



From the Director's Desk

Happy Older Americans Month!

For more than 50 years, May has been the month to celebrate older Americans and the unique contributions they provide to our communities. The theme this year is "Safe Today. Healthy Tomorrow."

At the Southern Maine Agency on Aging we engage seniors every day in the pursuit of healthy aging by offering a variety of workshops and services designed to keep older adults safe and independent.



Our award-winning Matter of Balance classes help people manage falls risk and increase activity levels, leading to a healthier and more active future.

We also offer chronic pain self-management classes and Living Well, a class designed to empower participants to more actively manage their health.

I hope you will inquire about upcoming offerings to help you stay safe today so you may enjoy a healthier tomorrow.

Community Leaders Day

Last month I had the pleasure of participating in the Meals on Wheels Community Leaders Day. It was great to meet our front line staff and to accompany Archie, one of our Meals on Wheels delivery volunteers, on his route. Joining us on the route was Michael Pock, a city councilor in South Portland. During our time with Archie, we made ten deliveries and saw first-hand how important the volunteer connection is with the clients receiving our meals. Most of the clients we visited are struggling to live independently and their daily contact with Archie, combined with the nutritious meals he delivers, makes it possible for them to stay in their homes. The Meals on Wheels volunteer may be the only visitor that some of the recipients have during the week. The genuine interest and positive interactions that I observed during my morning with Archie only reinforced the vital community service that Meals on Wheels provides to homebound seniors and disabled adults.

More Good News about Meals on Wheels

A year ago I announced that SMAA had received a grant from the Wal-Mart Foundation to test the impact of providing a package of 14 Meals on Wheels to elderly patients

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Pictured from L to R: Diane Kibbin, Director of Assisted Living/OceanView at Falmouth, Howsie and Tim Stewart, Campaign Support Leaders, Laurence Gross, Executive Director/SMAA, and Patricia Wiegel, President & CEO/Norway Savings Bank.

Norway Savings Bank Presents \$45,000 Gift to Southern Maine Agency on Aging

On March 17, Norway Savings Bank presented a gift of \$45,000 in support of SMAA's project to create two new adult day centers that will provide services to adults with Alzheimer's disease and other forms of dementia, as well as advanced support for family caregivers. "We're very proud to be able to make such a substantial contribution to this innovative project. The "Cam-

paign to Create a Better Day" will have a beneficial impact on our communities for many years to come," said Patricia Weigel, President & CEO of Norway Savings Bank.

The gift from Norway Savings Bank will be used to open adult day centers in Falmouth and Biddeford. The Falmouth center, which will be named the Stewart Adult Day Center, will be located in the former



Since 1963, May has been designated as Older Americans Month. Older American's Month places focus on the contributions older Americans make to their communities. Our older adult volunteers at SMAA and through RSVP are actively creating better days for others as they age.

In celebration of Older Americans Month, we at SMAA would like to take a moment to highlight the amazing work and level of dedication from a couple of our older adult volunteers. You make our communities a better place. Thank you!

Honoring an Outstanding Volunteer

James E. Baker was honored as SMAA's outstanding volunteer of the year at a ceremony on April 29 at the Sea Dogs Appreciation Night in Portland. Baker,



former chief financial officer of Guy Gannett Communications, has been a SMAA volunteer since 2010. He currently counsels SMAA clients on Medicare options as a Senior Medicare Patrol volunteer and in 2013 contributed 240 hours in that role. Baker also served as a volunteer family mediator and a tax counselor, preparing income tax returns for SMAA clients.

Baker said a notice about a Medicare training session led him to volunteer in the program. "The volunteer opportunity was particularly interesting to me," he said, "because it provided me an opportunity to personally help individuals in need of assistance. My favorite moments are with clients who come in confused about the Medicare program and its many options and leave feeling confident that they know exactly what they want to do."

"Signing up for Medicare can be a complex, confusing and frustrating experience for people," said Volunteer Services manager Carol Rancourt, who worked with Jim when she headed the Medicare program at SMAA. "Jim guides clients through the process with skill and compassion. He has a knack for taking

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Lunt School building and is being developed in partnership with the OceanView community. The 4,200-square-foot Stewart Center will serve up to 25 clients per day and will open in late summer of 2014. The Biddeford Adult Day Center will be a purpose-built, state-of-the-art 10,000-square-foot building on Barra Road, which will serve up to 50 clients with dementia per day. It is expected to open in 2015.

Laurence Gross, Executive Director of the Southern Maine Agency on Aging said, "The new Centers will have a transformational impact on people living with dementia and their caregivers—offering invaluable respite for caregivers and evidence-based therapeutic programs for those with dementia in state-of-the-art facilities."

The Agency is in the early stages of the "Campaign to Create a Better Day." The goal of the campaign is to raise \$6,000,000 to provide for the two adult day centers, as well as \$1,000,000 for an endowment fund that will ensure that people of all income levels will have access to the facilities.

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From the Director's Desk
continued from page 1

who were being discharged from the hospital. We partnered with Southern Maine Medical Center, Maine Medical Center and the Physician Hospital Organization (PHO) with the goal of tracking the 30-day readmission rates for those patients who received the meals, hoping to reduce readmissions. I am delighted to report that our initial sampling of the data is showing very positive results. Early tracking data shows only a 6% hospital readmission rate for those patients who received the Meals on Wheels compared with a rate of 16% for all Medicare patients—indicating that the program is making a difference. It's still early going but I am encouraged with the indications and look forward to sharing more updates in this column as the results accumulate.

June is Elder Abuse Awareness Month

Each year, more than 12,000 Mainers are the victims of elder abuse, neglect and financial exploitation. In many cases, especially those involving financial abuse, the perpetrators are members of the victims own family. It is an outrageous and growing problem that will continue to increase unless we recognize it as not only a family issue, but a community issue that needs to be addressed in the most aggressive manner. SMAA will join others across the state on June 15th for World Elder Abuse Awareness Day to bring more attention to this problem. I urge you to join in the call to action to prevent and vigorously prosecute all forms of elder abuse.

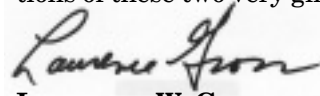
In the past few months, SMAA has lost two distinguished leaders of the Agency. **Frances "Bud" Guthrie** served on the Board of Directors for the past several years and most recently helped with the re-branding and new logo design that SMAA revealed



last month. Bud was a creative genius who gave generously of his time and talent to the Agency and I will miss his guidance and expertise. **Carol Rose** passed away in March and was a member of our Board of Directors from 1994-2007. She served as President of the Board in 1997-98.



As a former school teacher, Carol brought her compassion and intellectual curiosity to her work with the Board and as an active volunteer and wellness coach at the Agency after she completed her Board service. SMAA was the happy recipient of her warm and caring involvement. I will miss the contributions of these two very gifted leaders.


Laurence W. Gross
Executive Director

LOOK
at our *EXPERTISE...*

- | | |
|-------------------------------|-------------------------------|
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| OCULOPLASTIC SURGERY | CORNEAL AND EXTERNAL DISEASES |
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SMAA CALENDAR OF EVENTS

BIDDEFORD/SACO/OOB

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

Chronic Pain Self-Management – JR Martin Community Center, Biddeford, Jul 21 - Aug 25, Mon, 9-11:30AM, Registration required. 396-6583

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

Family Caregiver Support Group – Community Partners, Biddeford 2nd Mon, 3-4:30PM. 713-3723

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

Memory Café – Brooks Coffee, Biddeford, 2nd Thurs, 11AM. FMI: 370-1476

CUMBERLAND

Memory Café – Louie's Grille, 4th Tues, 11am. 797-7891

Reducing Risks & Supporting Function at Home – Prince Mem. Library, May 16, 12-1PM. 829-2215

FALMOUTH

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

FREEPORT

Medicare 1-on-1 Appts/Free Information & Assistance – Freeport Library, 2nd Tue, 1-4PM. 396-6500/1-800-427-7411 for appt.

GORHAM

Medicare 1-on-1 Appts/Free Information & Assistance - St. Anne's Catholic Church, Thur, 9AM-2:30PM. 396-6500/1-800-427-7411 for an appt.

Memory Café – The Gorham House, 4th Tue, 1PM. FMI: 839-5757

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

A Matter of Balance – Two locations: Woods at Canco, Portland, Sept 8 - Oct 1, Mon & Wed, 10AM-12PM or; New England Rehab, Portland, Sept 17 - Nov 12, Wed, 1-3PM, Registration required. 396-6583.

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

Community Café – Westbrook Community Center, Westbrook, Last Tue, noon, Reservations: 878-3285

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

Maine Senior Games Event – Men's Softball, June 21, 9AM-4PM, Wainwright Field, South Portland

Medicare 1-on-1 Appts/Free Information & Assistance: Portland, Hope Gateway Church, 4th Tue, 12-1PM; Salvation Army, 2nd Wed, 10AM-12PM; Woodford's Church, 3rd Mon, 1-3PM, 396-6500/1-800-427-7411 for an appt.

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

KENNEBUNK/WELLS

Community Café – Park Street School, Kennebunk, 1st Fri, noon, Reservations: 985-2588/329-5400

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

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

Memory Café – Seed & Bean, West Kennebunk, 1st Mon, 11AM. FMI: 797-7891

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

A Matter of Balance – Kittery Community Center, Sept 25 - Nov 13, Thurs, 10AM-12PM

Community Café – Eliot Methodist Church, 1st Thurs, noon, Reservations: 475-7399

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

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

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

Memory Cafés: The Inn at Sentry Hill, York - 2nd Tue, 9AM; The Gathering Place, Kittery - 3rd Wed, 12:30PM; A Perfect Move, Kittery - 4th Tue, 11AM, 797-7891

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

KEZAR FALLS/HIRAM

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

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

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

Medicare 1-on-1 Appts – Bridgton Hospital Every Tues between 8:30-11AM.

Walk-in first come first serve basis.

PARSONSFIELD

Medicare 1-on-1 Appts/Free Information & Assistance – Parsonsfield Town Office, 3rd Mon, 9AM-12PM. 396-6500/1-800-427-7411 for appt.

SANFORD

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

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

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

SCARBOROUGH (SMAA MAIN OFFICE)

A Matter of Balance, Jul 29 - Sept 16, Tues, 2-4PM, Registration required. 396-6583.

Family Caregiver Support Group, 4th Thurs, 12-1PM. 1-800-427-7411 x558

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

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

Savvy Caregiver – Jul 15, 22, 29, Aug 5, 12 and 19, 2-4PM. 1-800-427-7411 x541

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

SCARBOROUGH

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

Maine Senior Games Events – Scarborough High School - June 1: 5k Road Race, 9AM; Explore Track and Field, 11:30AM-2PM

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

STANDISH

Medicare 1-on-1 Appts/Free Information & Assistance – Standish Municipal Center, Every Wed, 9AM-3PM. 396-6500/1-800-427-7411 for an appt.

WINDHAM

Community Café – Unity Gardens, Mon, Tue, Thurs, and Fri, noon. Reservations: 892-3891

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

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

Welcome to Medicare Seminar – Our Lady of Perpetual Help Church, 1st and 3rd Tues, 10AM-12PM. 396-6500/1-800-427-7411 to schedule.

YARMOUTH/NORTH YARMOUTH

Community Café – Masonic Lodge, Yarmouth, Every Tue, noon. Reservations: 846-6693

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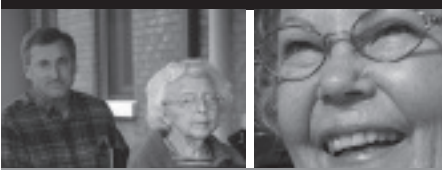
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Medicare Nuggets

from Stan Cohen

Nugget 474 — 2014

Screening for cardiovascular disease (heart disease) is one of the many, free preventive care coverages under Medicare. Original Medicare will pay 100% of its approved amount for these tests, and the Part B deductible will not apply. You will not have a co-pay for these screenings if you see health care providers who take assignment. Doctors who take assignment cannot charge you more than the Medicare approved amount. By the way - you do not need to show symptoms of heart disease or have any particular risk factors for Medicare to cover the full cost of these tests. In addition, Medicare covers blood tests every five years to test cholesterol, lipid and triglyceride levels. Medicare Advantage (MA) plans cover all preventive services the same as Original Medicare so long as you see physicians/providers who are in the plan's network.

Nugget 476 — 2014

Maine seniors who have Medicare Part D (prescription drug) plans and who fell into the so-called "donut hole" in 2013 saved a lot of money. The discounts (which apply due to the Affordable Care Act) amounted to \$12,249,000 last year. That is an average of about \$863 per beneficiary.

Medicare beneficiaries who reach the "donut hole" next year will benefit from even greater savings on prescription drugs. Again, as a result of the Affordable Care Act, enrollees who find themselves in the donut hole in 2015 will receive discounts of 55 percent on covered brand name drugs and 35 percent on covered generic drugs. Those are bigger discounts than applied in 2014. By 2020 the "donut hole" will be gone.

Stan Cohen, a Medicare Volunteer Counselor, is available for free, one-on-one consultations at Bridgton Hospital, Tuesdays, 8:30-11AM. No appointment is necessary. Alternatively, call your Agency on Aging at 800 427-7411 for assistance.

Senior News

is a publication of



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

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

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Mission Statement

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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 provided through the Office of Aging and Disability Services of the Maine Department of Human Services. Learn more at www.smaaa.org or by calling 207-396-6500 or 1-800-427-7411.

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Girl Scouts Deliver Cookies for Homebound Older Adults

Area Girl Scouts and representatives from the Girl Scouts of Maine delivered over 5,000 boxes of cookies to the Southern Maine Agency on Aging (SMAA) as part of the Girl Scouts Cookie Share initiative.

Cookie Share encourages individuals to purchase cookies for themselves as well as additional boxes to benefit a local charity. This year's recipient of the Cookie Share for York and Cumberland counties is the Meals on Wheels program at SMAA.

In February, Girl Scouts from a troop in South Portland visited the South Portland Meals on Wheels delivery site to learn more about Meals on Wheels, to go out on deliveries, and to meet clients. In April, Girl Scouts from Portland and Falmouth troops helped to deliver 500 cases of cookies.

"These cookies will mean so much to the clients receiving them. The Girl Scouts gave our Meals on Wheels clients such a wonderful gift. Thank you to all who were involved," said Jo Ann McPhee, Nutrition Manager at SMAA.

The cookies will be distributed to area Meals on Wheels clients in the upcoming weeks.



Meals Ready When You Are

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Dancing was Debi Irons's life.
An incredible surgeon gave it back to her.



When professional dancer Debi Irons learned she needed two hip replacements, it was as if her life had been taken away. Fortunately, there's a team of exceptional orthopedic surgeons right here in Maine. Maine Medical Partners – Orthopedics is recognized for exceeding U.S. standards in quality. In fact, these surgeons and their team at Maine Medical Center are rated in the top 1% nationally. It seemed before she could say "arabesque" Debi was back where she belonged. Dancing and teaching in her Art Moves Dance Studio.

For more on Debi, her doctors and other orthopedic procedures, go to mainemedicalpartners.org/orthostory



Medicare Rights

DEAR MARCI: What is a Coverage Restriction?

Dear Marci,

I went to the pharmacy to pick up a new medication, but my pharmacist told me that there is a coverage restriction on the drug I need. What is a coverage restriction?

- Chuck (Staten Island, NY)

Dear Chuck,

A coverage restriction is a restriction that Medicare prescription plans, also known as Medicare Part D, place on certain drugs to limit use of that drug. In other words, while a drug may be covered by your Part D plan, it may not pay for a drug you need if it has a coverage restriction. There are three types of restrictions:

- Prior authorization requires you to get prior approval from your Part D plan, before your plan will pay for a prescription drug you need.
- Quantity limit limits you to a specific amount of a medication over a certain period of time. For example, let's say your Part D plan only covers 30 pills of Drug X in one month. If you need 40 pills, your prescription may be denied. As such, you will most likely need to request that your Part D plan make an exception to its quantity limit.
- Step therapy is a restriction that requires you to try other, usually cheaper drugs that treat your medical condition, before your Part D

plan will cover the drug that your doctor originally prescribed.

If you aren't able to get your drug at the pharmacy because of a coverage restriction, your pharmacist should give you a notice called, Medicare Prescription Drug Coverage and Your Rights. This is a notice that explains the process of contacting your Part D plan to request coverage of the drug you need. Keep in mind that this is simply an educational notice that provides you with very general information on the first steps of the appeal process. This is important to know, since you generally need to receive a written, formal denial notice from your Part D plan in order to begin the appeal process. The notice is not a formal denial from your Part D plan. However, you should still read it for your own understanding.

If your pharmacist told you that your Medicare Part D plan will not cover the drug you need, you should contact your Part D plan directly. It's helpful to do this to find out why your plan is not covering the drug you need. If the denial is due to an administrative error, it should be resolved when you call your plan. Remember to write down the date and time in which you call, the name of the agent you speak to, and the outcome of your call.

If your Part D plan is denying your drug because of a coverage restriction, contact your doctor to see if another unrestricted drug covered by your plan will work for you. If your

doctor cannot prescribe a different drug, ask your doctor to help you file an exception request. It may also be referred to as filing a coverage determination. Filing an exception request with your Part D plan is the step you take before you can file an appeal. While plans generally provide decisions on exception requests within 72 hours, you and your doctor can request that your plan make an expedited decision to your request in 24 hours if your health would be harmed by waiting the standard 72 hours for a plan decision.

Keep in mind that you can file an exception request with your Medicare Part D plan, whether you get Medicare Part D through a

stand-alone Part D plan that works with Original Medicare or through a Medicare Advantage Prescription Drug Plan, also known as a Medicare private health plan that provides you with Medicare prescription drug coverage. Click here to use a Medicare Interactive Roadmap that can help walk you through the necessary steps of appealing a Part D drug denial. Click here for information on the Medicare Part D appeal process.

-Marci

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Congresswoman Pingree Visits Truslow Center



Congresswoman Chellie Pingree visited the Truslow Adult Day Center in Saco recently to see first-hand how adult day services can benefit people with dementia and their caregivers. Laurence Gross, the Executive Director of the Southern Maine Agency on Aging, met with the Congresswoman, along with Debra Thomas, the Director of the Truslow Center, Polly Bradley, SMAA's Director of Adult Day Services and Kate Putnam, Director of Development and Marketing.

"It was a great opportunity to discuss the role that adult day centers can play in the continuum of long term care and the importance of day services as family members face greater challenges finding home-based care for their loved ones," said Gross. The Congresswoman and her aid, Bethany Beausang, spent time observing Truslow members engaged in therapeutic activities, including gardening, word games, book club and newspaper club.

For more than 30 years, SMAA has operated the Truslow Center,

the only free-standing adult day service in York county. Planning is underway to build two new, purpose-built centers that will greatly expand the number of families who can be served.

After her visit, Pingree said, "It was a pleasure to tour the Truslow Adult Day Center and meet with the members and staff there. Adult day services are so important for those who attend so that they may remain active and engaged. These services are also essential to families and caregivers who need to work during the day or just need a well-deserved break, while feeling secure that their loved-ones are well cared for. As our nation, and particularly our state of Maine, ages and the need for options in care for our loved ones increases, I am so pleased that Southern Maine Agency on Aging is looking to the future and creating two new state of the art adult day centers so that even more individuals and families can access these needed services."



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Elder Abuse in Maine. What is it?

By: Denis Culley, Esq.

The client is 88 years old. She has been a widow for 16 years. She presents well and exhibits no dementia. She came to Legal Services for the Elderly (LSE) reporting conflict with and controlling behavior by her daughter (and agent pursuant to durable financial power of attorney) and sought revocation of a power of attorney appointing her daughter as agent. Her description of her daughter's recent behavior raised suspicion of financial exploitation. Efforts to investigate my client's accounts with local credit union are futile as no faxed, emailed or surface mailed authorization elicits cooperation with investigation due to confidentiality concerns. An in person visit, with client, to her credit union (with adept and sympathetic bank officer) reveals her savings account shows unremarkable activity consistent with normal bill paying by POA agent and routine transfers to client's checking account. I asked the bank officer if my client had any other accounts. Officer then asked my client if she knew that she had a credit card account. My client said that she did not have a credit card. My client was incorrect.

My client had a Visa Card account with a 10K limit that her

daughter and POA made two cash advances from in less than one month. One advance was for \$5,000 the other was for just under that amount. Soon after the second advance my client's daughter/POA agent submitted a change of address form to the bank directing the bills henceforth to her (the daughter's address).

Three minimum monthly payments were made on the credit card. We ascertain that all three, were made with my client's funds. My client weeps openly.

Approximately 700,000 to 3.5 million elders are abused, exploited, or neglected in America each year. In Maine, an estimated 5% of the elderly population was a victim of abuse in 2009. Further, it is estimated that about 84% of cases in Maine go unreported. National estimates echo this trend; the National Center on Elder Abuse indicates that only one in six cases of elder abuse are identified and reported.

Maine has not moved, so far, to criminalize elder abuse. With the exception of Improvident Transfer of Title (a law that grants elders certain presumptions in situations wherein they challenge the validity of certain transfers of money, personal property or real estate to relatives, professionals or those with an emotional bond to the elder) and a recent amendment to Maine Protection from Abuse statute the age of an elderly victim is not relevant to any civil criminal action.


By far, the most common form of elder abuse that comes to my attention as a staff attorney with Legal Services for the Elderly is financial abuse – removing money from an elder's person, bank account, safety deposit box or convincing an elder to transfer a house or land to the exploiter (for less than value) or using the elder's credit worthiness to benefit the exploiter (and indebt the elder) – are common scenarios. Sadly, these cases most often involve close relatives defrauding, diverting, or baldly stealing money from their mothers, fathers, aunts and uncles, or grandparents. The methods vary from subtle to brutally simple—and sometimes quite brutal—but the constants of an emotionally or physically vulnerable elder, a degree of isolation, and a sense of entitlement within the financial abuser remain. Often the exploiter is under financial pressure and the logic of the situation (vulnerable, trusting, elder with some assets or income) overwhelms any ethics, loyalty or squeamishness the exploiter may feel.

The consequences of financial exploitation for the elder can be devastating. They may experience the loss of their home or financial ruin. Due to the fact that the elderly population is typically retired and lives on a fixed income, it is nearly impossible to bootstrap up again once an elder's life savings or nest egg has been wiped out. Although the monetary figure could range from a couple of thousand dollars to hundreds of


thousands of dollars, the results of financial exploitation are often the same: shame, embarrassment, emotional anguish, depression, and always abandonment by the exploiter. The elder victim may also experience physical manifestations from the experience of exploitation. Statistics show an increase in morbidity and mortality rates among the victims of elder abuse. Former Maine Attorney General Steven Rowe referred to such abuse as "financial violence." Facing such an experience towards the end of life seems to drain all the hope and vitality, as well as the financial resources, out of an elderly person. Relationships are compromised, the ego is severely battered, and the elder's personal judgment will forever be questioned by the elder herself and by others.

As the baby boomers age into retirement the so called "silver tsunami" is upon us. A sad corollary is that abuse of elders and diversion of their (often tiny) guaranteed income will only continue its growth path. It is up to us—those who have moral, financial and legal duties to the elders to work together to educate elders, educate ourselves to prevent exploitation and repair the damage it causes to our elders.


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

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


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

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Maine's Memory Cafés

A Memory Café is a social gathering for those who have or are worried about memory loss. It also serves as a gathering of members of the Alzheimer's/Dementia Care community. Patients, family, friends and caregivers gather over a cup of coffee for stigma-free conversations about memory loss and other issues. Some guests share solutions, others ask those burning questions about what to do. Some guests just enjoy getting away and being around others in similar situations who aren't judging them or their illness.

Join us at an upcoming Memory Café in your area:

BIDDEFORD

2nd Thursday, 11am, Elements: Books Coffee, 265 Main Street, Biddeford

CUMBERLAND

3rd Tuesday, 11AM
Guest on June 20: Heather Shields, OTR/L – driving ability evaluations and recommendations
Guest on June 17: Coastal Rehab – the role of therapy, especially occupation and speech therapy with memory impaired clients
Louie's Grille, 319 Main Street, Cumberland

GORHAM

4th Tuesday, 1pm, The Gorham House (coffee/cookies), 50 New Portland Rd, Gorham

KENNEBUNK

1st Monday, 11am
Guest on May 5: Coastal Rehab – the role of therapy, especially occupation and speech therapy with memory impaired clients
Seed & Bean (Dutch Lunch), 154 Alfred Road, West Kennebunk

KITTERY

3rd Wednesday, 12:30pm, The Gathering Place, 518 US Route 1, Kittery
4th Tuesday, 11am, A Perfect Move, 240 US Route One, Kittery

YORK HARBOR

2nd Tuesday, 9am, The Inn at Sentry Hill (coffee/cookies), 2 Victoria Ct., York

For more information please call 797-7891 or visit www.memory-works.org.

SMAA Staffer Published

SMAA staffer, Susan DeWitt Wilder's essay entitled "My Mother's Kitchen" is one of the 101 stories included in the book *Chicken Soup for the Soul: Living with Alzheimer's & Other Dementias: 101 Stories of Caregiving, Coping, and Compassion*. In her essay, Wilder describes how the effects of Alzheimer's disease rippled through her father, her sisters, and herself as the five of them unknowingly recreate pieces of the life their mother is slowly leaving behind.

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Changes at Truslow Center Improve Benefit for Members

By: Elisha Stickney, CTRS

Member Driven Programming

There have been many changes at the Truslow Adult Day Center in Saco geared towards culture change based on person-centered programming. Person-centered values such as choice, dignity, respect, self-determination and purposeful living are highlighted in the new model. With the hiring of a Certified Therapeutic Recreational Specialist (CTRS), person-centered, member driven programs are popping up all over the calendar. Programs are created using a new method, known as the Therapeutic Recreation process, with the goal of facilitating functional improvement and improving quality of life - in other words, helping each person reach their hopes and dreams. Additionally, once members are assessed, they are placed in groups according to interested and cognitive function. The group size, location and time of day are all preplanned to provide the best care possible.

In a very short time we are seeing the benefits of member driven programming. People are seen interacting, smiling and feeling useful. Members have increased confidence, positive social interactions, decreased depression, increased self-esteem and an overall increase in quality of life.

The Community Project

The Community Project is the newest program at Truslow. The project is based on the concept of community service, providing purposeful and meaningful ways to continue to contribute to society. Examples of current projects and future projects are: a food drive for the Saco Food Pantry; making dog treats for the Kennebunk animal shelter; and the Grandfriend pen pal project.

In the next few months, our members will reach out to local school-aged children as part of the Grandfriend pen pal project. Connecting with children in the community is a way for members to have an increased understanding of different age groups as well as a way to pass on life skills, history and knowledge. Not only does it benefit our members but it will benefit the children as well. Possible outcomes include a healthy attitude towards aging and reinforce a sense of social responsibility and community.

New Clubs and Programs

The Gardening Club members are in charge of planting and taking care of the garden. Currently, members have selected the vegetables they wish to grow and have planted the seeds. We are watching the saplings grow and are anticipating our outside garden. Gardening helps our members improve physical and mental well-being, slows down short-term memory loss, pro-

vides a sense of achievement, and assists with fine motor skills such as hand-eye coordination.

An exciting accomplishment is our newsletter group, the *Truslow Sentinel*. This is a member lead group that is dedicated to putting out a monthly newsletter. All members who attend Truslow are welcome to submit an article for approval. This month the *Gardening Club* wrote an article for the May edition.

Starting in April we had our first *Men's Woodworking Club*. The men are responsible for sanding, painting, varnishing and assembling projects. As this is an ongoing group there will be a variety of projects they will be working on and possibly refinishing some furniture to donate or sell.

Other innovative programs that have begun are the *Book Club*, this month we will feature the works of Jack Orth. Next month, we will start a *Front Porch Travel Club*,

members will be asked to bring in photos of their favorite places and share with the group.

An expressive art activity called *Zentangle* is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. Members work on their *Zentangle* projects weekly. While working on art members increase focus and creativity while providing artistic satisfaction.

As Harry David Thoreau stated, things do not change, we do. Here at Truslow we are changing to create a

state-of-the-art adult day center that is guided by person-centered care. A place that is driven by choice, dignity, respect, self-determination and purposeful living. This model will be carried on to the new center in Falmouth, The Stewart Center, as well as when Truslow moves to Biddeford. Join us as on this exciting adventure as we continue to transform older adult services in the state of Maine.

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Morning Session
Friday, May 16th
9:30 to 11:30 am
Biddeford 50+ Club,
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SENIOR MOMENTS

By Hunter Howe

Oh No!!

Warning. Brace yourself. Like a panther ready to pounce on its prey, it lurks everywhere. It's the Travel Mishap.



Penelope Riley, in *Travel Absurdities*, wrote: "It's not the destination where you end up but the mishaps and memories you create along the way."

I suppose the "it's all taken care of, no worries tour" limits those annoying and inevitable misadven-

tures. Yet, one must consider the potential regimentation and lack of free flow frequently found on these package deals. Remember the 1969 movie, *If It's Tuesday, This Must Be Belgium*? A group of Americans travel on a whirlwind bus tour, racing through nine countries in 18 days from London to Rome. That's not my idea of fun.

In early October 1994, like a seasoned globe-trotter, I decided to solo through Germany. I wanted to stay clear of cities and museums; I wanted to wander, ponder, and meet the German folk; I wanted to ask them questions, lots of questions. And yes, I confess to my fondness for

wondrous German wine made from the luscious Riesling grape.

On a dark and rainy night, lost somewhere two hours southwest of Frankfurt, I stumbled into travel quicksand. You see, I violated all the smart travel rules: tired, hungry, gas tank riding on empty. What was I thinking? Not much, just willful ignorance. I motored into a quiet village. I needed refuge.

I walked into the only place open, a pub, and asked the proprietor, in my best German 101, where I could secure lodging in a Gasthaus (inn). He told me they had all closed for the year. I grimaced. Now what? Dejected, I headed back to my car and turned the key in the ignition. It broke in half.

Oh no!!

I'd encountered an eruption of great magnitude on the panic pickle travel mishap scale. Numb, I did the only thing possible. I banged my head against the steering wheel; my heart slammed into my empty stomach, a boxer-like punch to my gut. With a first class hangdog expression, I trudged back into the pub and inquired about a Schlusselfmann (key man). In 20 minutes, the local used car dealer showed up. Hey, what happened to the Schlusselfmann? Frazzled, I grimaced again. Sedative please.

He introduced himself. Rudi Bauer. For the next three hours, we drank beer, ate schnitzel and sauerkraut, and attempted to communicate with each other. I loved it.

I felt calm and secure. Right then, I knew this travel debacle would end well.

Later, Rudi called a friend who owned a Gasthaus. Although closed, this gracious inn keeper provided a comfortable room for the night complete with a complimentary breakfast. The next morning, Rudi picked me up and took me to his business establishment. Here, he proudly displayed his three garage bays chock full of side-by-side motorcycles of all sizes and descriptions. Turns out, Rudi and his wife roamed Europe each summer in one. What fun.

Unbeknownst to me, he had contacted a rental agency in Heidelberg to make arrangements for another car. Time to leave. We grasped hands, hard to say goodbye. His wife drove me 18 miles to the city and insured all was in order before she left. By 10:30AM, I resumed my German exploit.

Funny how things work out. Although I met many more good Germans, looking back, my chance encounter with Rudi under crappy circumstances highlighted my trip. Go figure.

Gustave Flaubert said: "It is always sad to leave a place to which one knows one will never return. Such are the melancholies du voyage: perhaps they are one of the most rewarding things about traveling."

The next time I venture out alone, I won't fear the inevitable travel mishap. I'll just think of Rudi Bauer and embrace the journey.



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The Genius of Marian

Kate Cole Fallon, MS, LCPC, NCC

On April 2, the Southern Maine Agency on Aging, in collaboration with MaineHealth, The Maine Medical Center Geriatric Center, and the Alzheimer's Association, Maine Chapter, co-sponsored a public screening of **The Genius of Marian**. This award winning documentary is part of the 2014 Aging in Maine Tour, a new statewide program launched by the Camden International Film Festival that brings screenings of award-winning documentary films and discussions to more than ten different communities between March and July 2014.

Clips from this film were used earlier in the day as a teaching tool during the annual Geriatric Day for professionals sponsored by Maine Medical Center. The film was shown in its entirety that evening in the beautiful theatre at the Portland



Museum of Art to a full house of attendees. After the film, there was a Q&A session with a panel of local dementia experts and the filmmaker, Banker White.

The Genius of Marian is a labor of love by Banker, who documented the experience of his mother, Pam White, in the years following her diagnosis with Alzheimer's at the age of 61. Pam had taken on the task of writing a book about her own mother, artist Marian Williams Steele, who had died of Alzheimer's in 2001. As she undertook this project, Pam's own memory started to fail. Initially, Banker was using his documentarian skills to help his mother with the book project. Soon, the family made the generous choice to allow Banker to film and share their experience in order to educate the public about their story, and how Alzheimer's affects everyone in the family.

Beautifully filmed and heartbreakingly honest, we witness how each family member is changed as Pam becomes less able to manage

herself and her daily life, even while maintaining her energy and infectious smile. Pam's husband, Ed, struggles the most with the tasks he takes on and the emotional toll of losing this woman who has shared with him a "phenomenal life". Their children all help but become increasingly concerned about not only their mother, but their father as well. The film offers us a chance to gain a deeper understanding of how completely a diagnosis of dementia impacts families. This is a condition that puts people into extraordinarily difficult circumstances, and leaves them there for a very long time. Even a family

with exceptional resources can be pushed to its limits.

SMAA was honored to be a part of the presentation of this film. It was an opportunity to remind families and professionals that there are supports in the community for caregivers. It is important for caregivers to connect to local agencies like SMAA and other organizations for information, education, help with respite, and support. No one needs to feel alone.

The Genius of Marian is currently available to the public on a very limited basis, but it will premiere on the PBS series POV on September 2014.

From Jo Dill's Notebook

Registration

Registration for the 2014 Maine Senior Games is open! You can register online at 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 much time. You may also call Jo at 396-6519 for more information.



1500m, 3000m, 1500m Race Walk, 1500 Power Walk, javelin, shot put, discus, long jump, high jump and triple jump. Come see what all the buzz is about! No pressure—just a chance to learn more from experienced competitors, get training tips from coaches and who knows you may even want to try the Maine Senior Games.

Opening Ceremonies

This year the Maine Senior Games will have their opening ceremonies on Sunday, June 1st at 10:30AM before our Exploring Track and Field event at Scarborough High School. We will have a parade of athletes holding signs of each sport. A brief ceremony and lighting of the torch will follow the parade. We welcome athletes, volunteers and spectators to join us!

Exploring Track and Field

Not sure if the "Games" are for you? Try us out on Sunday, June 1, at Scarborough High School from 11:30AM-1:30PM. "Exploring Track and Field" is a day for those wanting to try a new event, have a chance to practice or to see what the Maine Senior Games is all about! Events will include: 50m, 100m, 200m, 400m, 800m,

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 Rita Perron, Volunteer Coordinator at perron_rita@hotmail.com to volunteer! Volunteers have so much fun AND you get a beautiful t-shirt! More information is on our website at: www.mainesrgames.org

Second Wind 5K Road Race and Walk

Join us to run, jog or walk at the Second Wind 5K Road Race. Race starts behind Scarborough Municipal Building on Durant Drive in Scarborough at 9AM. \$20 entry fee. Register online at www.mainesrgames.org or contact Jo at jdill@smaa.org

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Family Caregiver Support Program



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

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

Caring For Aging Family Members

Support/Discussion Groups

You're not alone. Connect with other caregivers in a safe setting. Find out what's working for other people. Groups are coordinated by SMAA or the community providers listed.

Biddeford: For caregivers of people with dementia. 2nd Monday of the month, 3-4:30PM AND 2nd Monday of the month, 6-7PM, at Community Partners, Inc. Contact Barbara Alberda at 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.

Kittery: 1st Thursday of the month, 3-4:15PM, at The Gathering Place. Respite available onsite for a fee;

please call ahead to reserve. Contact Jill Larson at 439-6111.

Scarborough: 4th Thursday of the month, noon to 1PM at SMAA. Contact Kate Cole Fallon at 1-800-427-7411 x 558. ALSO 3rd Thursday of the month, from 5:15 to 6:30PM at SMAA. Starts May 15. Contact Lori Campbell at 1-800-427-7411 x 540.

York: Caregiver support group for family and friends assisting an older adult with a chronic condition, 3rd Tuesday of the month, 1-2PM, at the Living Well Center, 127 Long Sands Road. Contact Susan Kelly-Westman at 475-1167

Other areas: Please call Lori at SMAA's Family Caregiver Support Program if you are looking for a group in another area. 1-800-427-7411 x 540

Spotlight on Caregiver Support Groups: Community Partners in Biddeford

Dementia Caregiver Support Group Expands Its Community Outreach — Dementia Support Now Twice As Good!

Community Partners, Inc. (CPI) has long hosted a dementia caregiver support group at 443 Main Street, Biddeford, on the second Monday of the month from 3-4:30. CPI is pleased to announce a second support group, offered in the evening at the request of those who work during the day. Beginning April 14th at 6pm, a group will be launched for a trial period of April to September 2014.

A caregiver support group is a casual and supportive environment, where people are offered education, resource sharing, and a chance to listen to and learn from one another's experiences. Attendees are free to share their stories or just listen.

Community Partners, Inc. has offered a dementia caregiver support group for the last eight years. It originated as part of a collaborative mini-grant project with the Southern Maine Agency on Aging Family Caregiver Support Program and has supported many caregivers. People have come and gone as they have learned to take care of themselves while helping family and friends with dementia and Alzheimer's disease. The group is recognized and referred to by the Alzheimer's Association, Southern Maine Agency on Aging, and many local doctor's offices and community resources.

We welcome your help in spreading the word that this valuable resource is available. The group welcomes family, friends, and others who are concerned about another person with Alzheimer's disease or another form of dementia. If you or someone you know would like more information, please contact Barbara Alberda at 713-3723 or balberda@cpime.org.

Dementia Caregiver Support Group – Original, 2nd Monday of the month, 3-4:30PM, Reoccurring

Dementia Caregiver Support Group – Evening, 2nd Monday of the month, 6-7PM, April-October 2014

To Be or Not To Be... a Caregiver

By: Kate Cole Fallon, MS, LCPC, NCC

Approximately 80% of adults living in the community who are in need of long-term care depend on unpaid family and friends as their only source of help. According to the Caregiver Action Network, this means there are an estimated 65 million people providing care to a chronically ill, disabled or aging family member in any given year. Surprisingly, many people who are caregivers don't realize they are caregivers and may not even understand why this matters.

Much research has been done to examine how caregiving affects the caregiver's physical and emotional health. Caregivers have consistently been found to experience more depression and anxiety than their non-caregiving peers, more problems with their physical health, lower adherence to preventive care and an increased risk of mortality. Of course caregiving isn't all bad. Many people also report feeling a great deal of satisfaction and joy as a result of caregiving and a recent study showed caregivers may live longer. But for those who feel burdened, their immune systems may be compromised for up to three years beyond providing care.

So why does it matter if you call yourself a caregiver? For spousal caregivers in particular, there is a very blurry line between just doing what you have always done as part of a supportive couple, and becoming a caregiver. Applying such a label may seem unnecessary and create a sense of discomfort at first. But when you are providing care for someone, even a spouse, and especially if that person has cognitive loss, it changes your life. In addition to all the usual tasks you have been responsible for in the relationship, now you may be taking on some of your partner's tasks. Now you are doing the work of two, and you are providing care. This care may take many forms: taking over driving, paying bills or managing medication; keeping track of appointments; reminding your partner to dress or bathe; assisting them with personal care tasks. Taking on any and all of these activities indicates you are also a family caregiver.

Recognizing yourself as a care-

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giver enables you to make the connection between these additional tasks and how you feel. Caregiving may cause you to feel fatigued, frustrated, irritable, sad or distracted. Rather than wondering why you feel this way, when you connect your caregiving role to your daily experience, your feelings make sense. Then you are better able to communicate to others how you feel, and what you need. It opens you up to being validated and supported. And it gives you permission to not have to do it all yourself. Self-care for caregivers is vitally important, and recognizing your role and accepting help are part of this.

According to the Caregiver Action Network, once caregivers self-identify they become more proactive about seeking resources and skills to help them in their role, and they feel more self-confident about speaking with health care providers about their person's care. This benefits both the care recipient and the caregiver. So if you are providing care, acknowledging your role as a caregiver is the first step toward making your job a little more manageable.

Help For People Helping Aging Family Members

Caregiver Class Schedule 2014

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 16, 12-1PM: **Reducing Risks and Supporting Function at Home.** Prince Memorial Library, Cumberland. Free. Contact Jennifer Gifford at 829-2215 with questions.

July 15, 22, 29, August 5, 12, and 19, 2-4PM: **Savvy Caregiver.** Southern Maine Agency on Aging, Scarborough. Donation requested. Contact Lori Campbell at 1-800-427-7411 x540 to pre-register (required).

September 23 & 30, October 7 & 14, 5:15-7:15PM: **Putting the Puzzle Together: Getting Ready to Offer Support to Older Adult Family and Friends.** SMAA, Scarborough. Donation requested. Contact Lori Campbell at 1-800-427-7411 x540 to pre-register (required).

Please use the numbers listed to register.

Feel free to call the Family Caregiver Support Program at SMAA (1-800-427-7411) with questions.



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Evening Caregiver Support Group Begins May 15

The Family Caregiver Support Program at the Southern Maine Agency on Aging will offer an evening caregiver support group beginning May 15. The group will meet on the third Thursday of each month from 5:15-6:30PM at the SMAA office in Scarborough. After the meeting on September 18, we will decide whether to continue the group into the fall, based on participant response. This group is open to family caregivers of people living with dementia or of older adults, who are interested in sharing caregiving concerns and experiences in a supportive environment.

The group will be facilitated by Family Caregiver Specialist Lori Campbell. Lori is a licensed social worker and has worked in various capacities at SMAA since 1990. Most recently, Lori was the social worker at SMAA's Truslow Adult Day Program in Saco, where she started and facilitated a caregiver support group.

The evening group will supplement the daytime group that has been meeting at SMAA for some time. That group will continue to meet on the 4th Thursday of the month, from noon to 1PM.

If you've never attended a caregiver support group before, you may wonder how it works. What we discuss is confidential. Everyone is invited to speak, but it is not required. The groups offer a chance to meet with other people who are having a similar experience, to exchange ideas, problem solve, feel connected and maybe even share a laugh.

For more information on support groups and other services and resources for family caregivers, please call the Family Caregiver Support Program at SMAA, 396-6500 or 1-800-427-7411.

The Caregiver Respite Program

By: Lori Campbell, LSW

Respite is defined as "an interval of rest and relief" (Merriam-Webster). For caregivers of someone with dementia symptoms such as cognitive impairment or memory loss, respite can be vital. Taking a break from caregiving responsibilities can lessen stress and increase wellbeing, allowing caregivers to maintain their own physical and emotional health while they care for someone else.

The Caregiver Respite Program (formerly called Partners in Car-

ing), administered by SMAA in York and Cumberland counties, provides state funding to reimburse family caregivers for part of the cost of respite care. This care can take place in the home, at an adult day program, or overnight in a facility (on a limited basis). The program also offers caregivers information and emotional support. To be eligible for this reimbursement, the person receiving care must have a physician-confirmed diagnosis of an

illness causing dementia symptoms; liquid assets of less than \$50,000 (\$75,000 for a couple); and they cannot be eligible for and receiving other state funding for home care services. The caregiver pays for the respite care up front and then may submit up to \$3,800 in expenses each fiscal year for an 80% reimbursement, as long as funds remain available.

To find out more about the Caregiver Respite Program or other offerings through our Family Caregiver Support Program, please contact Lori Campbell at 396-6540 or 1-800-427-7411 x540 or at lcampbell@smaaa.org.



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The Adult Day Health Centers are state-licensed, Adult Day Health providers for VA, MaineCare and the Office of Elder Services.

A Letter of Support

Dear Friends,

I met my husband Paul on a blind date when I was 21. We married in 1970 and built the house that I still live in today. It's been 40 years.

At first he just showed signs of crankiness, but soon we knew something was wrong. We brought him to the doctor where he was diagnosed with Frontal Lobe Dementia and given eight years to live. Paul was only 62. I'd never been on my own, so having to watch my husband deteriorate, and to suddenly see so alone, that was the hardest part. We don't have children and didn't receive support from family, and very little from close friends.

Immediately after his diagnosis I reached out to the Southern Maine Agency on Aging. They helped me realize that I didn't need to feel alone. They connected me with their Family Caregiver Support services which include Savvy Caregiver, a program that helps people like me who are caring for someone with dementia.

Paul continued to work, but within just one year, was unable to shower and go to the bathroom by himself. He would get angry and wouldn't allow me to help. The potential for violence was always there and for a year I rarely slept because I was so worried for his safety, and mine.

The Agency's programs gave me the tools for dealing with each stage of Paul's developing dementia. They helped me gain access to the information and services I needed – first in order to keep Paul living at home with me, safely, for as long as possible. When that became too much, we found Adult Day Services, and later they supported me through the overwhelming decision that he needed full-time nursing home care.

Paul has been in the nursing home for two years now. My husband doesn't know who I am anymore and that's hard. I attend the Agency's monthly support groups so that I can talk to others about how to cope with guilt and sadness and how to continue living my life.

The Family Caregiver staff has given me the courage to admit that I need help, and more importantly, the courage to ask for it. I've received help from a number of the Agency's programs, each of which were important to helping me through this process.

The last few years have been a struggle for me emotionally and financially. I expect the coming years will continue to be. I want to help assure others have the opportunity to receive the same wonderful services that I have. You can do the same by making a gift to Southern Maine Agency on Aging today.

Sincerely,
Theresa

Faster Benefit Decisions For Veterans

By Robert Clark
Social Security Representative

On Memorial Day, as we pay tribute to the men and women who gave the ultimate sacrifice for our country, we also share some news about Social Security disability benefits for veterans with disabilities: a new expedited disability process.

We believe it is important to recognize those who currently serve in the military as well as those injured in the line of duty and consider it an honor and a duty to serve them. Whether the injury is physical or mental, getting a decision about Social Security disability benefits from your government shouldn't add to the problems faced by the injured.

Carolyn W. Colvin, Acting Commissioner of Social Security, recently unveiled a new initiative to expedite disability applications from veterans with a Department of Veterans Affairs (VA) disability compen-

sation rating of 100 percent Permanent and Total (P&T). Under the new process, Social Security will treat these veterans' applications as high priority and issue expedited decisions, similar to the way we currently handle disability claims from wounded warriors.

"Our veterans have sacrificed so much for our country and it is only right that we ensure they have timely access to the disability benefits they may be eligible for and deserve," said Colvin.

Learn more about the new expedited process for veterans at www.socialsecurity.gov/pressoffice/pr/2014/expedited-dib-process2-pr.html.

Also, you'll want to visit our Wounded Warriors page at www.socialsecurity.gov/woundedwarriors. There you'll find informative webinars, a Disability Planner, an overview of our disability programs and the convenient online disability application.



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Elder Rights Handbook

Legal Services for the Elderly (LSE) is pleased to announce the online publication of our new Elder Rights Handbook. LSE's Elder Rights Fellow, Kathleen Willette, Esq., compiled a wealth of information for this extensive resource that provides helpful, in depth information on many frequently asked legal questions. This includes information on consumer

debt, housing, MaineCare, elder abuse, Medicare, Powers of Attorney, financial exploitation, surviving spouse issues, and many other areas of interest to seniors and their family members. The Elder Rights Handbook is available at <http://www.mainelse.org/handbook> and contains printer-friendly sections.

The following is a sample of information from the Handbook on Powers of Attorney, found in the "Planning for the Future" Chapter:

What is a Power of Attorney?

A Power of Attorney is a document that gives someone else (usually a trusted relative or friend) the authority to make certain decisions and act on your behalf. The most common type of Power of Attorney is called a Durable Power of Attorney. The word "durable" means that you created your Power of Attorney while you still had capacity, and that you intended for the document to remain in effect if you become "incapacitated."

Will I have to give up my rights to handle my own affairs?

No. You can still manage your own affairs as long as you are willing and able. If your agent does start handling your affairs, they must handle your money and property the way you want. The law says that your agent must do what is in your best interests. If your agent is telling you that you can't do something because they have "Power of Attorney over you," he or she might not understand what it means to be your agent, or worse, might be abusing his or her authority as your agent. If you are unhappy with your agent or want to revoke your Power of Attorney, call the Legal Services for the Elderly Helpline to talk to an attorney for free: 1-800-750-5353.

How do I get a Power of Attorney?

Talk to an attorney who can help you decide what's best for you. If you're 60 or older, an attorney from Legal Services for the Elderly can answer your questions and may be able to create a Power of Attorney for you. Do not use a pre-printed form from an office supply store, the library or the internet. Some of these forms are not legal in Maine.

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 them the Helpline number.

Legal Services for the Elderly Helpline:
1-800-750-5353

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

Provided by Elizabeth LaPierre, LSE Staff Attorney serving York County

The Unwinding

Non-fiction by George Packer

Book review by Don Caouette

In "The Unwinding" George Packer profiles the compelling lives of four individuals and a city over the past forty years. He reveals how the profound changes they experience dramatically affected this country. These people include a factory worker in Youngstown, Ohio, a renewable energy entrepreneur in Virginia, a Joe Biden staffer in Washington, D.C., and a venture capitalist in Silicon Valley, California. Together, these stories help explain the transformation of a country into one very different from the 1960s.

In addition to these stories, Packer gives biographical sketches of some famous people he feels have been influential in shaping these changes. Amongst them are Sam Walton and his Walmart empire, Robert Rubin while working on Wall Street and as Secretary of the Treasury, Newt Gingrich's effect on political ideologies as Speaker of the House, Colin Powell's career in the military and particularly as Secretary of Defense.

Readers may question whether Packer has written a polemic book. Does he attempt to be persuasive or want us to draw our own conclusions? Although many of us have our own ideas of what happened during this period, this informative book provides additional insight on this critical period of our lives. Any concern regarding the accurateness of Packer's book may be alleviated by the fact he is a staff writer for the New Yorker magazine which has a reputation of expecting thorough research from its writers.

Packer discusses not only the important events of the past four decades, but why they occurred. For example, the causes of the Great Recession, the underlying reasons for our entering the war with Iraq, the adequacy of government regulation of our financial institutions. He questions the ethics of leaders in both government and industry, and a rising inequality of income coupled with the increasing difficulty of climbing the economic ladder. All of these issues contribute to what Packer defines as a new America. Some people will read this book and dismiss its analyses. Others, as I did, may find it enlightening and even unsettling to read.

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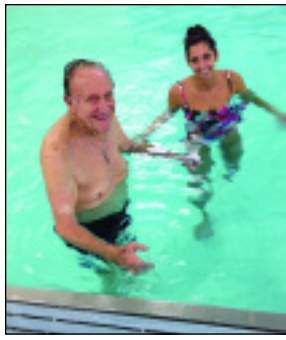
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Living Strong in Maine

By: Mariana Tupper

One of the “stars” of Maine’s healthcare scene just got even brighter.



lost normal movement through illness or injury. Krouse adds, “Providing LiveStrong at the YMCA—outside of a medical facility—allows us to emphasize the improvement of all dimensions of well-being and not just focus on battling a disease.”

For the past 12 years, a unique “adaptive services” program at the Casco Bay YMCA in Freeport has been providing free exercise help for people impacted by strokes, chronic diseases, and other health challenges. Recently, the YMCA extended its offerings to include a free LiveStrong cancer support program for individuals and families.

The LiveStrong Foundation was started by cyclist Lance Armstrong in 1997. Since 2006 it has partnered with YMCA chapters across the U.S. to help cancer survivors rebuild strength—both mental and physical—after treatment. The initiative took off in Freeport in 2013.

So far, more than a dozen cancer survivors have benefited from the 12-week physical exercise and wellness program. “The families or ‘significant others’ are good support systems too,” says LiveStrong leader Brittney Barr, “so they are given free YMCA membership as well.”

Twice a week the current LiveStrong group gathers at the Casco Bay YMCA for 75 minutes of exercise, conversation, and community. Lindy Lyman, of Freeport, was a pilot group member last September, “under the intelligent, encouraging care of Brittney” and other staff. “I have regained my spark after 11 tough years of cancer treatment”

“It’s a group interaction and support system,” Barr explains. “It’s a new start to rebuild the body and mind.” The small group format is limited to 12 participants per session (the pilot program had 4). Barr is one of three YMCA personal trainers to receive LiveStrong instruction last summer, along with Jacob Thich and Wayne Clark.

Casco Bay YMCA Director Scott Krouse says that LiveStrong has become a natural part of the Y’s Adaptive Services program—which has long been helping people who have

The Adaptive Services program is funded by an annual spring auction.

“A lot of [the participants] have said this is a new start to get back to who they were before, and maybe even to be better than they were before!” says Barr. “The coolest thing about my job is being able to help people improve their lives, seeing firsthand how exercise has helped their everyday living.”

For more information visit www.ymcaofsouthernmaine.org/casco-bay-ymca

Project Brings Gardening Opportunity to Area Seniors

The Y Trafton Center in Sanford would like to build a greenhouse to benefit the members of the senior center as well as the community. Many members of the Trafton Center live in senior housing or smaller, more affordable efficiency apartments, and do not have the opportunity to garden. Gardening is a great form of physical activity, but it is also an opportunity to nurture and feel productive.



A watercolor rendering of the proposed greenhouse

The goal for the greenhouse is not just to provide area seniors with the ability to garden, but to use the structure as a chance to partner with other community groups. Area schools and parks and recreation programs will be able to participate in a mentoring program.

To be a part of this project or to learn more, please call: 457-0080.

Community Leaders Deliver Meals on Wheels

This year SMAA participated in the Community Champions Week (March 17-21), an initiative by the Meals on Wheels Association of America (MOWAA), which brings together community leaders and local Meals on Wheels programs to help raise awareness about senior hunger. Community champions, including elected officials, community leaders, and prominent community members, across York and Cumberland counties took part in this terrific event.

Local community leaders pledged to become involved in their local Meals on Wheels programs by visiting delivery sites, learning about the meals we deliver, getting to know staff and volunteers, and most importantly—going on deliveries to get to know our clients.

We at SMAA thank this year’s participants for their dedication to the older adults in York and Cumberland counties and their support for ending senior hunger.

2014 Community Champions Week Participants

Bill Baker, Westbrook Director of Business and Community Relations

Bob Quinn, Saco Vice Chair City Council

Cindy Saklad, Kittery Finance Director

Danielle West-Chuhta, Portland Corporate Counsel

David O’Brien, Kittery Fire Chief

Gerry Myroie, Kittery Town Planner

Heather Ross, Kittery Code Enforcement Officer

Kenneth Blow, Old Orchard Beach Town Councilor

Larry Gross, Executive Director, Southern Maine Agency on Aging

Malorie Paster, Old Orchard Beach Town Councilor

Maryann Place, Kittery Town Clerk

Mike Miles, Portland HR Director

Mike Ready, Biddeford City Councilor

Nancy Colbert Puff, Kittery Town Manager

Norm Albert, Kittery Interim Public Works Commissioner

Robert Muir, Windham Town Councilor

Russell White, Kittery Town Councilor

Todd Shea, Arundel Town Manager



Malorie Paster, Old Orchard Beach Town Councilor and Volunteer, David start their day off with smiles



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Agewell Schedule

A Matter of Balance

July 29 - September 16, Tuesdays 2-4PM, Southern Maine Agency on Aging, Scarborough

September 8 - October 1, Monday & Wednesday, 10AM-12PM, Woods at Canco, Portland

September 17 - November 12, Wednesdays, 1-3PM, New England Rehab, Portland

September 25 - November 13, Thursdays, 10AM-12PM, Kittery Community Center

September 26 - November 14, Fridays, 9-11AM, Southern Maine Agency on Aging, Scarborough

Chronic Pain Self-Management

July 21 - August 25, Mondays, 9-11:30AM, J. Richard Martin Community Center, Biddeford

Additional workshops currently being scheduled in York and Cumberland counties. Call for more information.

Living Well for Better Health

Workshops currently being scheduled in York and Cumberland counties. Call for more information. For more information, or to register for a workshop, please call 1-800-400-6325.

Volunteer Training Opportunities

A Matter of Balance

(1 day training)
July 30, 8:30AM-4PM
Southern Maine Agency on Aging
136 US Route One, Scarborough

Chronic Pain Self-Management

(4 day training)
June 11, 12, 18 & 19, 8:30AM-4PM
Location TBD

Living Well for Better Health

(4 day training)
Oct 1, 2, 8 & 9, 8:30AM-4PM
Southern Maine Agency on Aging
136 US Route One, Scarborough

For more information about volunteer training opportunities, please call Crystal Castro at 396-6529 or email ccastro@smaa.org

VISIT OUR WEBSITE
www.smaa.org

Salute to our Agewell Partners

An Agewell Tribute to All the Folks Who Help Make our Healthy Aging Workshops So Successful!

In honor of Volunteer Week in April and Older Americans Month in May, the Agewell Center salutes the many individuals and organizations who have contributed their talents and resources over the past year. We couldn't do what we do without you!

First and foremost, Agewell staff would like to give a BIG shout-out to all of our amazing volunteers! These volunteers are dedicated to helping others by delivering Agewell's high quality evidence-based workshops, which promote independence, build self-management skills and help people live healthier, more active lives. The Agewell center has over 80 volunteer coaches, leaders, office helpers and guest healthcare professionals who are vital to the success of our programs.

Many Thanks to These Dedicated Volunteers!!

We would also like to recognize our partners and host organizations who do so much to help make our programs successful, including providing enthusiastic staff to assist with leading workshops and comfortable, welcoming spaces to hold our workshops throughout York and Cumberland counties.

Organizations and Host Sites working together with Agewell:

- Intermed – Yarmouth and Portland, ME
- Woods at Canco – Portland, ME
- Holy Trinity Greek Orthodox Church – Portland, ME
- University of New England (UNE) – Portland, ME
- MaineHealth Partnership for Healthy Aging – Portland, ME
- 100 State Street – Portland, ME
- Paul Hazelton House – Saco, ME
- Park Danforth – Portland, ME
- Park St. School – Kennebunk, ME
- The Birches – Old Orchard Beach, ME
- Ross Center – 50+ Club-Biddeford, ME
- St Alban's Episcopal Church – Cape Elizabeth, ME
- Larrabee Village – Westbrook Housing - Westbrook, ME
- Northfield Green Apartments – Portland, ME
- Jewish Community Alliance – Portland, ME
- Basics Fitness Center – South Portland, ME
- New England Rehabilitation Hospital – Portland
- The Medically Oriented Gym – South Portland, ME

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Award winning dining awaits you! Our culinary team takes great pride in the diversity & quality of the selections and meals they offer our residents. Enjoy meals served restaurant style in our elegant, yet comfortable, dining rooms. Menus offer a blend of healthy choices, traditional New England favorites and seasonal specialties, all attractively prepared and presented by our professional culinary team.

The Park Danforth invites you to replace the worries of home maintenance with the freedom to pursue your current interests, develop new ones and enjoy the comfort and security of a warm and friendly Senior community. We offer both Residential Apartments and Assisted Living on our conveniently located Portland campus.

Call Judith Miller today to request an information packet and arrange time for your visit to The Park Danforth.



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- Aetna Innovation Lab
- MaineHealth Learning Resource Centers – Falmouth and Scarborough, ME

Host an Agewell Workshop at your Site!

If you are interested in hosting one or all of our evidence-based workshops at your site in York or Cumberland County, please call Crystal Castro at 396-6529 or email at ccastro



Self-Management: The Road Back to Better

Here at the Agewell Center, we know that when it comes to dealing with pain and chronic diseases, self-management is essential to living a fulfilling life.

Recently, a participant who went through the Chronic Pain Self-Management workshop wrote us an endearing letter, reminding us of the many ways this workshop can impact the people who participate!

She wanted us to know that through the workshop activities, she had become “a happier person” by becoming more active, practicing relaxation techniques and “balancing daily activities”.

Other participants reported their accomplishments as well:

- Lost 8 lbs., learned about and improved portion control
- Spoke with their doctor about changing medications, decreased need for statins
- Decreased procrastination, learned to break a task down and achieve it
- Weaned off opiate pain medication, resumed reading for pleasure
- Improved communication skills
- Decreased pain level, increased activity, more confident
- Reaching personal goals using Action Plans

Chronic Pain Self-Management and Living Well for Better Health Workshops can help you to develop or improve self-management skills so that you can be more active and independent, reduce frustration and fatigue, manage pain, improve your mood and live a more fulfilling life!

Workshops are being formed now! For more information about Chronic Pain Self-Management workshop or Living Well for Better Health Workshop, please call Maria at 1-800-400-6325.

Dream Bigger

If you had the opportunity to start again, what would your life look like? If you felt intimidated or unsafe at home, what would you do? Many older and elderly people don't fit into the mold of current services that offer options for those living at home in unsafe relationships. Leaving home after a lifetime in a community is no small matter. Leaving home for temporary residence at a local domestic violence shelter does not fit senior's ideas as a choice. Already overwhelmed by negotiating and adapting day to day life, the situation can feel hopeless. Clearly there is a need for a different venue of services.

The good news is that a program now exists that offers the opportunity to start over. Martha's Cottage is a no-cost, three bedroom home that provides residents with a private bedroom and bath while navigating through the process of finding more permanent housing with stays up to two years. Martha's Cottage is a grant funded project offered by the Elder Abuse Institute of Maine in recognition that many older members in our communities are living at risk. Maine has 14,000 reported cases of abuse each year with most cases unreported. Advocates weave together local resources in a network of support for program participants. Women often share how their lives were positively impacted by Martha's Cottage and how the support they received was life-changing.

“I had no expectation that I would stay as long as I did. I felt so afraid that first night that I slept in my clothes on top of the bed, clutching my purse, thinking all the while that I would leave. The advocates came in the next morning and together we created a list of things I wanted to accomplish. They were so reassuring and kind that within a week, I knew I had made the right decision.” - “Iris”, 74



“The Cottage is such a calm and beautiful space. After I moved into my new apartment, I started to dream again. I hadn't even realized that I didn't allow myself that luxury. Some days I can't believe my life is this good. I never dreamed it could be.” - “Mary”, 64
“I would never have been able to

do this on my own. They convinced me that I deserved a better life and that I could re-invent one for myself. I have. The program is amazing.” - “Betty”, 73

Transitional housing residency is not required to participate in the variety of services we offer. We invite you to call to discuss the possibilities. Contact Meg at 767-4952 Ext 104. All calls are confidential. To learn more about Martha's Cottage, visit www.eaime.org

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VOLUNTEER SERVICES & RSVP

“An Invitation to Make a Difference”

Volunteers to Be Recognized for Service

Southern Maine Agency on Aging will honor its volunteers at a Volunteer Recognition Celebration to be held June 26 from 11:30 to 2:30 at Scarborough High School, Scarborough. The event will highlight volunteers' contributions and allow volunteers a chance to meet and discuss their service. Entertainment and light refreshments including sandwiches, fruit, and desserts will be provided.



Volunteers will receive personal invitations to the celebration.

FMI: contact Volunteer Services manager Carol Rancourt at cran-court@smaaa.org.



SMAA Talks to Legislators

Cindy Bastarache of SMAA's Volunteer Services department, right, describes the Agency's RSVP program to Maine State Representative Paulette G. Beaudoin of Biddeford. SMAA participated in the 2014 Maine National Service Awareness Day at the Hall of Flags in the State Capitol in Augusta as a way to acquaint legislators with the RSVP program and other services available to Maine residents. Behind Rep. Beaudoin is State Rep. Jonathan L. Kinney of Limington.

SMAA/RSVP Volunteers Inducted into Maine Roll of Honor

Eighteen SMAA and RSVP volunteers who donated at least 500 hours of service in 2013 were named to the Maine Volunteers Roll of Honor to commend them for their efforts as part of this year's Governor's Awards for Service and Volunteerism. Each volunteer received a Governor's Awards for Service and Volunteerism certificate signed by Gov. Paul LePage and a listing in the Bangor Daily News during National Volunteer Week April 6-12. In addition, all volunteers named to the Roll of Honor received invitations and free tickets to attend the Sea Dogs Volunteer Appreciation Night on April 29, thanks to the Sea Dogs and Unum. A pregame volunteer recognition ceremony honored all volunteers who attended.

Recognition of volunteers' contributions by the Governor's Awards for Service and Volunteerism, managed by the Maine Commission for Community Service (MCCS), helps "to inspire others to follow in the footsteps" of "Maine's most dedicated citizens." By donating their time and talents, the volunteers "contribute to the strength and vitality of every Maine town and city . . . and help communities stretch finite cash resources to deliver the most service possible," according to MCCS.

SMAA and RSVP volunteers included in the 2014 Roll of Honor are as follows:

- Kate Arcand** of Portland, 626.6 hours, hospital volunteer at Maine Medical Center.
- Annastasia E. Bennett** of South Portland, 563 hours, knitter of items for youth and nursing home patients.
- Arlene Bowers** of Dayton, 2,025 hours, knitter.
- Rose Burke** of Windham, 625 hours, knitter.
- Doris Busse** of Biddeford, 612 hours, knitter.
- Kathryn Dawley** of Gray, 1,120 hours, knitter.
- Rita Dugal** of Ocean Park, 539 hours, knitter.
- Doris Flaherty** of Portland, 2,219 hours, knitter and bulk mailer for SMAA.
- Lea Gobiell** of East Waterboro, 702 hours, knitter and Old Timers Shop volunteer.
- Dorothy Hestemen** of Springvale, 561 hours, Meals on Wheels volunteer.
- Ann Hughes** of Portland, 818 hours, knitter.
- Kenneth Johnson** of Scarborough,

1,803.25 hours, Meals on Wheels volunteer.

Barbara Miller, 669 hours, knitter and volunteer for Caring Unlimited and Old Timers Shop.

Lorraine Moulton of Cape Neddick, 1,596 hours, Senior Center volunteer.

Rachel Prior of Sanford, 2,031 hours, knitter.

Sally Rendall of Scarborough, 1,051.75 hours, hospital volunteer at Maine Medical Center and Scarborough Land Conservation Trust program aid.

Lynda Roberts of Scarborough, 515 hours, hospital volunteer at Maine Medical Center.

Elizabeth Smith of Portland, 1,215 hours, knitter.

Vet to Vet Project Ready to Launch


The Vet to Vet Project, a new Southern Maine Agency on Aging program, will begin training its first team of veteran volunteers on May 6, 8, and 13. The project matches volunteers who are veterans with older vets and those with disabilities who can benefit from companionship and visits from another veteran. The volunteers will visit the vets in their homes at least twice a month, swap stories, and refer them for additional services if needed. Approximately 20 volunteers will begin the visits in June.

The project is being developed by VISTA volunteer Susan Gold under the supervision of Volunteer Services manager Carol Rancourt. The department is recruiting a second team of volunteers and clients; another training session for volunteers will be held in late summer or early fall.

To volunteer as a visitor or to sign up for a visit, veterans can contact SMAA's Volunteer Services department at 207-396-6525 or volunteer@smaaa.org. For more information about the project, contact Susan Gold at 207-396-6500, ext. 600, or sgold@smaaa.org.



Amvets Donate to Vet to Vet Project
Photo by John Gold



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- **Thursday, June 5th 6:30 p.m.** **ACTIVITIES W/PURPOSE & MEANING**
Speaker: Dr. Nancy Richeson, PhD, CTRS, FNART, American Therapeutic Recreation Journal, Editor-In-Chief
- **Thursday, June 26th 6:30 p.m.** **LEGAL IMPLICATIONS OF DEMENTIA CARE**
Speaker: Kate Geoffroy, Esq., CELA, Nelson-Reade Law Office, P.C.

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Time & Temperature Sign to Feature Vet to Vet

Thanks to the generosity of the law offices of Joe Bornstein, SMAA's new Vet to Vet project will be highlighted on the Time and Temperature sign at 477 Congress Street above the Portland skyline. Look for the sign flashing "Vet2Vet" during the Memorial Day weekend. The message can be seen for miles around.

Randall "Doc" Simonse of the Robert W. Boyd Amvets Post #2 in Yarmouth presents a \$300 check to SMAA's VISTA volunteer Susan Gold on April 12. The donation will cover background check fees for veteran volunteers in the Vet to Vet project. The post has also pledged to cover the fees for all 20 volunteers in the project, up to \$500 total.

Volunteers are Essential to Success

April was National Volunteer Month – a month dedicated to thanking all of our many volunteers for your community service. Whether you are delivering Meals on Wheels, counselling people on their Medicare benefits, testing water, making trails, or tutoring kids—you create better days for those around you.

After spending a month celebrating all that our volunteers do, it was heartbreaking to learn of a proposal that could literally dismantle the RSVP program not just here at SMAA but across the country.

President Obama's proposed budget for FY 2015 would eliminate two-thirds of the RSVP program. The goal for this cut is to save taxpayers money, but when you eliminate support and structure for volunteering opportunities the opposite will happen.

A recent blog post entitled "Bipartisan Promise Breaking" by Ann-Maura Connolly from TheHill.com speaks to the impact of losing the RSVP program, specifically:

- Nearly 400,000 American's volunteer each year – of them, approximately 315,000 are aged 55 and older.
- A recent Columbia University study confirmed that every dollar invested in national service generates returns to society of \$3.95 in terms of higher earnings, increased output, and other community-wide benefits.
- Across the country 82,590 students would no longer receive tutoring, up to 563,200 veterans would not receive support, and up to 742,800 frail senior and Americans with disabilities would not receive the support they currently do from RSVP volunteers.

You can read the blog post in its entirety at <http://goo.gl/eHSWEH>.

Write to and call your senators and representatives to let them know the importance of programs like RSVP and the impact losing it will have on our communities.



CATCH Healthy Habits

Volunteer Wins Anthem Community Angels Award

On April 2, Peggy York was named the 2014 Anthem Community Angel Award Winner. Peggy was recognized for her volunteerism in a Health and Human Services non-profit during a Portland Pirates game. As a CATCH Healthy Habits volunteer, Peggy has completed three, eight-week sessions with children in grades K-2. Peggy has engaged students by teaching about GO and WHOA foods, leading active physical games, creating nutrition lesson poster, and teaching about healthy eating. Peggy has also helped with training new volunteers.

Eric Jermyn from Anthem Blue Cross and Blue Shield presented Peggy with a check for \$500, which will be donated in her name to CATCH Healthy Habits. She also received a Coyote's jersey imprinted with her name.

Hannaford Supermarkets Provide Snacks

Thank you Hannaford Supermarkets for your recent donation of a \$250 gift card. This donation provided healthy snacks and table ware for eight sessions at the Westbrook Community Center. Students learned about and sampled healthy eating recipes such as fruit kebobs,

veggies and dip, apples dipped in yogurt, rice square cereal and fresh fruit, and trail mix.

Students on St. Patrick's Day were treated to a healthy, holiday-themed treat, veggie shamrocks: four slices of cucumber space around a spoonful of green cream cheese, half a cheese stick for a stem, a "rainbow" of orange, yellow, and red pepper slices, and mini Triscuit "soil" to complete the plate.

Westbrook Community Center Completes Program

"I will eat as many GO foods and play as many GO activities as I can" was the sentiment of the 16 graduating students in grades K-2 at Westbrook Community Center. They each received a certificate of participation, bright green CATCH Healthy Habits T-shirt and a "squishy" ball in the shape of fresh fruits and vegetables as a reminder of the pledge they signed. Thanks to Peggy York, Laurie Lin, Mary Gavin, Jan Perry and Olivia Rosado for their leadership.

Back at the Boys and Girls Club of South Portland

Twenty-four children at the Boys and Girls Club of South Portland welcomed us back in March. Our new volunteer team included Pat McDonald, Pat Bright, Mimi Davis and Nancee Daigle. During the first session students learned about Hearty Heart, a space boy from the planet Strongheart.

Hearty Heart's assignment is to visit the children of Earth and introduce them to healthy eating and activities.

The children had great fun hearing about Hearty Heart's adventures. Both children and volunteers alike can't wait for the next session!

Welcome New Volunteers!

In February and March, 18 new volunteers were welcomed into Volunteer Services and RSVP! Some of their names are listed below:

- Steven Bernstein
- Patricia Bright
- Nancee Daigle
- Donna Ford
- Paulette Gallant
- Robert Kennedy
- Patricia McDonald
- Janet McInnis
- Dave Mikesell
- Matthew Morey
- Colleen O'Neil
- Anne Saltonstall
- Travis Thibeau
- Mary Vandt
- Joye Woodford

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Maine's Area Agencies On Aging Launch Money Minders Program

Older Adults Offered Peace of Mind

Many of Maine's older adults are living independently and thriving. They have strong networks of friends, are active in their communities and have trusted family members who offer needed assistance. Unfortunately, this isn't the reality for all older Mainers and far too many have no one to help them when they need it. When the need involves managing money, this can leave older adults vulnerable and at risk of losing their independence.

Thanks to a generous grant by the John T. Gorman Foundation, Maine's five Area Agencies on Aging have just launched a statewide program called Money Minders which is aimed at helping older adults maintain their independence and peace of

mind. The Money Minders Program matches trained, supervised, bonded volunteers with adults 55 and older who need help establishing a monthly budget and ensuring that all bills get paid in a timely and accurate manner. The program is free for clients who meet low to moderate income and asset guidelines and other eligibility criteria.

"Many older adults need assistance managing their bills and checkbooks for a variety of reasons," said Jessica Maurer, Executive Director of the Maine Association of Area Agencies on Aging. "Whether they have trouble physically writing checks, have never had to manage a checkbook or budget or want some protection against the barrage of frauds and scams aimed at them, Money Minders can offer them peace of mind." In addition to helping people avoid frauds and scams, our volunteers help clients connect

to other services they need as they age and offer much needed socialization to those who are isolated.

In 2012, the Department of Justice estimated that one in nine adults over 60 will be a victim of elder abuse and financial exploitation each year. Financial exploitation is the second most common form of elder abuse. A 2011 MetLife study found that the annual financial loss by victims of elder financial abuse is estimated to be at least \$2.9 billion dollars. Unfortunately, most financial exploitation crimes are perpetrated by family members or caregivers. The Money Minders Program offers older adults an independent tool to use outside of their family structure and attempts to inoculate them from predatory frauds and scams. We've put several safeguards in place within the program, including no direct access to client funds, background checks and bonding of volunteers and regular audits by other independent volunteers.

We're actively recruiting both clients and volunteers at this time. To participate in the Money Minders Program, call 1-877-353-3771. More information can be found at <http://www.maine4a.org/> - just click on the cute dog!

bank or credit card company if you notice anything suspicious such as a charge that you do not recognize.

- If you suspect a problem, report it immediately.

Someone's identity is stolen every three seconds. Don't let the next victim be you!

Here are some great resources: The Maine Office of Securities, www.maine.gov or, 1-877-624-8551; The Maine Fraud Prevention Alliance at www.dashfraud.org; and AARP's Fraud Watch Network, www.aarp.org/fraud, 1-866-554-5380

Wise Guys

By Don Kopp

Standing in front of the open refrigerator with the dog's leash in my hand, I was puzzled over what I had in mind. Stumped, I felt a chill run down my spine, and it was not because of the open 'fridge. No, it was the fear that such moments were harbingers of things to come.

A friend, however, threw me a metaphorical lifeline with an article about aging brains. What could be encouraging about an aging brain, you ask? Well, it turns out that my refrigerator/dog leash episode was proof that my brain, as it moseyed down life's path, had been busily gathering up more and more information and carefully stashing it away in an ever-growing database, kind of like a squirrel with acorns. It seems that it is precisely because of so much accumulated knowledge that I occasionally go off the rails when one thought-provoking idea dislodges its predecessor.

According to the article, while a younger person might actually know why, armed with a pet-restraint, he had confronted a kitchen appliance, we seniors leave that youngster in the dust when it comes to soaking up and processing subtle details, recognizing nuances, and gaining multiple perspectives. We see shades of grey where that kid—who by the way thinks that he has all the answers—sees only black and white. Our accumulated experiences have taught us how much we don't know. We've learned—oh, have we ever—the limits of our knowledge. And according to Confucius, "Knowing what you don't know is true wisdom."

So, next time you can't remember where you parked your car, celebrate that as just one more confirmation of how very wise you have become. But good luck finding your car.

Keeping Your Money Safe from Fraud

Jane Margesson
AARP Maine
Communications Director

It is a sad fact that older adults in Maine are increasingly the target of financial exploitation. In fact, most investment fraud victims are between 55 and 65 years of age. Many older adults have sound finances and a solid credit history, making them a prime target.

One of the most destructive forms of financial fraud is called Identity Theft which occurs when someone uses personal information such as a Social Security number, credit card number, or bank information to get credit or make purchases in your name. The fallout from identity theft can be costly and can take years to unravel.

Scam artists often fabricate stories to solicit personal information. Remember the "grandparent" scam or the "Jamaican Lottery" scam? These schemes use victims' emotions against them so they are too distracted to question the validity of the stories. Another is the "get rich quick" scam where fraudsters claim that you have won the lottery and are entitled to a huge payout.

These scammers are creative and relentless. What can you do?

- Do not give your Social Security or credit card number or bank information to anyone you don't know or who is not from a confirmed, reputable source.
- Monitor your bank statements and credit card bills. Call your




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- You will receive the best standard of medical care
- You may receive a new treatment, designed to help improve memory, thinking and reasoning
- All medicines and consultations during the study will be free of charge and reasonable travel, parking and food expenses will be paid

To be able to join the STARSHINE study you must be:

- diagnosed with probable Alzheimer's disease
- aged **50 years** and over
- able to **communicate** with study doctors
- have a caregiver who can communicate with study doctors and will join you during **every visit**
- able to **walk**, independently or assisted
- free from other conditions which affect **mental ability**, such as schizophrenia or Parkinson's disease
- taking a drug called **donepezil** for at least 6 months

If this is you, or someone you know, we would like to hear from you!

For full details about what is involved and to find out if you might be suitable to take part in the STARSHINE Study, please contact the Study Nurse Meg Lannon at your local study centre on 207-883-4554



AARP Driver Class

The Southern Maine Agency on Aging will host an AARP Smart Driver Class on Tuesday, June 3, from 1-5PM. The class is designed to help experienced, mature drivers review defensive driving techniques, new traffic laws, and rules of the road. Topics covered will include reducing the effects of blind spots, making turns safely at busy intersections, recognizing and reducing driver distractions, the effects of medications on driving, and maintaining proper following distance. Maine residents completing this class who are 55 years of age or older will be eligible for a reduction on their automobile insurance. The cost of the class is \$15 for AARP members and \$20 for others. Class size is limited. Call 396-6500 to register.

Tri-State Volkswalking Weekend

Saturday-Sunday, June 21 – 22

Southern Maine Volkssport Association (SMVA) invites everyone to a special walking weekend with our volkswalking friends from New Hampshire and Massachusetts. A volkswalk (“people’s walk”) is a non-competitive, map-guided walk that you do at your own pace. It’s a great family activity because all ages and abilities can join in the fun.

Join us Saturday, June 21 in South Berwick, ME or Durham, NH or on Sunday, June 22 in Amesbury, MA. There will be two walks in each location: 10K (6.2 miles) with a 5K (3.1 miles) option.

FMI: Contact Denise at SMVA 2005@yahoo.com, (207) 774-3415, or online at smva.8m.com.

Older Americans Month

continued from page 1

complicated matters and making them understandable. We are very lucky to have him as a volunteer, and so are the clients who benefit from his expertise.”

24 Years and Counting

Sally Rendall has been a volunteer with RSVP for 24 years. What makes Sally most outstanding is the dedication she gives to her service—she volunteers every week, all year long. Sally volunteers two half days and two full days at Maine Medical Center in the Development Office, at the Scarborough Campus, and in the gift shop. Sally is also an avid knitter and knits hats and mittens for the RSVP knitting group.

She gives so much of her time as she says, “it makes her feel alive.”

Photo by: Jill Cournoyer



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

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

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

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

Why choose Bridgton Hospital for your Swing Bed care?

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

The Swing Bed Program may include:

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

How is Swing Bed care paid for?

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

For further information please contact
 Miriam Gibely, RN, Swing Bed
 Coordinator at (207) 647-6052
 or (207) 402-0753.



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