



A few of the 83 athletes who will travel to the National Senior Games in Palo Alto, California pose with Senator Susan Collins. Maine Senior Games Coordinator Jo Dill announced at a celebration picnic on July 12 that Senator Collins will be the Honorary Chair of the 2009 Maine Games.



Barbara Haddad and her brother Peter Carberry celebrate the new energy saving improvements, accessible entrances and landscaping at the Agency on Aging's office in Scarborough with guests and staff on June 18. Haddad, a former board member, established the perennial gardens in 2005 in memory of her father Robert Carberry.

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 information or to register.

From the Director's Desk

Every once in a while it is astonishing to note how much can happen in a short period of time. Needless to say, it has been a busy beginning to the summer season. Here are a few highlights from the month of June:

- 795 calls were fielded by our Information and Advocacy team.
- 17 new volunteers joined RSVP, bringing our total RSVP volunteer corps to more than 650.
- Maine Senior Games was selected by the Governor's Council on Physical Activity for the 2009 Adult Fitness Award.
- 14,000 meals were delivered by 300 dedicated volunteers.
- Two of our outstanding Volunteer Medicare Advocates,



Dick Hilton and Stan Cohen, each received awards for their enormous contributions to their communities.

- We celebrated the conclusion of new energy saving improvements, accessible entrances and landscaping at our main office in Scarborough.

SMAA's Truslow Adult Day Health Center in Saco benefited from the work of employees of Canteen Service Co. and Casco Indemnity Co. during United Way's Day of Caring in York County. Annual plantings and garden work as well as painting projects were completed followed by a barbecue and entertainment by country musician Slim Andrews.

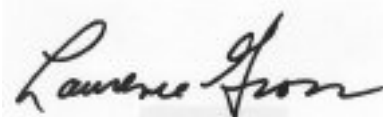
At our June board meeting, I was honored to welcome Jud Knox as our newest board member. Jud is the President and CEO of York Hospital, where he has 27 years of hands-on experience working with and caring for older adults. He brings a wealth of health care knowledge to the Board and a deep

understanding of elder care needs in southern York County.

Our Meals on Wheels program continues to evolve and is receiving great reviews. The recent innovations in Meals on Wheels were featured on MPBN radio and in weekly newspapers. In addition to a new food provider, we are now offering renal, chopped, and pureed meals for participants with special dietary requirements.

In early July Senator Susan Collins became the honorary chair of the 2009 Maine Senior Games, which begin August 29 offering 57 events through September 24.

As we look forward to a busy summer, I would like to thank our more than 2,000 volunteers and donors for your loyalty and hard work.



Laurence Gross
 Executive Director
 Southern Maine Agency on Aging

Senior Sports Spotlight

by Kim Williams
Maine Senior Games Athlete

National Senior Games offers competition in twenty-five different sports. While you may think of pitching horseshoes as a backyard pastime, the competition is hotly contested.

Meet our featured senior athlete who will be competing in August at the National Senior Games in horseshoe pitching.

My name is Rick Fortin and I am 78 years old. I have been married to my wife Rollande (a very strong supporter) for 58 years, and we have five children. We live five months in Brunswick, Maine and seven months in Inverness, Florida. Our legal residence is Maine.

What sport do you compete in and how long have you been involved?

I compete in horseshoes and have been since my teen years. In those days it was mostly competing at family gatherings and picnics. When I retired in 1993, my neighbor Armand Skolfield told me about Maine Senior Games and gave me a registration form. I competed that year and won a silver medal in my age division, and I was hooked!

Do you have a favorite event or a favorite place you've competed?

In 1995 I was invited to the Nationals, which was held in



San Antonio, Texas. I was amazed at the magnitude of the Nationals. There were more than 12,000 athletes and 25,000 guests, and they had at least 8,000 volunteers. In horseshoes alone we had more than 300 participants. In my age group, 60-64, we had 75 competitors. The

best I could do was 9th place. A lot of the horseshoe pitchers belong to clubs and have handicaps. They couldn't believe I had neither.

Since then I have competed every year in the Maine Senior Games and have won numerous Gold and Silver medals. I haven't had as much success at the Nationals. At that level the athletes are top notch. In 1997 I did win a 4th place ribbon in Tucson, Az. I have also been to the Nationals in Orlando, Florida, Virginia Beach, and Louisville, Kentucky.

What's your training like? What do you do to prepare for an event?

In Maine I practice at the Four Seasons campground where we stay during the summer months and in Florida I pitch competitively once a week at a private gathering of all seniors.

Do you have any special accomplishments you'd like to mention?

I am very proud to say that my daughter Nancy competes in basketball and horseshoes and my son Bob now competes in horseshoes in the Maine Senior Games. In fact, since we all won medals in August 2008, we are all going to the Nationals in San Francisco, California. In her first year of National competition Nancy won a Silver medal in horseshoes. This will be Bob's first year competing at the National level.

Do you have advice for someone just starting out?

Whether you compete in State or National Senior Games people are very friendly. Competition is fierce but in a nice way. I have yet to meet an opponent who is rude or who makes me feel that I don't belong there. You meet many people from different parts of the country, brag about the great state we all live in, our different cultures and experiences. I am sorry that I had never heard of the Maine Senior Games until I was 62, otherwise I certainly would have joined at 55, which then was the minimum age, now it is 50.

Take Rick's advice and try out some friendly competition at the Maine Senior Games. I wish him much luck in Palo Alto in August!

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Men's Softball	Bill Nickerson
Swimming	Rob Hale
Table Tennis	Irena Stepan
Tennis	Devi Maganti / Brian Mavor
Track & Field	Dave Caldwell

If you would like to help one of our Event Coordinators, please contact Jo Dill jdill@smaaa.org or 396-6519.

Profile of a Multi-Dimensional Athlete

by Ken Kalb, Volunteer, Capacity Corps

Ben Lothrop is a man with many interests and pursuits. He's played slow-pitch softball for 34 years, keeps a journal, is fond of flower gardening, enjoys reading and writing poetry, tending to his two black cats, and swimming in Range Pond as well as Dundee Park in Windham. He was born and raised in Wilton, Maine, but has lived in Portland for the last forty years. Ben's enthusiasm rises highest, however, when he talks about the Maine Senior Games.

Ben has participated in the Maine Senior Games for twelve years and has won more than 40 medals. He typically enters about eight events each year. These range from various swimming events to race walking, football throwing, field goal shooting (basketball), and bowling.

Ben says it is not the events and medals, as such, that make the Games so worthwhile and rewarding. It is the comradeship of like-minded people sharing in the sense of achievement that comes with well-organized events that so closely resemble the structure and "feel" of the Olympics.

In short, the social contacts are terrific, and we all enjoy companionship on our respective journeys. This should be welcome news to those who may think the Senior Games are only for super jocks that run umpteen miles before breakfast, nine days a week.

To get involved, see www.maineseniorgames.org or call Jo Dill at the Southern Maine Agency on Aging 396-6519.

Want to Check Out the Games? Volunteer!

In all, the Games feature more than 50 events, including archery this year for the first time. Track and Field will offer high-jump competition for a total of thirteen events in that category. Each event needs at least two volunteers to help with registration and logistics. To learn more, contact Jo Dill, Coordinator at jdill@smaaa.org or 396-6519. Toll-free 1-800-427-7411 x519.

**VISIT OUR NEW WEBSITE
www.smaaa.org**

Want to Sing?

The Harbour Singers is a community-based hospice singing group. The group was founded recently by Rev. Henry Warren and Thayer McCain to provide bedside singing and comfort for those in their last moments of life and their families. Harbour Singers also perform at nursing homes and for larger groups. All singers are welcome to be part of this non-religious group.

Hospice workers and family members have observed that even people who are non-responsive in their final days or hours of living can hear and feel comforted by music. People have been known to move their hands to the tempo of the music or mouth the words to songs.

Weekly rehearsals are held 7-9 PM Wednesdays at the Universalist Unitarian Church of Saco & Biddeford Parish Hall, 60 School Street, Saco. Ellie Rolnick is the group's music director. For more information, call 286-7678 or e-mail harboursingers@maine.rr.com.

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IN MEMORIAM

It is with great sadness that the Southern Maine Agency on Aging notes the untimely passing of Melissa Picoraro, a dedicated social worker whose genuine caring and compassion was reflected in her work as an Elder Advocate.



*Melissa A. Picoraro, LMSW
1955 – 2009*

"I wish I could tell you in person. Thanks for being there for me. It was your friendship that gave me life."

—Excerpted from a letter sent by one of the many people Melissa helped during her time at SMAA.

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Senior News

is a publication of

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

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1. Find out if it is possible that there was a billing mistake.

Medicare uses a set of service codes, called CPT codes, for processing medical claims. Each medical service has been assigned a specific code. Sometimes providers accidentally use the wrong codes when filling out Medicare paperwork, and this can result in Medicare denials. A denial can sometimes be easily resolved by asking your doctor to double-check that your claim was submitted with the correct codes. Your doctor's billing office can call 800-MEDICARE to get in touch with the company that processes Medicare claims (carrier or intermediary). If the wrong code was used, ask your doctor to resubmit the claim with the correct code.

2. If the provider believes that the claim was correctly coded or is unwilling to refile the claim, your next step is to appeal. Appealing is easy and many people win.

The MSN will have instructions for how to appeal. Follow these instructions. If the MSN lists several items and you are not disputing all of them, circle the one you want to appeal. Write "Please Review" on the bottom and sign the back. Make a copy for your files. Then mail the signed original to Medicare at the address on the MSN. Make sure you mail your appeal within 120 days of receiving the MSN.

If possible, get a letter from your health care provider saying that you needed the service and why. Send this with your MSN.

Keep photocopies and records of all communication with Medicare concerning your denial, whether written or verbal. Send your appeal certified mail or delivery confirmation.

Even if you sign an Advance Beneficiary Notice (ABN) that stated that you agree to pay for care if Medicare will not, you can still appeal.

Note: You can not appeal to Medicare to cover services that are never covered. For example, you can never ask Medicare to cover more than 100 days in a skilled nursing facility.

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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 an older loved one 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.

Using Visits to See How Things are Going

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

What Do I Look for When Visiting?

Summer in Maine—a time when family and friends often choose to visit. It may also be an opportunity to make sure people are safe and have what they need. Visiting someone you haven't seen in a while may highlight changes in their health, abilities or environment. Here are some things to look at:

Health

- Complaints of new or worsened problems
- Burns, injuries
- Falls, weakness
- Drug or alcohol use; incorrect use of prescription medications

Cognition

- Memory loss, confusion
- Paranoia, agitation
- Being unusually loud or quiet
- Making odd purchases
- Accumulated paperwork

Mental/Emotional Health

- Loss of interest in things he/she previously enjoyed
- Changed relationships
- Change in sleeping patterns

Self-Care

- Neglect of personal hygiene
- Dirty clothes
- Body odor/bad breath
- Unkempt appearance (if this is a change)

Nutrition

- Unintentional weight gain or loss
- Changes in eating habits
- Lack of appetite
- Food on hand is old or sparse

Home Management

- Insufficient food
- Unopened mail
- Unsanitary conditions
- Accumulation of trash, papers

Money Management

- Unpaid bills
- Bills paid twice
- Money or checks lost
- Questionable spending

Driving

- Accidents, tickets, dents or scratches on the car (or mailbox, or garage...)
- Getting lost
- Others report feeling unsafe with driver

How Do I Know What the Problem Is?

When you notice that something

about your family member or friend has changed, remember that it could be a symptom of a problem, but it's important to figure out what is really going on. For instance, if you notice the refrigerator is empty, there could be a number of explanations, each with a different solution needed.

- Forgetting to eat or buy food
- Can't get to the store
- Not enough money for food
- Depressed, losing appetite
- Doesn't feel well enough to eat
- Having trouble carrying groceries

Ask questions of the person and anyone else who sees them regularly to determine what's really going on, and then discuss it with them, local friends and family, or their doctor.

What Should I Do When I Visit?

Assess the person's needs. Note any changes and help make or adapt a plan if needed. Try to anticipate what might be needed soon. The Family Caregiver Support Program can help sort out the situation and suggest strategies.

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

Do financial/legal tasks. Make appointments ahead to meet with key people.

Attend medical appointments.

Establish/strengthen relationships and communication with local resource people. Contact the local Agency on Aging (see www.elder-care.gov to find contact information for any geographic area) to learn about resources, supports, and services that may be available to assist.

Have family meetings, including people designated by the older adult. Revisit goals and plan for your next visit. Appreciate the local caregiver(s) and give them a break. If someone has complex care needs, or needs additional help structuring a plan, consider hiring a care manager to coordinate services and make sure the person's needs are being met.

Have fun together. Don't forget that there is relationship behind helping this person—it's easy to lose that when you're focused on tasks. Make sure you make time to enjoy each other.

"Savvy Caregiver" is Looking for Volunteer Trainers

Savvy Caregiver is a training program for family caregivers of people with dementia. The Maine Office of Elder Services is coordinating an effort to offer this training statewide.

Savvy Caregiver consists of six, two-hour class sessions and encourages participants to try out ideas at home between classes. Participants are asked to plan to attend all six classes in the series. The Agency on Aging is offering classes throughout York and Cumberland counties.

Starting this fall, we will be seeking a few volunteers who would like to learn to teach the course. We will provide training and support, and ask that these Associate Trainers provide at least one Savvy Caregiver Series in the six months following their own training. The course curriculum and training materials are provided. Our goal is for these trainers to continue to offer the program through the third year of the grant, when we will also add more Associate Trainers.

The Savvy Caregiver Program has been researched and has been shown to help family caregivers of people with dementia build knowledge, skills, and the attitude needed to provide more effective care, while promoting their own wellbeing. The feedback we have received on the

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classes so far has been consistently positive, and participants have even opted to stay in touch with each other after the series was over.

If you are interested in learning more, please contact Ann O'Sullivan at 1-800-427-7411 x541 or aosullivan@smaaa.org.

Help for People Helping Aging Family Members

Summer - Fall 2009

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

Class Schedule

August 17, 3-4:30PM. **Aging Issues and Dementia, Part II.** Dementia Support Group, Community Partners, Biddeford. Contact Barbara Alberda, 229-4308.

August 18-25, September 1 & 8, 5:30-7:30PM. **"Putting the Puzzle Together: Getting Ready to Offer Information, Care, and Support to Older Family Members and Friends,"** 4-part series includes understanding geriatric health issues; resources and supports; legal and financial issues; and strategies to make it work. Contact AnneMarie Catanzano to pre-register, 1-800-427-7411.

September 16 - October 21, Wednesdays, 6-8PM. **"Savvy Caregiver,"** Windham Adult Education. Contact Kate Dulac at 1-800-427-7411 to pre-register.

September 17 - October 22, Thursdays, 6:30-8:30PM. **"Savvy Caregiver,"** Wells-Ogunquit Adult Education. Contact Ann O'Sullivan at 1-800-427-7411 to pre-register.

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

"Connections" Resource Guide Available

The resource book, *Connections: A Guide for Family Caregivers in Maine*, has been updated. The book explains a variety of resources throughout the state that can be helpful for family and friends who are assisting older adults, and for older adults parenting children other than their own.

The book is now available for free download from the Southern Maine Agency on Aging website, www.smaaa.org. Use "Select a Program" in the right menu on the home page, and go to the Family Caregiver program. The *Connections* book is listed on the right hand menu—just click to download. Hard copies are available at no cost from SMAA. Contact AnneMarie Catanzano, Family Caregiver Advocate, at 1-800-427-7411 x 545.

Community Partners Extends Its Gratitude

by Barbara Alberda

Community Partners, Inc. has just completed a six month mini-grant with the Southern Maine Agency on Aging Family Caregiver Support Program. The focus of this grant was to collaborate with community organizations, businesses, and individuals to develop resources for family caregivers. Community Partners, Inc. supports men and women with physical and cognitive disabilities. The focus of the collaborative was on serving caregivers of older persons with dementia.

Prior to being awarded this grant, Community Partners had a Dementia Support Group that provided a meeting point for people who wanted to talk without a dedicated leader. Now Community Partners has been able to add educational opportunities for caregivers in addition to a time for support.

Topics included:

- Eating and Dementia—hints and tips.

- Caregiver Stress—burnout, keeping yourself fresh.
- Simplifying the Home—strategies to use when a person has dementia to make their world a calmer place.
- Aging Issues and Dementia—medical considerations when supporting someone with memory loss.
- Grief and Loss—coping with the diagnosis of dementia.
- Death and Dying—thoughts about our feelings and the work we do, the role of hospice, preparing to say good-bye, and finding peace.

Upcoming Dates/Topics:

August 2009: Aging Issues and Dementia, Part II—medical considerations when supporting someone with memory loss with Betsey Palmer and Laurie Peterson, RN.

September 2009: Activities for people with Alzheimer's or dementia—wandering, repeating over and over, activities, eating, memory boxes, importance of history, Activity-Focused Care, Best Friends Approach with Barbara Alberda

October 2009: Dementia in the Work force with Betsey Palmer

November 2009: Holiday Stress with Betsey Palmer

December 2009: Assessing the environment for safety, reducing risk of falls with Laurie Peterson, RN.

Also during this time, the Dementia Support Group was opened up to community members in York, Cumberland and Androscoggin Counties. The group meets on the 3rd Monday of the month at CPI, 443 Main Street, Biddeford, ME. Call 229-4308 for more information.

Additionally during this time, the resources on hand were organized and an index was compiled, resulting in a lending library. Brand new to the library is a DVD titled: "Hi Buddy" and many books with popular titles such as, *A Dignified Life; The Best Friends Approach to Alzheimer's Care; Alzheimer's Disease, Activity Focused Care; and Of Two Minds*. The new DVD and books were purchased with the SMAA mini-grant funds. CPI is

very fortunate to have these titles on hand.

Community Partners, Inc. would like to publicly thank Southern Maine Agency on Aging for the opportunity to collaborate on the Family Caregiver Support Program Mini-grant. It has had a tremendous impact on our services. Thank you.

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

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

Bridgton: 2nd Wednesday of the month, 1:30-3PM at the Bridgton Community Center. Contact Oretta Baker at 647-8095

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


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

York: 3rd Tuesday of the month, 1-2 PM, at the Heart Health Institute. Contact Susan Kelly-Westman at 351-3700

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

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

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



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If you would like a personal illustration or need additional information, please contact Peg Brown, CFRE, Director of Development at 207-396-6590 for more information.

Sample Chart for a \$10,000 Gift Annuity on a Single Life

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* Rates for single-life annuities are typically higher than those for two-life annuities.

Please Note: These examples are for illustrative purposes only and are not intended as legal or tax advice. We recommend that individuals seek the advice of a financial or legal professional as they consider establishing any type of planned gift.



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Hospice: Comfort & Quality of Life

A Medicare Benefit

W. Ross Wadland, MD
Geriatric Medicine,
Maine Medical Center
Associate Medical
Director, Hospice of
Southern Maine



I am frequently asked why I chose to work in hospice and palliative care as part of my career as a doctor for older adults. My first answer is that someone cannot be an effective Geriatrician if they are not comfortable with death and dying, and using the advanced skills needed to help control the symptoms and stresses that come with the end of life. The second reason is that I can witness the most immediate relief of pain and suffering through hospice services. Although people are generally relieved when I help control blood pressure or treat a sinus infection, this does not compare with the deep appreciation that comes when I am able to help an individual and family through one of the most challenging times of their lives.

Although the principles of hospice and palliative care started in Europe hundreds of years ago, it was not until 20 years ago that patients and families in the United States began benefiting from this specialized care focusing on people suffering from terminal conditions. Unfortunately, due to a lack of knowledge, understanding and physician referrals, hospice remains hugely underutilized. Currently only about one-third of all patient's dying in the United States are in a hospice program.

Over the past century there has been a remarkable improvement in life expectancy, which has resulted in an increase in such chronic conditions as diabetes, heart disease, lung disease, and dementia. These chronic conditions usually result in a decline in independence and function while the burden of chronic pain, anxiety, nausea or shortness of breath may increase. During this stage, aggressive medical care may be able to temporarily improve someone's condition but not cure or restore quality of life, and does not focus on relief of symptoms. For this reason, adding palliative care should be considered.

The term palliative care refers to "whole-person" care for people experiencing a debilitating chronic or life-threatening illness. The goal of palliative care is to prevent and relieve suffering. This is unlike curative care, which is focused on the patient's body with the ultimate goal to cure and prevent death. Palliative care involves a specialized team of physicians, nurses, social workers, chaplains and other healthcare professionals centered on enabling a patient to live comfortably and fully until she or he dies. Individuals struggling with advanced illness can incorporate both palliative care and curative care into their overall

medical plan. For example, someone may utilize the skills of a palliative care team for relief from the terrible symptoms of advanced cancer, while still seeking curative treatment from their oncologist.

Hospice care incorporates the principles of palliative care and includes not only a specialized team but also medical benefits. Hospice care is a Medicare benefit providing additional services for patients whom a physician feels has less than six months to live. A patient's primary goal of care must be for symptom management rather than for curative treatment. Individuals with a terminal condition must relinquish attempts at treatment to be under the hospice benefit. Common conditions that are referred by physicians to a hospice agency include not only advanced cancer with limited treatment options, but also

such terminal conditions as chronic lung disease, heart failure, kidney failure, stroke, and advanced dementia.

The hospice team consists of nurses, chaplains, social workers, community volunteers and physicians; all of whom have specific knowledge and experience in caring for individuals through the end of their life. Most people prefer to die comfortably in their own home, and therefore most hospice services are provided to people in that setting. However, hospice services can also occur in nursing homes, assisted living facilities and even hospitals. Involvement of a hospice team during the end of one's life not only reduces pain and suffering but also aids the patient and his or her family's journey through the

emotional, spiritual and physical struggles of death and dying.

"God, grant me the serenity to accept the things I cannot change; the courage to change the things I can; and the wisdom to know the difference."

The Serenity Prayer by Reinhold Niebuhr

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Athletes Celebrate Qualifying for National Competition in California—Go Maine!

Margie Bride, one of the athletes competing in tennis and cycling in National Senior Games, graciously hosted a send off party for athletes who will be traveling to California. More than 100 Maine athletes qualified to compete in the 2009 National Senior Games. Eighty-three Maine athletes will travel to the San Francisco Bay area for the largest multi-sport event in the world for athletes age 50 and older. Scheduled for August 1 - August 15, 2009, the biennial event will deliver medal competition in 18 sports.

Coordinator Jo Dill introduced Senator Susan Collins, who is the honorary chair of the 2009 Maine

Senior Games. Videographers and producers from "The Second Act" TV show on Community Television Network were on hand to begin taping a program that will be shown in the fall. Also, videographer Holly Arsenault is working with Eileen Whynot and Jo Dill from the Agency on Aging on a documentary about Maine Senior Games, the interviews for which began at the party. Video will be used on the web and for other media.

Qualifying Maine athletes registered to attend National Senior Games:

Jeanne Achille, Acton
Laurie Bjorn, Kennebunk

John Blois, Boothbay
Cynthia Bona, Scarborough
Mary Brandes, Falmouth
Marjorie Bride, Scarborough
Helena Brook, Kennebunkport
Tim Burch, Damariscotta
Lorraine Carroll, Portland
Marcia Chute, South Portland
Dick Clark, Portland
Peter Connolly, Portland
Loring Deagazio, Ogunquit
Jo Dill, Lyman
Susan Dunn, Buxton
Michael Esposito, Portland
Jef Evans, Brunswick
Thomas Farley, Yarmouth
Nancy Fortin, Richmond
Rick Fortin, Brunswick
Robert Fortin, South Berwick
Bonnie Fossett, Hollis
Richie Garrett, Falmouth
Peter Gibbs, Richmond
Mike Giordano, Portland
Stanley Hansen, Lewiston
Margaret Holmes, Hollis
Linda Hunt, Hollis
Frank Hurd, Sanford
Charles Kahill, South Portland
Stephen King, South Portland
Claudia Lackee, South Portland
Joanne Lannin, Gorham
Arden Levasseur, Brunswick
Jerry Levasseur, Brunswick
Edward Libby, Hollis
Subi Link, Portland
Jackie Lozier, Bar Mills
Beverly Maclean, South Portland
Judy Martin, Hollis
Thomas Mccullough, Harpswell
Maureen Mcinnis, Portland
Donna Mcnelly, Bailey Island

Lana Merchant, Windham
Samual Merrill, Cumberland Foreside
Eileen Monahan, Cape Elizabeth
Richard Nealley, Portland
Shelley Nickerson, Scarborough
William Nickerson, Scarborough
Martin Norton, Westbrook
Tony Parrella, Portland
Patrick Perkins, Gorham
Rita Perron, Hollis
Bruce Plante, Berwick
John Powell, Cumberland
Karen Reardon, Saco
Nancy Richardson, South Portland
Justin Rinfret, Scarborough
Ellsworth Rundlett, Portland
Bruce, Sampson, Westbrook
Rene Saucier, Yarmouth
Edward Schencks, Buxton
Verna Sepe, Kingfield
Thomas Sharples, Falmouth
Kelly Sherwood, Woolwich
John Slavin, Freeport
Deb Smith, Portland
Michael Snyder, Portland
Donald Spencer, Falmouth
Paul Stevens, Portland
Patty Stogsdill, Falmouth
Russell Stogsdill, Falmouth
Cheryl Tardy, Sanford
Debbie Tefft, Hollis
Brad Thompson, Salisbury Cove
Adrienne Turner, Hollis Center
George Walsh, Jay
Suzanne Weatherbie, Scarborough
Clyde Wentworth, No. Yarmouth
Mary Whited, Falmouth
Diane Whitmore, Portland
Kimberly Williams, South Portland
Lennie Yamashiro, Farmington



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MEDICARE EDITORIAL

More than 26 million beneficiaries are now enrolled in a Medicare Part D drug plan or obtain their medicines through a Medicare Advantage plan. As a new Kaiser Family Foundation report says, “The Medicare drug benefit is often held up as a market-based model for providing government-subsidized coverage”.



“For many beneficiaries enrolled in Part D plans, however, the coverage provided by Medicare’s private drug plans has decreased as premiums and cost-sharing requirements have increased over time, with shrinking options for low-income beneficiaries.”

“Between 2006 and 2009, the weighted average premium paid by beneficiaries for stand-alone Part D coverage has increased by 35 percent, from \$25.93 per month in 2006 to \$35.09 in 2009. Since 2006, the median cost sharing in Part D plans for a 30-day supply of “preferred” brand drugs increased by 32 percent, from \$28 to \$37.”

In 2009, compared to all previous years, fewer plans are available without a premium to low-income beneficiaries. As a result, more than 1.6 million low-income subsidy recipients were assigned to new Part D plans, and another two million who remained in their same plan between 2008 and 2009 are now paying premiums for their drug coverage.

Medicare’s Part D program needs work. I hope that Congress gives it the attention it needs as it addresses Medicare issues overall.

Stan Cohen, Bridgton, Maine

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

Congratulations, Stan!

Stan Cohen received an “Exemplary Service Award” by the Governor’s Service Awards for his five years of work as a Volunteer Medicare Advocate. In addition to regular office hours at the Bridgton Hospital and the Community Center, Stan makes home visits to the surrounding Lakes Region towns. As of the time of his nomination, Stan had reached 828 people in 1,700 sessions. Stan is the Medicare information and fraud “go-to-guy” in the communities of northern Cumberland County. He also reaches out through his regular column in the “Bridgton News” called Medicare Nuggets. Stan exemplifies the true meaning of service as a community leader, a SMAA board member and in the rest of his volunteer activities.

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Volunteer Wanted to Help SMAA Go Even Greener

The Southern Maine Agency on Aging is looking for the help of a volunteer to lead our efforts to "Go Green" for both the environmental good and the health and welfare of our staff, visitors and clients. Prospective volunteers would join "Capacity Corps," a program for older adults age 55 or older who have specific skills to share with non-profits. The new "Environmental Coordinator" should have some knowledge and an interest in recycling and green products. The volunteer will:

- Work with an advisory group of interested SMAA staff.
- Research and evaluate "Going Green" models for feasibility and cost.
- Review current recycling plan.
- Review current cleaning supplies and other chemicals used.
- Identify green products as feasible substitutes for current products.
- Recommend a course of action with pros and cons clearly identified; preferably in priority order so that steps can be phased in.
- Suggest an implementation plan to SMAA Executive Director.

There is a great deal of flexibility built into this short-term project and hours can be arranged to suit a volunteer's schedule. We are anticipating that the project will take about 120 total hours over a 3-4 month period.

For more information about this project or other Capacity Corps opportunities, please contact Paddy Clark, Coordinator, at 396-6538 or email plark@smaaa.org.

Police Blotter: Night Shift by Ken Kalb

*Herewith the facts on petty grief:
Part of my bed is loot for a thief
Who's deft and bold beyond belief.*

*As I douse the lights and bolt the door
To settle in for my nightly snore,
He makes his move from the closet floor.*

*Despite his girth and shag and fleas
He moves with stealthy grace and ease
To steal the space behind my knees.*

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Table Tennis Champ Highest Rated Woman Player in Maine

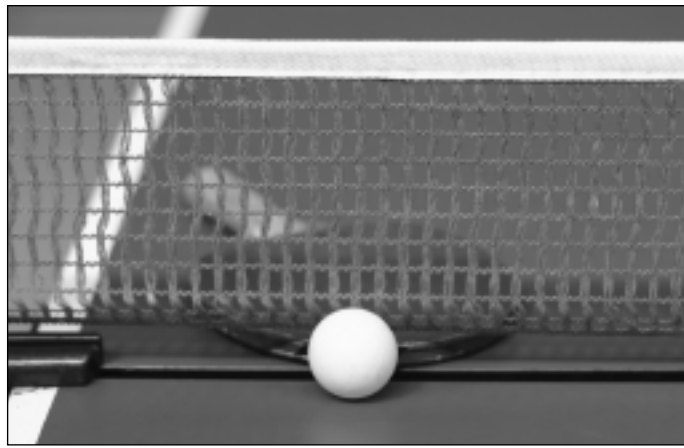
by Sharron Cygan, Volunteer,
Capacity Corps

Irena Stepan's interest in table tennis started way back as a kid, but her love affair with the game really took off while attending Cortland State College in New York. There, she learned how to play the game as a sport not just a recreational game played in a basement or garage. She admits, however, there was another enticing factor. She was smitten with one of the male players. Her first significant win was the intercollegiate championship at Cortland that qualified her for the College Table Tennis National Championships in La Crosse, Wisconsin. While the romance never took off, her relationship with the game blossomed into a passion that is evident today.

So what's the difference between table tennis and ping pong one might ask? Ping pong/table tennis is believed to have been invented in England as early as 1884 and various names were used. The first bats/paddles we made with velum stretched over an outer casing (similar to that of a small drum) attached to a handle. It is believed that the sound of the ball hitting the velum gave rise to the name "Ping Pong," a name that was later trademarked in England. Parker Brothers bought the rights to the name and began manufacturing and selling the equipment in the U.S. These days, the trademarked Ping Pong has gone the way of Aspirin and Kleenex, used mostly in generic terms. The correct term for the sport today is table tennis.

As a new arrival in Portland, Irena found that there were no local table tennis clubs other than in Saco, which she thought seemed a bit too far away. She didn't pick up a paddle for about 15 years until the Saco Club moved to the Portland Athletic Club in Falmouth, when she resumed playing and competing, winning many titles. She is a many-time Woman's State Champion and last year she won the Lewiston Club Championships. Two years ago Irena competed in the National Senior Games in table tennis—her first—held in Louisville, KY where she came in second in the nation in her age group. She is not competing this year, but plans to compete in Houston, Texas in 2011. She is the highest rated woman in Maine and is one of the top ten players in the state and that includes men who are regular opponents.

Irena has lived and worked in the Portland area since her graduation from Cortland State. Before retiring at age 51, she taught special needs adults at the Pineland facility in Pownal. That facility has since closed and the campus buildings have been re-established as a business park and event center that houses the Pineland YMCA. There, she runs the table tennis program where she works, plays and teaches



every Friday night. She looks forward to competing in the Maine Senior Games this year, which she

acknowledges she enjoys very much. Asked what she thinks of the Senior Games, she said, "It's a great way for seniors to stay active and pursue their sport."

The great thing about table tennis is that it can be a lifelong game. It's a sport of eye to hand coordination and reflexes and is great fun to play. Table tennis is also a very social game where you

have many opportunities to get to know other players. It can be played year round and at any fitness level. Irena says she plans on playing the rest of her life.

I asked Irena if she has any up and comers at the Pineland Y. She acknowledged that there are several youth, aged 12 and up, who could be champions one day if they stick with it, but she also has an 82-year-old in her class who loves the game and plays often.

Table tennis sounds like a truly ageless game! Why not pick up a paddle and play!

Memories Quiz

by Frank Kaiser

"Suddenly Senior"

Count all the ones that you remember not the ones you were told about. Ratings at the bottom.

- | | | |
|--|---|--|
| <ol style="list-style-type: none"> 1. Blackjack chewing gum 2. Wax Coke-shaped bottles with colored sugar water 3. Candy cigarettes 4. Soda pop machines that dispensed glass bottles 5. Coffee shops or diners with tableside juke boxes 6. Home milk delivery in glass bottles with cardboard stoppers | <ol style="list-style-type: none"> 7. Party lines on the telephone 8. Newsreels before the movie 9. P.F. Flyers 10. Butch wax 11. TV test patterns that came on at night after the last show and were there until TV shows started again in the morning. (There were only three channels [if you were lucky]) 12. Peashooters 13. Howdy Doody 14. 45 RPM records 15. S&H green stamps 16. Hi-fi's 17. Metal ice trays with lever 18. Mimeograph paper 19. Blue flashbulb | <ol style="list-style-type: none"> 20. Packards 21. Roller skate keys 22. Cork popguns 23. Drive-ins 24. Studebakers 25. Wash tub wringers |
|--|---|--|

If you remembered 0-5 = You're still young
 If you remembered 6-10 = You are getting older
 If you remembered 11-15 = Don't tell your age,
 If you remembered 16-25 = You're older than dirt!

I might be older than dirt but those memories are some of the best parts of my life.

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SOCIAL SECURITY

Trying To Decide When To Retire? Make An Informed Decision

By Robert Clark
 Social Security Representative

It's never too early to start thinking about your retirement. When you do, one of your first questions may be, "When's the best time to start receiving Social Security retirement benefits?"

There's no one "best age" for everyone and, ultimately, it is your choice. You should make an informed decision about when to apply for benefits based on your individual and family circumstances.

With that in mind, Social Security has published a new fact sheet to help you make the decision that's best for you. "When to Start Receiving Retirement Benefits" is available online at www.socialsecurity.gov/pubs/10147.html.

Things to consider are your current cash needs, health, family longevity, whether you plan to work after you retire, future financial needs and obligations, and the amount of your benefit and other in-

come, such as pensions and deductions from retirement funds. Do you have investments to draw from when you need extra money? Will it last as long as you expect to live?

Keep in mind that people are living longer than they used to. About one out of every four 65-year-olds today will live past age 90, and one out of 10 will live past age 95. If you decide to retire early, at 62 or any time before your full retirement age, you'll get your benefits sooner—but you'll get a reduced benefit for the rest of your life. Your monthly benefit will last as long as you do. So the reduction in monthly payment for taking early retirement can add up to a big difference over the life of your benefits. You can find your full retirement age and reductions for electing benefits early at www.socialsecurity.gov/retire2/agereduction.htm.

Your decision can affect your spouse and family, too. If you die before your spouse and dependent children, they may be eligible for

survivors' benefits. But if you took early retirement, their payments would be based on your reduced-benefit amount.

When you reach your full retirement age, you can work and earn as much as you want and still receive your full Social Security benefit payment. If you are younger than full retirement age and if your earnings exceed certain dollar amounts, some of your benefit payments during the year will be withheld.

On the other hand, if you put off retirement benefits until after your full retirement age, your amount will increase. In fact, your benefit amount will continue to go up until you reach age 70 or start receiving benefits, whichever comes first.

Of course, the total benefits increase you would receive would depend on the number of months you delay the start of your retirement benefits:

- At age 67, you would get 108% of the monthly retirement benefit, because you delayed getting benefits for 12 months; and
- At age 70, you would get 132% of the monthly benefit because you delayed getting benefits for 48 months.

When you reach age 70, your monthly benefit stops increasing, even if you continue to delay receiving benefits. And once you reach full retirement age, your income does not affect your Social Security benefits. So, in other words, there is no additional advantage to putting off benefits once you've reached age 70.

Social Security has a new online calculator that can provide immediate and accurate retirement benefit estimates to help you plan for your retirement at www.socialsecurity.gov.

The online Retirement Estima-

tor is a convenient, secure and quick financial planning tool that lets workers calculate how much they might expect to receive in Social Security benefits when they retire. The attractive new feature of this calculator is that it eliminates the need to manually key in years of earnings information, so it's easy to use.

Visit www.socialsecurity.gov/estimator. To get an estimate, you'll need to enter your first and last name, date of birth, Social Security number, mother's maiden name and place of birth. If the information matches our records, then you can enter an expected retirement age and future wages. The Estimator combines this information with the information that we have on record, including your yearly earnings, to provide a quick and reliable online benefit estimate.

To protect your privacy, only the "final" retirement estimates are given to you online. The Retirement Estimator does not show your earnings record information on which the final benefit estimate was calculated. And it does not reveal any personal information, such as your address, earnings or other information, that could lead to identity theft.

The Estimator also will let you create "what if" scenarios. You can, for example, change "stop work" dates or expected future earnings to create and compare different retirement options.

When you visit our website at www.socialsecurity.gov to see the new Retirement Estimator, take a few minutes to become familiar with our many other online services—including applying online for Social Security retirement and disability benefits.

And, when thinking about Social Security, don't forget Medicare. **You should sign up for Medicare three months before reaching age 65, no matter when your full retirement age is—even if you decide to delay retirement benefits. Otherwise, your Medicare medical insurance, as well as prescription drug coverage, could be delayed, and you could be charged higher premiums.**

Learn more and make an educated decision about when to retire. Visit the online fact sheet, "When to Start Receiving Retirement Benefits," at www.socialsecurity.gov/pubs/10147.html.

No Kidding: The Full Retirement Age has Increased

Full retirement age had been 65 for many years. However, beginning with people born in 1938 or later, that age gradually increases until it reaches 67 for people born after 1959.

The earliest a person can start receiving Social Security retirement benefits will remain at age 62.

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New Food Fares Well

Meals on Wheels Delivers

Recently more than 300 Meals on Wheels participants eagerly responded to a survey about the new food menu that became available in early May. The new food service, Jeanie Marshal Foods, offers 50 menu items similar to selections in restaurants such as Applebee's and Ruby Tuesday. Food is delivered fresh and ready to eat at the recipient's convenience. In addition to the 265 people who stated the new food was "very good" or "excellent," the survey gave each respondent the opportunity to comment beyond the survey questions. The following are some of their comments.

"I am very happy with the new service provider. I've always been happy with all the delivery people."

"The Meals on Wheels Program is astoundingly good; very—extremely patient personnel, both on the phone and certainly in person."

"Having a human voice with a warm meal five days in a row is priceless!"

"Love all the food!! Only one I wasn't crazy about (I don't remember which one) but it was edible. Can't please everyone all of the time!"

"I have urged others in my building to sign up for it. Two so far...Thanks so much, God bless."

"Everything is just so fresh tasting."

"I think the meals are great. The flavor can't be beat. And the variety is wonderful."

"The menu variety is excellent, very well prepared. Almost gourmet compared to the other service."

"This Meals on Wheels program is well prepared and arrives about the same time each day. The person bringing the meals is very pleasant."

"Over all the meals are well thought out—quite delicious. Keep 'em comin!"

"Not only are the meals great; the gentleman makes me feel well in his presence! He's a very nice man, always asking how my health is! Very friendly! Genuine!"

"Bravo—this choice of meal company was a very good choice—thank you so very much."

"Thank you for my meals and for the wonderful people that bring them to me and fix them for me."

"The meals are excellent as are the people who come here to deliver them."

"I like the new meals a lot better—more tasty and I can use them when I want to. I really enjoy them. I also like you to know I like my driver very much—she is a sweetheart."

"The meals are very good and the service is tremendous."

"A good change for the better!"

These remarks may give the impression that everyone was extremely pleased with the new meals they are receiving. While it is true that a large proportion of the respondents extolled the quality of the meals, the choice of food supplier and the service provided by the volunteers and staff, there were some who were not happy with some of the meals. A small proportion would have been happier to keep the same food we had.

The Meals on Wheels program is working closely with Jeanie Marshal Foods to address the issues for improvement that were raised by this survey and will be implementing solutions in the weeks ahead. Already the special dietary needs of those who require diabetic desserts or pureed food are being accommodated. Soon the program will be able to provide appropriate meals for those with other medical needs.

Why Meals on Wheels?

Meals on Wheels helps improve the diet and nutrition of older adults who are no longer able to cook or prepare well-balanced meals. Volunteers deliver Meals on Wheels throughout York and Cumberland counties providing an important safety check while helping older adults live as independently

as possible. Meals are provided for a suggested donation of \$15 for five days per week or \$3 per meal.

The Southern Maine Agency on Aging has operated Meals on Wheels since the program began 35 years ago and has never had a waiting list for people age 60 or older. To inquire about Meals on Wheels, please call Sharon at 396-6583 or toll-free 1-800-427-7411 x 583.

What if I Can Still Cook?

Seniors Can "Buy" Meals on Wheels

According to Ted Trainer, Director of Healthy Aging at the Southern Maine Agency on Aging, anyone can purchase home-delivered food for the cost of \$6 per meal. Dinner meals include entrée, vegetables, milk, bread, butter and desert. What a convenient way to get a fresh, ready to eat meal delivered to your door! Pay the first month in advance and you will be billed monthly thereafter. To sign up, call Sharon at 396-6583 or toll-free 1-800-427-7411 x 583.

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GO PLAY!

Are you 60 or older?
Go out to eat and let the chefs at Maine Medical Center do the cooking!

“As You Like it” is a new program of the Southern Maine Agency on Aging offering healthy food choices at several Maine Medical Center Cafés.

Five meal tickets are available for a suggested donation of \$20. Or, buy single tickets, for a donation of \$4 each. Your donations will keep Breakfast, Lunch & Dinner “As You Like It” available as an option for everyone.

**“As You Like It”
Sample Menu Selections**

- Choice of Soup, Turkey Ranch Wrap, Veggie Chips
- Meatloaf & Gravy, Mashed Potato, Choice of Vegetable
- Shepherd’s Pie, Choice of Vegetable, Roll w/ Margarine
- Beef Stew, Biscuit, Small Salad

*All meals include: Choice of dessert, low fat milk and fountain soda or coffee.



The Choice is Yours

Help yourself to a variety of meals from traditional comfort food like roast turkey with all the fixings or Maine seafood, to stir fry entrees and a chicken Caesar wrap. Most days, choose from an entrée or a soup and salad combination.

Menus change daily and feature healthy, tasty choices.

“As You Like It” menus are approved by a Maine licensed, registered dietitian. Meals available with meal tickets are intended to meet one-third of the Dietary Reference Intake (DRI) as published by the Institute of Medicine.

Register just once!

If you are age 60 or older or an adult on disability, get your “As You Like It” member card so you can trade donations for tickets at any

Southern Maine Agency on Aging location.

“As You Like It” is made possible by your donations and federal grants. Donations of \$4 per ticket are very important to the continuation of this program. Together we can make this work! Thank you for your support!

Where can I get tickets?

- Stop by the Southern Maine Agency on Aging, 136 US Route One, Scarborough between 8AM and 2PM, Monday through Friday, and ask for Fran.
- Visit www.smaaa.org for more locations.
- Call Fran at 396-6583 to find the location most convenient for you!
- Outside Greater Portland, call 1-800-400-MEAL (6325).

Present your meal ticket from the Southern Maine Agency on Aging at the following Maine Medical Center “As You Like It” locations:

Brighton Cafeteria

MMC Brighton Campus
335 Brighton Avenue, Portland
Breakfast: 6:30-10AM
Lunch: 11AM - 1:30PM
Dinner: 4-6PM

Impressions Café

Maine Medical Center
22 Bramhall Streetm Portland
Breakfast: 6:30 - 9:30AM
Lunch: 10:30AM - 1:30PM
Dinner: 3:30-7PM

Café at the Atrium

MMC Scarborough
100 U.S. Route One,
Scarborough
Open: 7AM - 2PM

Café 84

MMC Scarborough
84 Campus Drive
Scarborough
Open: 6:30AM - 2:30PM

Pavilion Grill

Maine Medical Center
22 Bramhall Street, Portland
Open: 7:30AM - 4PM



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Pill Splitting May Be Risky

Some pharmacists have reported that people are changing the way they take medications because of the downturn in the economy, according to a recent survey by the American Pharmacists Association. This includes skipping doses and splitting tablets in an effort to save money. Regarding the practice of splitting tablets, the Food and Drug Administration (FDA), the American Medical Association, and other medical organizations advise against it unless it's specified in the drug's labeling.

Tablet splitting often involves buying higher strength tablets and then breaking the tablets in half or quarter doses as a way to lower drug costs. For instance, a 30 mg tablet may cost the same amount as the 15 mg tablet. So a patient may try to save money by buying the 30 mg tablets and splitting them all in half. This might seem like a smart money-saving strategy, but the practice can be risky.

Why Splitting Tablets is Risky

- You might get confused about the correct dose. There have been cases when people have purchased higher strength tablets intending to split them, but then they forgot to split them. Instead, they took the whole tablet. This led to

accidentally taking too much medicine.

- Equal distribution of medicine in split tablets is questionable. Studies have shown that the actual dose in each half of a split tablet often is different. So while the two halves may look the same, they don't necessarily contain equal amounts of medicine. Even if the tablet is scored with a line that runs down the middle, one half may actually have more medicine than the other.
- Some tablets are hard to split. Some tablets are too small to split, may have an unusual shape that makes them hard to split, or may crumble more easily when split. Also, some people may not be able to split tablets correctly. These factors make it difficult to accurately split a tablet.
- Not all pills are safe to split. Patients may mistakenly think that any pill can be split. But some pills, such as capsules and time-released drugs, should always be taken whole. For example, some tablets are coated with a substance that helps to release the medicine slowly. Splitting these tablets destroys the coating, which means you might absorb the medicine too fast or not at all.

What if You Still Want to Split a Tablet?

FDA has approved drugs where tablet splitting is part of the manufacturer's drug application. "If the tablet is approved for splitting, the information will be provided in the drug's professional prescribing information," says Mansoor Khan, Ph.D., director of the Division of Product Quality Research in FDA's

Office of Pharmaceutical Science.

"FDA does not encourage the practice of tablet splitting unless it's specified in the drug's professional prescribing information. If a patient is considering splitting a tablet, FDA recommends that the patient get advice directly from his or her doctor or pharmacist to determine whether it is appropriate or not for a particular drug."

The Importance of Grandparents

Grandparents play an important role in helping their children support their own families. Nationally about 40 percent of grandparents are regularly caring for their grandchildren every week, and this trend has new emphasis as jobs and economics have changed.

Nearly two thirds of grandparents with grandchildren under age 13 live within an hour of their grandchildren. About one-third actually live in the same or close to the same neighborhood.

Grandparents report that the two main reasons they want to provide child care for their grandchildren are to help their children while they are at work and to spend more time with their grandchildren. It is easy to see how parents and grandparents can both benefit from grandparents who live nearby.

Most grandparents are caring for their grandchildren for less than 25 hours a week. While this amount of time suggests that one or more parent may work part time, grandparents may also be supplementing child care arranged outside of the family.

If you are interested in getting involved in advocating for children or want more information to help you support children and grandchildren, please call Child Care Connections, and we will provide you with as much information and support as we have available. Please contact Linda A. Elias, Director, or Margaret Cushing, Community Outreach Coordinator at 207-396-6566 (ext 573 or 575).

--Excerpted from Smith, L., and Sarker, M. "Grandparents: A Critical Child Care Safety Net," NACCRA: Arlington, VA, 2008.



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

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

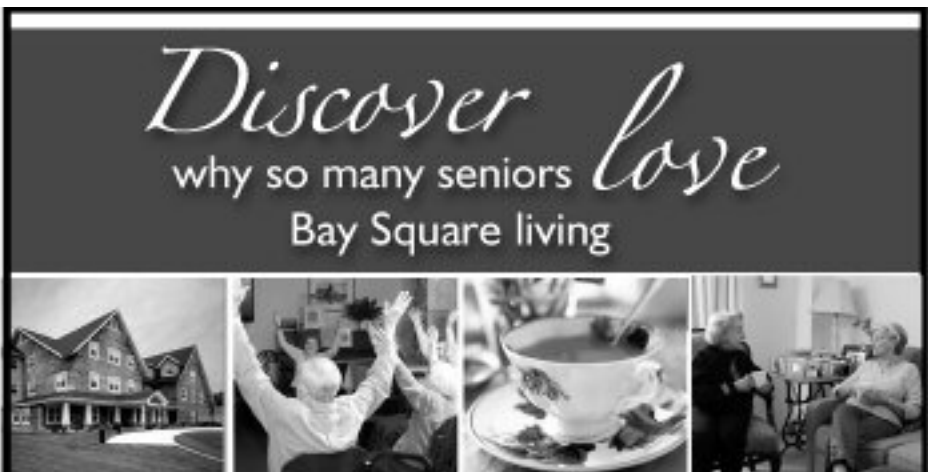
I never dreamed it would feel so much like home. And it's good to know we won't have to move again if our financial situation changes.

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RSVP

Retired and Senior Volunteer Program

"Sharing the Experiences of a Lifetime through Volunteering"

RSVP Recognition Luncheon

By Ken Murray, Volunteer Services

The one constant in life is change, and change is coming to our RSVP Recognition Luncheon.

- The Luncheon will not be held this Fall. Instead, the Luncheon will be held during National Volunteer Week, April 18-24, 2010 and each April thereafter. There will be no Luncheon in September 2009.
- Our Luncheon will be held for RSVP volunteers and representatives from the Stations where they serve, as in the past. But now the Luncheon will be held as well for all Southern Maine Agency on Aging volunteers, whether RSVP or non-RSVP.
- Because there will be more volunteers being honored, there will be at least two separate Luncheons, with at

least one in York County and at least one in Cumberland County. Volunteers will decide which one of these Luncheons to attend.

By now you are probably asking why we are making these changes. The answer is that we are working on restructuring the Southern Maine Agency on Aging Volunteer Services Program to allow us to support and recognize all our volunteers together, whether they are RSVP, or are younger volunteers assisting the Agency.

I recognize that this is a big change, but I am confident that, in the end, it will all work out well. We will keep you informed as our planning progresses.

The Tip of the Iceberg

There are hundreds of volunteer opportunities available for people age 55 and over through RSVP. The ones listed below are just "the tip of the iceberg."

Cumberland County

- Continue celebrating July 4th by helping out an organization that assists veterans. This organization needs a volunteer receptionist to answer the phone and greet clients. Training is available.
- Here's an opportunity for someone who plays a musical instrument to entertain. Lift the spirits of people who are recovering from an illness.
- A medical facility is seeking someone to help with courtesy parking. Disabled patients would be most grateful.
- If you enjoy gift shops there is a very nice small one in an historical museum that needs your help. The cash register is very basic and training is provided.
- A long-term care facility is looking for a gentleman to visit with residents. If you are a veteran, that is a plus, but not necessary.
- The AARP Tax Aide Program is looking for volunteers to help prepare taxes next winter, but also volunteers who can help with coordination, publicity and technology at various times of year. Call RSVP and we can get you connected.

For in-depth information on these suggestions and numerous other volunteer opportunities, call Priscilla at 396-6521 or 1-800-427-7411, Ext. 520. You may also e-mail pgreene@smaaa.org. Bear in mind that these are only a few of the many volunteer opportunities that can be yours through RSVP.

York County

- Have you always loved horses? A therapeutic riding center is looking for volunteers to be sidewalkers to help people with disabilities as they ride. Special event volunteers are also needed.
- A child care services agency in Sanford is looking for volunteers to read to children, both in their classrooms and at special events.
- The AARP Tax Aide Program is looking for volunteers to help prepare taxes next winter, but also volunteers who can help with coordination, publicity and technology at various times of year. Call RSVP and we can get you connected.
- Southern Maine Agency on Aging has lots of ways you can help seniors in communities throughout York and Cumberland counties. Give us a call to find out how.
- For a child, being read to before he or she enters school is the best foundation for success in school. Call and ask how you

can get involved in Born To Read.

- Several communities are looking for volunteers to welcome summer visitors.

To learn more, call RSVP Director, Ken Murray. He can be reached at 1-800-427-7411, Extension 520 or by e-mailing kmurray@smaaa.org. There are many other opportunities in York County, as well.

New Volunteers

The following volunteers joined RSVP in April or May 2009. Welcome to you all, and thank you for sharing your gifts with others through volunteering.

Barbara Asnes
 Jennifer Gaskell
 Lillian Haversat
 Louise Hirshberg
 Fred Kilfoil
 Jean Kokernak
 Justina Libby
 Avis Mitchell
 Maureen O'Connor
 Norman Rasulis
 Robert Sirois
 Robert Spulick
 Peter Stead
 Helena Trumble
 Margaret Vodnick
 Linda Wakefield
 Barbara Wilson

New RSVP Stations

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

- Ledgewood Manor
- Scarborough Land Conservation Trust

RSVP Capacity Corps

recruits volunteers age 55 and older with skills that can help non-profit organizations increase their capacity to meet their missions in the community. It is a terrific opportunity to be part of a wonderful team where your wisdom, experience and talents count. Contact Paddy Clark, Coordinator, at 396-6538 or email pclark@smaaa.org.

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Food Pantries in York & Cumberland Counties
Call first for hours and guidelines.

Acton Ecumenical Food Pantry United Church of Christ 636-3768	Footprints Food Pantry 37 Old Post Road, Kittery Also serves: Eliot & Kittery Point 439-4673	First Baptist Church of Portland: Food Pantry 360 Canco Road 773-3123
York County Shelter Programs: Food Pantry 140 Shaker Hill Road, Alfred 324-8811	Faith Christian Center Food Pantry 143 Washington Street, Limerick Also serves: Newfield, Porter, Parsonsfield 793-2024	Sacred Heart/St. Dominic's Catholic Church 80 Sherman Street, Portland 772-6182
Town of Arundel: General Assistance 468 Limerick Road 985-7523	St. Matthew's Church Food Pantry 19 Dora Lane, Limerick Also serves: Limington, Newfield, Parsonsfield, Porter 793-2244	Raymond Food Pantry Lake Region Baptist Church 232-5830
Friends of Community Action Food Pantry 162 Elm Street, Biddeford 282-4771	Limington Food Pantry Congregational Church 793-8940	Saco Food Pantry, Inc. 67 Ocean Park Road 468-1305
Stone Soup Food Pantry 316 Main Street, Biddeford Serves: York County 283-0055	Lyman-Dayton Community Pantry Lions Club Hall Also serves: Goodwins Mills & Arundel 499-0149	Corner Cupboard Non-Food Pantry Goodall Hall, Sanford Serves: York County 324-3191
In-a-Pinch Non-Food Items Pantry Christ Episcopal Church, Biddeford 283-1783	Naples Food Pantry United Methodist Church 693-6594	Scarborough Food Pantry First Congregational Church Serves: York and Cumberland Counties 883-2342
Bridgton Food Pantry United Methodist Church Also serves: Naples 647-4476	New Gloucester Congregational Church 19 Gloucester Hill Rd 926-3260	Shapleigh Food Pantry First Baptist Church 636-1662
St. Joseph's Church Food Pantry 225 South High St., Bridgton 647-8828	New Covenant Food Pantry 285 Maple St., North Berwick Also serves: Lebanon 676-3332	South Berwick Community Food Pantry 47 Ross Street 384-3310
Buxton Community Cupboard General Assistance 929-5191	OOB United Methodist Church Food Pantry Washington and Fountain Avenues 934-5553	The South Portland Food Cupboard St. John's the Evangelist Serves: Cumberland County 874-0379
Casco Village Church Food Pantry 942 Meadow Road Also serves: Otisfield 627-4282	Salvation Army: OOB/Services & Soup Kitchen 2 Church Street, Old Orchard Beach Also serves: Arundel, Biddeford, Dayton, Saco 934-4381	UCC Emergency Food Pantry 301 Cottage Rd, South Portland Also serves: Cape Elizabeth 799-3361
Casco Alliance Church Food Pantry 450 Roosevelt Trail (Route 302) 655-4054	Peaks Island Community Food Pantry 71 Herman Avenue 766-2854	Standish Connection 25 Oak Hill Road 642-2158
Cumberland Food Pantry Congregational Church Also serves: North Yarmouth 829-3419	Riverside United Methodist Church: Food Cabinet 5 School Street, Porter Also serves: Parsonsfield, Cornish, Baldwin, Hiram 625-7772	Catherine's Cupboard Food Pantry Old Fire Station, Standish 893-7790
Falmouth Food Pantry 271 Falmouth Rd Serves: Greater Portland 632-2687	Project FEED Woodford Congregational Church, Portland Also serves: Falmouth, Scarborough, South Portland, Westbrook 761-3920	Food for Life 424 Sokokis Trail, Waterboro Also serves: area towns w/o food pantry 247-6458
Freeport Community Services 53 Depot Street Also serves: Pownal 865-3985	Salvation Army 297 Cumberland Avenue, Portland Also serves: Cumberland, Falmouth, Scarborough, South Portland, Yarmouth 774-6304	St. Mary's Ecumenical Food Pantry 236 Eldridge Road, Wells Also serves: Ogunquit 646-5605
Gorham Ecumenical Food Pantry St Anne's Church 839-4857	Jewish Family Services 57 Ashmont Street, Portland Serves: Southern Maine 871-0508	Wells Pentecostal Food Pantry 131 Crediford Road Also serves: Sanford & Springvale 646-2859
Town of Gray: General Assistance 6 Shaker Road 657-3339	Preble Street Resource Center: Food Pantry 252 Oxford Street, Portland Serves: Greater Portland 775-0026	Westbrook Community Food Pantry 22 Walker Street 591-8147
Harrison Seventh Day Adventist Food Pantry 2 Naples Road 583-6178	The Root Cellar, Inc. 94 Washington Ave., Portland 774-3197	Salvation Army of Westbrook 11 Bridge Street 856-7729
Hollis Center Baptist Church Food Pantry 388 Hollis Rd Serves: Hollis and Hollis Center 929-4711	St. Luke's: Food & Essentials Pantry 143 State Street, Portland 772-5434	Town of Windham Food Pantry 377 Gray Rd. (Route 202) 892-1931
Town of Kennebunk Food Pantry 1 Summer Street 985-3786 x1342		York Community Food Pantry 38 Woodbridge Road 351-1928
Town of Kennebunkport General Assistance 967-4401		

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