes critical notes.

**Family Fun Series: Winslow  
Homer, Printmaking, and the  
Civil War  
Wednesday, July 10 at 1-3PM  
Deering Room, Dyer Library**

Learn about famous Maine artist Winslow Homer’s involvement in the Civil War! Homer is well known in Maine for his seascapes and marine subjects, but before residing in Maine, Homer was an artist at the front lines of the Civil War. He created woodcut prints to illustrate battle scenes, camp life as well as the effects of war on the home front. Come learn about the processes Homer used, the importance of artists as journalists during the war, and make a print or two of your very own!

Geared towards ages 10 and up, younger children are allowed, but may require parental assistance!

**Civil War Film Festival: *Gone  
With The Wind*  
Thursday, July 18 at 8PM**

The second film in our series is the 1939 adaptation of Margaret Mitchell’s classic, *Gone With The Wind*, starring Vivien Leigh, Clark Gable, and Hattie McDaniel. This American classic chronicles a woman’s struggle between her roots and her morals during the Civil War and Reconstruction period. Directed by Victor Fleming, 238 Minutes.

**Family Fun Series: Fun and  
Games During the Civil War  
Wednesday, July 24 at 1- 3PM  
Deering Room, Dyer Library**

The Civil War was a difficult, tumultuous time in American history, but even as the war waged, everyday life still went on! Children still went to school and still played and had fun with family and friends. Enjoy an afternoon of outdoor activities that would have been enjoyed during the Civil War as well! Three legged races, egg-on-spoon races, chess and checkers were all popular games for children. Some tradition-

continued on page 19

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## Reminiscing about Vi on Mother's Day

by **Debbie DiDominicus Carr**,  
Deputy Director, SMAA

Vi was my Mom. I started calling her Vi in 1969 when I went away to Bates College in Lewiston. I guess all of us girls called our parents by their first name then to show our independence. That thought makes me chuckle now because I was far from independent.

Even though it was only 30 miles from home, moving to Bates was a big deal for me. Being an only

child, one could say I was a bit sheltered. Every day I went to my college mail box, #114, to retrieve a letter from my mom. Her letters ran about five pages. Each Thursday she tucked a \$5 bill in it for spending money.

Her letters provided a running dialogue of life back home, including vivid details of our family and neighbors. Without even trying, my mother was funny and her stories made me feel connected and nurtured. She wrote every single day for four years, except on Sundays. That day she and Dad came to the



campus—bringing food for my entire dorm.

I'll never forget my first day at Bates. Mom went to Bernies Fashions, which at that time was a high end department store. She bought me beautiful dresses, skirts and coordinating tops. We arrived at school, loaded up with new clothes, only to find that my "closet" was an army surplus metal closet about three feet wide.

I had three roommates and my bed was a metal bunk bed, half the size of my bed at home. Furthermore, we found that no one wore anything but blue jeans and I didn't even own a pair. Without missing a step, Vi went to downtown Lewiston and bought me some jeans and took many of the new clothes home. She wanted me to blend in and be happy no matter what, even though it pained her that I had moved away.

Through the years, Mom was always the constant in my life. She was my very best friend and I could tell her anything. She was always thoughtful and loving in her responses to me. She told the truth.

On Saturdays, we went to breakfast and Mom told stories about growing up as the daughter of Italian immigrants. Oftentimes, other guests in the restaurant would stop their own conversations to listen in. Some even asked her questions. In time, the other patrons we saw each week became part of our "group."

It's been fifteen years since her death and I still visit with some of her girlfriends. They view me as an extension of her and always greet me warmly. They miss her almost as much as I do.

Mom and I always told each other how much we loved each other. She made such a difference in my life and in the many lives she touched. She had a stash of my business cards and handed them out to anyone in trouble. She thought I could fix anything and knew I'd do the best I could... she would often say with a smile, "after all you went to Bates College." She was what being a Mother is all about and someone special to honor on Mother's Day.

## The Old Timers Shop

In 1963, the Old Timers Shop opened its doors for business in Sanford, ME. Working in conjunction with the York County Council on Aging, Laura Lougee proposed opening a craft store in York County. The plan was to invite crafters, age 55 and older, to display and sell their products at the store.

Today, the shop features the products of 108 crafters. Each producer determines their own prices and receives 75% of the selling price when one of their items is sold. The remaining quarter percent is retained by the shop to help pay for upkeep and operating expenses. The shop continues to attract new crafters who are looking for a great place to display and sell their wares. If someone is interested in becoming a crafter for the shop, they can drop by the store and Kathy Fink, the manager, will help them get started.



**Kathy Fink, manager of the Old Timers Shop and Faith Bellenger of the Sanford Chamber of Commerce display a homemade quilt that was raffled off to benefit the shop.**

Although the store operations and management is overseen by a Board of Directors, most of the day-to-day operations are carried out by Fink and several volunteers who, over the years, have guaranteed the success of the shop. Many of these volunteers, as well as several members of the Board of Directors are part of the Senior Retired Volunteer Program administered by the Southern Maine Agency on Aging. After 45 years of successful operations, the Old Timers Shop is still going strong!

The Old Timers Shop is open Monday through Saturday, 10AM to 4PM. It is located at 917 Main Street, Suite A, in Sanford.

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#### Respite for Caregivers

- Transportation
- Appointments
- Grocery Shopping

#### Social Activities

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## Scarborough Catered Meal Program

Lunch is served at 11:30 with a program or entertainment that ends around 1PM. The suggested donation is \$5. Please pre-register by the Monday prior to the meal by calling 730-4150. Our catered meal site is at Camp Ketcha in Scarborough. June 12 is the last date for the spring and the meals will start again in the fall.

### May/June Meals:

#### Wednesday, May 8

Sausage and Peppers meal  
High School Choir singing

#### Wednesday, May 15

Macaroni and Cheese meal  
Birthdays and BINGO

#### Wednesday, May 22

Pot Roast meal  
Biddeford Savings Bank speaks

#### Wednesday, May 29

BBQ Cookout  
Stevie Cee & the Mrs. perform

#### Wednesday, June 5

Chicken Parmesan  
Program to be determined

#### Wednesday, June 12

Mini Italians  
Program to be determined

VISIT OUR WEBSITE  
[www.smaaa.org](http://www.smaaa.org)

## Civil War Exhibition

continued from page 1

al civil war era snacks eaten by both soldiers and families will be available also.

**Merit Is Better Than Fame:  
History of the First 10th and  
29th Maine Regiments  
with Historian Nick Picerno  
Saturday, July 27 at 6:30PM**

The 10th Maine mustered into the Union Army for a two-year service on October 4, 1861 in Portland, Maine and was mustered out on May 8, 1863. The 29th Maine Infantry was organized in Augusta, Maine and mustered in December 17, 1863 for three years' service under the command of Colonel George Lafayette Beal. Company A and Company D were transferred in from the 10th Maine Infantry Battalion on May 30, 1864.

Nicholas Picerno is chairman emeritus of the Shenandoah Valley Battlefields Foundation in New Market, Virginia. He has been researching the history of the 1st-10th & 29th Maine Infantry regiments for thirty years.

Space did not allow for the listing of all events in this program. For more information go to: [www.dyerlibrariansacomuseum.org](http://www.dyerlibrariansacomuseum.org)

## SENIOR MOMENTS

by Hunter Howe

### Rest Stop

Handhi said, "Man's happiness really lies in contentment."



As I age, I explore the uncharted boundaries of senior territory. To survive, I understand the importance of movement, of engaging and interacting with other people. But, as I maneuver around in this new frontier, I also seek mental respite found in the hush of contentment. Like a salve, it soothes me.

Yet, this refuge troubles me. I question: Is this a form of "senior relaxing," of letting go, of not over analyzing the past or looking too far in the future, realizing that the horizon looms just a short distance away?

Busy folk relish in the all-consuming delight of being out and about, rushing here and there, grabbing on to life for all it's worth.

There's certainly nothing wrong with this. However, I wonder when they find a precious moment, pausing to read a book, walk a wooded pathway, and think in solitude.

I've decided to take periodic time outs from the frenetic pace of the fast lane of life, exiting the highway and pulling into an occasional Rest Stop.

I won't allow this contentment to consume me, a place I never leave, a permanent dwelling, a fortress to escape from life's difficulties. Rather, I'll regard it more like a camp, a weekend retreat where I reinvigorate myself, figure things out, and return, ready to go at it again.

And I won't feel guilty about enjoying my new found peace. An American proverb says, "A harvest of peace is produced from a sense of contentment."

I see a bouquet of vivid colors arranged in nature's richness. In time, these yellows and reds and blues of Spring and Summer succumb to the subdued oranges and browns of Fall. Perhaps, in the soft Autumn sunshine of my years, I'm

experiencing a slowing, like flowers fighting their inevitable wilting.

As I go kick'in down a wind-blown, dusty dirt road, my thoughts scatter like fallen leaves scurrying about.

Surrounded by a synesthesia of senses, I listen to the symphony of sounds in the wind, music heard only by me.

Elizabeth Gilbert wrote, "At some point you gotta let go, and sit still, and allow contentment to come to you." Like a weary traveler sitting at a table outside a Parisian cafe, I'm happy, at times, to just listen and watch.

It's these little quiet moments in our life that we tend not to think about, but they mean everything.

Edgar A. Guest said,

"I should like to sit alone

With the me now grown older."

I lay my head on my pillow, darkness all around. I look forward to the dawn light, to the joy of movement, and to the sanctuary of contentment; and to the hope of tomorrow.

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

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## AARP DRIVER SAFETY CLASSES

The AARP Driver Safety Program has announced classes in Maine for drivers 50 years of age and older at the following locations:

The registration fee is \$12 per person for AARP members, \$14 per person for non-members, and advance registration is required. Class size is limited and registrations will be accepted first-come, first-served

while space is available.

The AARP Driver Safety Program is the nation's first and largest classroom refresher course designed to meet the safety needs of mature and experienced drivers. It is a four-hour class that helps drivers learn about defensive driving techniques, new traffic laws, rules of the road and much more. It helps older drivers learn how to adjust their driving

to age-related changes in vision, hearing and reaction time.

Insurance companies in Maine are required by law to give discounts to drivers 55 years of age and older who complete this course at least once every three years. For more information visit the website at [DriverSafetyME.weebly.com](http://DriverSafetyME.weebly.com).

### BATH

Bath Area Senior Citizens' Center, 45 Floral St.

**June 11** 8AM - 12:30PM  
Instructor: Jason Aucoin, 443-4875  
To register, call 207-443-4937

### BIDDEFORD

Biddeford Senior Ctr., 189 Alfred St.

**May 9** 10AM - 2:30PM  
Instructor: Tom Harvey, 597-2331  
Call Debbie Lizotte, 207-282-5005

### BRIDGTON

Bridgton Community Center, 15 Depot St.

**June 3** 9AM - 1:30PM  
Instructor: John Hammon, 655-4943  
To register, call BCC, 207-647-3116

### BRUNSWICK

Thornton Oaks, 25 Thornton Way

**May 16** 8:30AM - 12:30PM  
Call instructor to register:  
Joe Hahn, 207-751-9364

### BRUNSWICK

Pejepscot Terrace, 36 Pejepscot Terr.

**July 10** 8:30AM - 12:30PM  
Call instructor to register:  
Joe Hahn, 207-751-9364

### FRYEBURG

Public Library, 515 Main St.

**May 22** 10AM - 3:30PM  
Instructor: Tom Harvey, 597-2331  
Call Donnette Barnes, 207-935-2731

### LEWISTON

Seniors Plus, 8 Falcon Rd. at Fairgrounds

**May 23** 9AM - 1PM  
Instructor: Tom Harvey, 597-2331  
To register, call 207-795-4010

**June 13** 9AM - 1PM

Instructor: David Whittier,  
To register, call 207-795-4010

### PORTLAND

AARP Office, 1685 Congress St.

**May 10** 9AM - 1:30PM  
Call instructor to register:  
Phil Chin, 207-370-9647

**June 14** 9AM - 1:30PM

**July 12** 9AM - 1:30PM

Call instructor to register:  
John Hammon, 207-655-4943

### PORTLAND

Woods at Canco, 257 Canco Rd.

**July 5** 9AM - 1:30PM  
Call instructor to register:  
Dr. Ralph McClean, 207-829-4664

### SCARBOROUGH

So. Maine Agency on Aging, 136 US Rt. 1

**May 23** 9:30AM - 2PM  
Instructor: Phil Chin, 370-9647  
Call Kathy Heggeman, 207-396-6500

**June 17 & 18** 6:30 - 9PM

Instructor: Tom Harvey, 597-2331  
Call Kathy Heggeman, 207-396-6500

### YORK

York Senior Center, 36 Main St.

**May 15 & 16** 6:30 - 9PM

**May 16** 9AM - 2PM  
Instructor: Tom Harvey, 597-2331  
Call Janis Colby, 207-363-1036

## S.O.S. Phones Provide A Sense of Security



### Donations of Used Phones Welcome

Southern Maine Agency on Aging has teamed up with The 911 Cell Phone Bank to collect used cell phones for older adults AND adults aged 18+ with disabilities who need easy access to dial 911 in case of emergency. S.O.S. Phones are cell phones equipped with 911 dialing capabilities for use in emergencies providing a Sense Of Security (S.O.S.). S.O.S. Phones can offer peace of mind for older adults, people with disabilities, and their caregivers with an additional level of security.

Under the on-going agreement, SMAA will continue efforts to collect used cell phones throughout the community, which will then be sent to the 911 Cell Phone Bank, reconditioned for 911 service, and given to those in need.

If you are a senior or adult with a disability and interested in receiving a FREE S.O.S. Phone, please contact Southern Maine Agency on Aging at 1-800-427-7411 or 207-396-6500. If you have an old cell phone/s to donate, please drop them at the Southern Maine Agency on Aging, 136 U.S. Route 1, Scarborough, Maine.

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## Losing our Elasticity

by Merryl Hodgson

**M**y sister, who had purchased a lot of catalogue clothing for our very elderly mother, asked me to pick up her mail while she was in Florida. In amongst the dozen catalogues and magazines was one I will refer to as *Changing*. No one would mistake it for an alternative to *Psychology Today* since its cover had ads for sixty-second wrinkle reducer as well as a sun protection clothing line. It is the antithesis of a *Victoria's Secret* catalogue in that it is all about concealing, not revealing. (The exception is the 15x-magnifying mirror, a truly frightening item.)

This catalogue features products only for aging women. It reminds me of an article I read regarding depreciation in some business magazine in the late 1970s. (This article was considered humorous back then, but wouldn't be politically correct these days.) It stated that women depreciate rapidly, a double declining balance approach, so that at menopause they have zero residual value. Men depre-

ciate far more slowly and never reach zero residual value.

The assumed more rapid collapse of women's bodies seems to be the driving factor in catalogues which pander to older women's insecurity. There are beauty products that "make little flaws disappear" and "make pores disappear." Pictured right next to these products is something called a makeup spatula. (I think the ad would have been more convincing if the background behind the spatula showed the Grand Canyon.) As for the bleaching cream, if I didn't have age spots on the back of my hands how could I play connect-the-dots while waiting for medical appointments?

Hair loss, the unfortunate thinning of the hair on the tops of our heads, eyebrows and lashes, figures largely in this catalogue. The solutions involve electronic hair growth stimulators, colored powders to sprinkle on the scalp, dyes and make up. And as this hair migrates lower on the face, hair loss takes on a quite different meaning; we want less of this hair, so the catalogue offers the painless facial hair remover. (Many years ago I mentioned the peach fuzz on my cheeks to one of

my sons who replied, "Mom, that's not peach fuzz, those are mutton chops.")

The catalogue offers pages of elasticized shirts and pants which are supposed to rein in love handles and post-C section marsupial pouches. There are bras that make one bigger and bras that make one smaller. There are underpants that flatten the front and have cheek-pads in the back. There is also something called the Subtle Butt gas neutralizer, an odor-filtering patch which adheres to one's underpants.

The most frightening section of *Changes* for a sixty eight year old woman is the bathing suit section. There is just no happy ending with a bathing suit. Just trying one on, alone, in a store is a quick trip to deep depression. There are no creams, no spatula and putty effective enough to make the exposed parts, which resemble a wedding cake sprayed with a fire hose, acceptable. The last picture of me in a bathing suit, I hope, was taken twenty years ago by a nephew who told me he would sell me the negative for twenty-five dollars. Nothing has improved since then, and I consider the Arctic Circle as a better vacation

destination than the tropics.

Another catalogue aimed at older people, but ones who are not trying so hard to be hip, is the wonderful *Vermont Country Store Catalogue*. Its approach is nostalgia and homey comfort rather than camouflage. It features the perfumes popular when I was a teenager, electronics like video tape rewinders and Princess phones, sex toys for Luddites, candy bars from the fifties, and Lanz nightgowns. They even have old lady undies called step-ins, the kind my mom loved, which are silky with loose boxer legs and a piece of elastic in the waist. When I see these in the catalogue I am reminded of a free-spirited elderly woman (whose name graced one of the launch boats at a local marina) who was sipping a drink in front of our fireplace at a Christmas open house. Suddenly there was a rustling noise as the elastic in her step-ins let go and her undies fell to the floor around her ankles. Without a pause in her conversation, she reached down, grabbed her pants and stuck them in her pocket. She was comfortable in her own loose skin and never would have considered purchasing a Subtle Butt gas filter.



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# VOLUNTEER CONNECTIONS RSVP

## *"An Invitation to Make a Difference"*

### Why Do We Have Certain Standards for Volunteers?

When I started as a volunteer program director 40 years ago, it seemed easy to meet a volunteer and match them up with an interesting volunteer assignment but how things have changed. Matching volunteers to the ideal assignment takes many steps to assure the safety and security of both volunteer and program being served. Some of these steps include completing an application, interviewing with volunteer services and the program you choose to volunteer with, volunteer orientation or special training, reference checks, criminal background checks, driving record checks and in a few cases even finger printing.

All of this is, as you can guess, expensive. So why do we do it? We do it because SMAA/RSVP Volunteer Services must be sure it fulfills two rolls—making the right match for volunteer and assignment as well as keeping younger and older vulnerable clients safe from the few

bad actors who may attempt to volunteer to gain access to potential victims. As the old saying goes "a few bad apples spoil the barrel". So when you step forward to volunteer, please be patient as we ask you to go through this process, be sure you are willing to commit to the assignment so money is not wasted should you decide not to follow through.

In those 40 years since 1972 volunteering is no longer as easy as it was, society and security are very different. Please consider making a donation of \$25.00 when you volunteer to cover some of the costs involved in qualifying you to become a SMAA/RSVP volunteer.

### Volunteering in York County this Summer!

- Volunteer to deliver meals to home-bound seniors.
- Serve meals and visit with people at a community center.
- Help other adults learn basic computer skills.
- Volunteer as a tour guide on nature walks, or a conductor on trolley tours.

- Volunteer as a driver to give rides to cancer patients to, and from, their treatments and therapies.
- Volunteer some of your time to visit a senior, and make their day!
- Volunteer to have conversations with people learning English, and be the key to their success!
- Volunteer to work on town clean-up and beautification projects.
- Help someone by volunteering on a hotline, or becoming a mentor.
- Volunteer to walk a mile-long stretch of road while spotting and observing signs of wildlife road crossings.

For more information about these and many more opportunities, call 207-396-6525 or email at [Volunteer@smaaa.org](mailto:Volunteer@smaaa.org).

### Upcoming Volunteer Get-Togethers

Mark your calendar to join the SMAA/RSVP staff at one of our four volunteer get-togethers held throughout the year. We have already held two in Cumberland County. We have two coming up, one on May 17 at the Goodall Library in Sanford from 10:30-11:30AM, and another in York at the York Hospital home health annex on July 19 from 10:30-11:30AM. Join your fellow volunteers for coffee and conversation. Cindy, Priscilla and Carol look forward to seeing you there.

### Exciting New Volunteer Opportunity: Tai Chi for Balance Instructor

SMAA has been asked to take part in a Tai Chi for Balance Pilot Program in York and Cumberland counties. We are taking applications now for volunteer instructors to help us deliver this exciting new fall prevention program for older adults.

If you love seeing people become healthier, more energized, and engaged, consider becoming a volunteer Tai Chi for Better Balance group class facilitator. This is an ideal opportunity to use previous teaching experience. If you've taught other evidence-based programs, fitness and wellness classes, or even Tai Chi in the past, expand your offerings with our program, aimed at improving balance and preventing falls. Becoming an instructor is also a great way to enrich your own personal wellness routine.

You will attend a two-day live training event that includes pre-training homework and commit to leading 48 classes (2 each week for 24 weeks), following the Tai Chi for Better Balance curriculum. As a facilitator, you'll receive a combination of live training, ongoing coaching and support, DVDs of each lesson, and a program guidebook for reference.

Classes will consist of 10-15 people meeting twice a week for 60 minutes from June to December. The classes will take place at a variety of community venues (TBD). The curriculum is part of a 6-month pilot program led by the Innovation Labs at Aetna, a national health insurer. Aetna is exploring new models for helping its members live vibrant, connected lives in their communities. Not only will you be making a direct impact, but your efforts will also help shape the larger way we care for older adults in all of our communities.

### Burst Into Spring – Volunteer!

Make your life a growing experience—enjoy the warmer weather with an outdoor volunteer opportunity.

1. Help in a variety of ways in a Wild Life Park
2. Deliver Meals On Wheels
3. Serve as a Therapeutic Riding Volunteer
4. Use your gardening skills—hands on or teaching
5. Enjoy beautiful vistas while assisting at a lighthouse
6. Become a water quality monitor
7. Are you a railroad buff? A fun volunteer opportunity awaits you
8. If you like history—train to be a summer docent.

### If indoor activities are of interest consider the following:

1. Train to coach a health education course
2. Help with a summer reading group
3. Lend your office skills to a nonprofit organization
4. Assist with meals in a women's shelter
5. Play an instrument—share your talent as an entertainer

All the above suggestions come with a training or orientation. Call Priscilla Greene—207-396-6525 or e-mail [Volunteer@smaaa.org](mailto:Volunteer@smaaa.org) for more in depth information on the above suggestions.



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

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

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

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

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## Welcome New Volunteers!

In February and March, 45 new volunteers were welcomed into Volunteer Services and RSVP! Some of their names are listed below:

Suzanne Byrnes  
Carole Brett  
Roxy Corson  
Jean Farrar  
Lee Gagnon  
Nancy Gilmore  
Ned Gribbin  
Erika Grant  
Deborah Gray  
Karen Hallstrom  
John Hammond  
Virginia Marie Healey  
Jonathan Hedman  
Virginia Hebert  
Sachin Hejaji  
Ian Imbert  
Kenneth Johnson  
Elaine Kessler  
Cynthia Lord  
Ellen Minnehan  
Roberta Nagle  
Nathan Nichols  
Martha O'Grady  
Rachel Prior  
Lisa Purinton  
Melissa Rivers  
Francine Sabean  
Jillian Saravong  
John Serber  
Jo-Anne Skinner  
Maxine Stone  
Richard Talbot  
Lois Tozier  
Joan Weaver  
Thomas Winship

asking for an 8-week commitment and we are guaranteeing an afternoon of exercise and fun with the kids. "Catch" is recruiting for camps in Westbrook, South Portland and Falmouth with several more locations setting up programs.

A volunteer training class is scheduled for the afternoons of June 4 and 6. Volunteers will learn the program using our well-scripted curriculum.

For more information, please contact Sharon Schulberger, Program Coordinator at 207-396-6523 or e-mail her at [sschulberger@smaaa.org](mailto:sschulberger@smaaa.org). View our newest video at <http://www.youtube.com/watch?v=uErWmOtQtCE&feature=youtu.be>

*CATCH Healthy Habits is a program of The OASIS Institute and funded by the Anthem Blue Cross and Blue Shield Foundation. CATCH Healthy Habits received the 2012 Maine Fitness Award in the Adult Category from the Governor's Council on Physical Fitness.*

## Awards for CATCH Healthy Habits



Three volunteers from the CATCH Healthy Habits team at Westbrook Community Center thrilled to the idea of walking on to the ice at the April 20 Pirates' season closing hockey game. Beth Thompson, William "Bubba Billy" Brown and Sheila Brown received the Anthem Community Angel Award for their volunteer work with CATCH Healthy Habits. They make a dynamic team that led students in grades K-2 in eating healthy snacks, learning about nutrition and playing lots of physically active games for 13 weeks this winter. All have gone above and beyond by writing articles for Senior News, involving local

press and speaking to potential volunteer groups.

The mission of The Anthem Community Angels program is to recognize community "heroes" and people in our local community who have led, created or otherwise been instrumental in activities that make our community better.

As recipients of the award,

Sheila, Bubba Billy and Beth received a framed Pirates jersey. Also, a \$500 donation in their name will be made by Anthem Blue Cross and Blue Shield to the charity of their choice. The three chose to support the summer campers' scholarship program at WCC, making it possible for four children to attend a session this summer.

## SMAA/RSVP Volunteer Services Appreciation Day



Reta Porter, Madeline Sargent, Doris Harris, Dean Lyons and AnneMarie Bryce enjoy the event.

SMAA/RSVP Volunteer Services said THANK YOU to many volunteers on April 18 at its annual Volunteer Appreciation Day. Volunteers enjoyed a program which included a talk by Wayne Davis of Train Riders Northeast about the history and future of train service in Maine, musical entertainment by Jose Duddy, awards for length of volunteer service with SMAA/RSVP and refreshments. As the pictures show, I think you can tell, volunteers enjoyed themselves.

In 2012 SMAA/RSVP volunteers reported just under 80,000 hours of service. There were 55 volunteers receiving a five years of

service certificate and pin, 13 volunteers receiving a 10 years of service certificate and pin, five volunteers receiving a 15 years of service certificate and pin, four volunteers receiving a 20 years of service certificate and pin, and one volunteer receiving a 25 years of service certificate and pin. We know that number does not fully reflect the efforts of volunteers since many hours are never reported. It is vital to our program funding and impact that volunteers report the hours volunteered. If you are not reporting your hours to someone at your volunteer assignment or do not know to whom you should be reporting, please let us know and we will connect you up.




## Volunteer at a Catch Healthy Habits Summer Camp Program


We are currently recruiting volunteers to lead our summer camp programs from June 24 through August 23. Trained volunteers work in teams of three or more leaders at one hour weekly sessions which including a healthy snack, a short nutrition lesson and 30 minutes of active physical games for 15-25 children. We are

"Sometimes folks just need a compassionate ear to listen and support them, and I provide that."

— Barbara Pires RN



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1-800-339-6516 (Voice/TTY)

[kweir@avestahousing.org](mailto:kweir@avestahousing.org)

[www.avestahousing.org](http://www.avestahousing.org)





# Have trouble getting in or out of your tub?

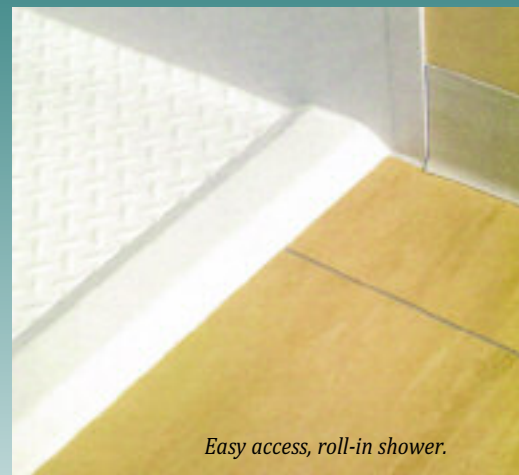
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## Quality Care...Close to Home!



### 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 about this program we encourage you to contact Kathleen Wohlenberg, LSW, Director of Guest Relations and Case Management, at 207-647-6149.

