



## From the Director's Desk

### News from Augusta

As this issue of the Senior News goes to print, there is still a lot of budget debate happening in Augusta. Although things could always change at the last hour, it does appear at this moment that Meals on Wheels will be added as a covered service under the Medicaid waiver program. The legislature will allocate money to support wage increases for direct care workers, which is definitely a step in the right direction. Some money to support the Elderly program were rejected during this state budget cycle, although an asset test has been added to the eligibility criteria.



### Maine Senior Games

Last month the 2015 Maine Senior Games (MSG) kicked off the season with the annual Celebration of Athletes event. More than 100 people attended the event, sponsored by Martin's Point, where several awards were presented and athletes who qualified for this year's National Senior Games were recognized. The Maine Senior Games will be well represented at the National Games this summer—85 Maine athletes will compete in 15 different sports when they travel to Minnesota in July. Among that group are four husband/wife teams: **Jerry and Arden LeVasseur** competing in the track field events, **Charlie and Linda Einsiedler** and **Rocky and Anne Clark** who will compete in the mixed doubles pickleball competition and **Meg and Jeff Lyons**. Meg plays on a women's basketball team and Jeff is one of her coaches. Although the teams are set for the National Games this summer, there is still ample time to register and compete at the Maine Senior Games events this summer and fall. We are very grateful to our 2015 MSG sponsors which include our lead sponsor, **Martin's Point** as well as **Anthem Blue Cross/ Blue Shield**, **Piper Shores**, **Bangor Savings Bank**, **Humana**, **Orthopaedic Physical Therapy Associates**, **SMMC Sports Performance Center** and **Vitamin Shoppe**. Check out all the events and opportunities to participate on our website, [www.smaa.org](http://www.smaa.org).

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## Meals on Wheels Brings Brother and Sister Together After 45 Years Apart

**J**ohn Mitton and his sister Barbara were recently reunited after 45 years by a stroke of good luck and near perfect timing.

During Meals on Wheels assessments, the Southern Maine Agency on Aging's assessors ask basic questions and try to get to know a little bit about the clients we serve each day. When visiting Barbara, assessor Andi Winslow asked her about her family. She and Barbara looked at photos and Barbara, although married, shared her maiden name with Andi. Barbara also mentioned a "long lost brother" named John.

It was only a few days later that assessor Andi was looking at her list of upcoming clients she needed to connect with and there she saw a familiar name—John Mitton.

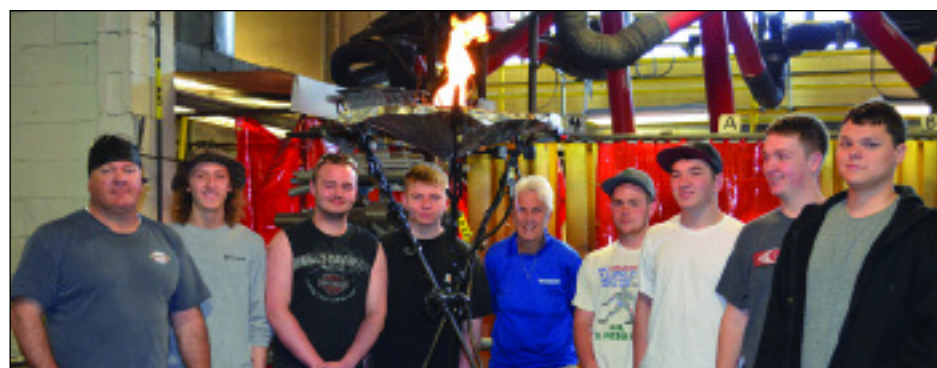
Andi broke the news to John, "When I was leaving John's I told him I didn't know how long it would take for me to get back to Barbara. It was pretty powerful what he said, "don't wait too long, things happen".

Then she told Barbara she had found her brother. "Tears just started rolling down her face," said Winslow.



After speaking with one another over the phone, Barbara and John decided to meet up in person. The Southern Maine Agency on Aging is thrilled to have been the host to their reunion. The Agency is honored to have been a part of Barbara and John finding one another.

When asked why the two lost contact, both agreed that the reason was unimportant and what matters is that they found one another again.



## PATHS Students Create New Cauldron

**T**he Maine Senior Games is very proud to unveil our brand new cauldron for the 2015 season. This beautiful piece is possible thanks to instructor Bill Presby and his welding students at the Portland Arts and Technology School (PATHS).

The cauldron design and creation has been a yearlong project

spearheaded by Maine Senior Games Advisory Board member, Robin Rutherford. This cauldron is beautiful, bright, and most importantly—portable!

We look forward to many years to opening ceremonies with our very own cauldron.

*Many thanks to everyone who made this happen!*

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

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## Live Happy and Healthy: Proper Nutrition for Older Adults

**David E. Belisle, Nutrition and Dietetics Student at Southern Maine Community College**

Providing our bodies with proper nutrition by eating the right foods is important at every stage of our lives; from the day we are born, through our teenage and middle aged years, to our senior times. Having a healthy diet can help us feel better physically, emotionally, and keep us free from disease. It is important for us to understand that as we age we must adjust our eating habits to support a healthy life style. We have all enjoyed indulging in tasty foods throughout our lifetime and may certainly continue to do so however, conscious choices in the foods we eat will improve our health and significantly delay the aging process giving us a better sense of overall well-being. Below are some dietary areas that seniors should pay attention to

when approaching the foods they eat on a daily basis:

**BALANCE** – The best way to a healthy lifestyle at any age is having a diet that is moderate and balanced. Well balanced diets should include fruits, vegetables, lean meats, fish, whole grains, and low-fat dairy products. Foods in these categories have been processed very little, if any, and are rich in key nutrients and vitamins that are very good for our bodies. We tend to eat much less the more we age, making it essential for the foods we do consume to provide us with enough of the nutrients we need.

**VITAMINS** – All vitamins are important to us as we age but there are some that must be supplied in the proper amounts to avoid problems. Vitamin D deficiency is a common problem in many older adults, which can lead to problems with our bones, immune system, brain, and

other vital organs. Drinking fortified milk and juices is the easiest way to get enough vitamin D, and it can also be found in eggs, certain kinds of fish and fish oil, and beef. Folate, or folic acid, is another vitamin that older adults commonly fall short of due to low amounts in their diet or effects from common medications. Consuming too little folate can cause headaches, mental confusion, weakness and fatigue. Good sources of folate include leafy green vegetables, fortified grains, and legumes—which include beans, peas, and peanuts.

**MINERALS** – Calcium is a vital mineral at all stages of our lives and older adults tend to fall short of having enough in their diets. The main cause of bone loss and bone weakness is a diet that is too low in calcium. The sources of calcium from foods is limited, milk and dairy products being the best, so it may be a good idea to talk to your doctor

about supplementing with calcium. Zinc is another problematic mineral for people as they get older, stemming from low amounts from diet and poor absorption by the body. Good sources of zinc include meats, shellfish, whole grains and fortified cereals.

**FIBER & WATER** – Drinking plenty of water and eating enough fiber in our diet has many health benefits for the human body. Fiber and water aid in proper digestion and promote good intestinal health, among many other benefits. Constipation can be problematic for older adults, mainly due to certain medications and physical inactivity, and consuming enough fiber and water is the best way to help alleviate those symptoms. Good sources of fiber include fruits, vegetables, whole grains, and legumes. The average recommended intake for water in older adults is about 8 to 12 cups (2 to 3 liters) per day.

It can be very helpful to think of improving one's diet as a process and not something that needs to be done overnight. An effective approach to dietary improvement is to take baby steps, focusing on increasing one or two things at a time, such as increasing fibrous foods and water intake. Once these habits are in place then you may look to your vegetable or fruit intake to see if you are meeting recommendations. It can be very difficult to get all of the vitamins and minerals our bodies need from the foods we eat and taking a multivitamin/mineral supplement may be an easier and more viable solution. Just be sure to always consult your primary care physician before taking any supplements and before making any major dietary changes.

## Upcoming AARP Smart Driver Courses

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

AARP State Office  
53 Baxter Blvd, Portland  
July 17, 10AM-2:30PM or  
August 14, 9AM-1:30PM  
To register call 370-9647

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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

Community Café – JR Martin Community Center, Biddeford, Mon, Tue, Thur, and Fri, Noon, 7/16 catered meal will be ziti and meatballs. Medicare Bingo for entertainment. Reservations: 283-2477

Family Caregiver Support Group – Community Partners, Biddeford, 2nd Mon, 3-4:30pm or 2nd Mon, 6-7pm. 713-3723 – Truslow Adult Day Center, Saco on 1st and 3rd Thurs, 3-4pm. 283-0166

Medicare 1-on-1 Appts/Free Information & Assistance – McArthur Library, Biddeford, Tues. Call 396-6500 for appt.

Medicare 1-on-1 Appts – Dyer Library, Saco, Wed, 10am-1pm, 396-6500/1-800-427-7411 for an appt.

## FALMOUTH

Medicare 1-on-1 Appts/Free Information & Assistance – Stewart Center, 3rd Thur, 9am-12pm. 396-6500/1-800-427-7411 for appt.

## GORHAM

Maine Senior Games – Pickleball, 8/15 (Men's & Women's Doubles) & 8/16 (Mixed Doubles and Singles) at Little Falls Recreation Area, Gorham, FMI: 396-6519 or jdill@smaaa.org

## GRAY/NEW GLOUCESTER

Maine Senior Games – Table Tennis, 8/28, 5pm, Pineland YMCA, New Gloucester, FMI: 396-6519 or jdill@smaaa.org

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

A Matter of Balance – InterMed, Portland, 8/3-9/28, Mon 9:30-11:30am. InterMed patients only – Woodfords Church, Portland, 9/8-10/27, Tues 1-3pm, FMI or to register: 396-6583

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

Community Café – Cummings Center, Portland, 3rd Thurs, noon, Reservations: 878-3285

Community Café – Westbrook Community Center, Westbrook, 2nd Tue, noon, Reservations: 956-1348

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

Maine Senior Games – Basketball, 9/19, 9am (Men's Tournament), 9/19, 3pm (Hot Shot/Foul Shot), 9/20, 8:30am (Women's Tournament), Cape Elizabeth High School, FMI: 396-6519 or jdill@smaaa.org

Maine Senior Games – Horseshoes, 8/22, 9am (Rain Date: 8/23, 1pm) at Deering Oaks Park, Portland, FMI: 396-6519 or jdill@smaaa.org

Maine Senior Games – Tennis, 9/3, 9am (Women's Singles, Men's Doubles), 1pm (Mixed Doubles) at Racquet and Fitness Center, Portland, FMI: 396-6519 or jdill@smaaa.org

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

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

Open house at the UNE Oral Health Center – Portland, 7/14, 3-6:30pm, Learn about services, meet staff, schedule appts. Refreshments and prizes too! Parking available. FMI: 221-4816

## KENNEBUNK/WELLS

Community Café – Park Street School, Kennebunk, First Friday, 11am-1pm, Reservations: 985-2588 or 329-5400

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

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

## KEYS REGION (KITTERY, ELIOT, YOR, AND SOUTH BERWICK)

Community Café – Eliot Methodist Church, Call for schedule and menu. Reservations: 475-7399

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

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

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

Welcome to Medicare Seminar – York Hospital, 9/23. 396-6500/1-800-427-7411 to schedule.

## KEZAR FALLS/HIRAM

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

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

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

Medicare 1-on-1 Appts – Bridgton Community Center, Call 647-3116 for an appt.

## SANFORD

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

Maine Senior Games – Cornbole, 8/11, 4pm, Sanford/Springvale YMCA, FMI: 396-6519 or jdill@smaaa.org

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)

Chronic Pain Self-Management Workshop, 7/21-8/25, Tuesdays 1-3:30pm, FMI: 396-6583

Family Caregiver Support Group, 3rd Thurs, 5:15-6:30pm, 396-6540

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

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

Welcome to Medicare Seminar – 2nd and 4th Mon, 2-4pm and 1st and 3rd Thurs, 10am-noon, and 1st Mon of month 5:30-7:30pm. 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 – 10k Road Race, 8/2, 9am, Scarborough High School Complex, FMI: 396-6519 or jdill@smaaa.org

Maine Senior Games – Golf, 8/17, 8:30am, Nonesuch River Golf Course, FMI: 396-6519 or jdill@smaaa.org

Maine Senior Games – Track and Field, 8/1, 10am (Rain Date: 8/2), Scarborough High School, FMI: 396-6519 or jdill@smaaa.org

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

## WINDHAM

Community Café – Unity Gardens, 7/9 and 8/13, 12pm – Lobster or chicken roll served w/chips, cookies, and soda. Entertainment by Gloria Jean and Bobby Lee (July) and Bob Gendreau (Aug). Raffles available. Reservations: 892-3891

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

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

## YARMOUTH/NORTH YARMOUTH

Chronic Pain Self-Management Workshop – InterMed, Yarmouth, 8/6-9/10, Thursdays 1:30-4pm. InterMed patients only, FMI: 347-2659

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

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

Maine Senior Games – Archery, 8/23, 9am (Rain Date: 8/30), Lakeside Archery, North Yarmouth, FMI: 396-6519 or jdill@smaaa.org

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## Life Beach Alternatives

It happens eventually. You have a houseful of guests and the forecast is for rain. So what's an alternative to hitting the beach? Here are some fun options:

1. **Bowling!** It's America's favorite indoor pastime! Southern Maine has lots of options:

- Bayside Bowl—58 Adler Street  
Portland 791-2695
- Colonial Bowling Center—  
399 Rear Main Street Westbrook  
854-8936
- Westport Bowling Lanes—  
135 Main Street Westbrook 854-  
9311
- Big 20 Bowling Center—  
382 Scarborough 883-2131
- Vacationland Bowling--812  
Portland Road Saco 284-7386

2. **Explore history**

- Visit the Maine Historical Society, 489 Congress Street in Portland and check out their exhibits or take a guided tour.

3. **Take in a museum!** Southern Maine has many small museums. Here is a very short listing.

- Alfred Shaker Museum, Shaker Hill Road in Alfred, 324-9630. Maine's Shaker community can be traced to 1793. Summer programs include workshops on drumming, felting and the third annual Simple Gifts Music Festival. Foodies will love this year's exhibit, The Shaker Kitchen. Learn all about Shaker foods, techniques and kitchen tools. Free admission, donations accepted.
- Baxter House, 71 South Street, Gorham, 839-3878, the birthplace of James Phinney Baxter, a prominent businessman and philanthropist. The Baxter Museum showcases artifacts pertaining to local history. Free admission, donations accepted.
- Brick Store Museum, 117 Main Street, Kennebunk, 985-4802. The mission of this museum is to ignite personal connections to local history, art and culture. Admission fee.
- Daniel Marrett House, 40 Ossipee Trail East, Standish, 882-7169. Marrett House is a classic example of the "big house, little house, back house, barn" configuration, with the house and all service buildings connected. An early twentieth-century perennial garden is located beside the house. Admission fee.
- Ogunquit Museum of American Art, 543 Shore Road, Ogunquit, 646-4909. This museum is the only one in Maine devoted exclusively to the exhibition and collection of American art. Admission fee.

4. **Take a gastro tour!**

- Maine FoodieTours offers a range of delicious tours featuring the best of local eateries to fit every palate. Check out their web site:

mainefoodietours.com for a complete listing.

• Wine Wise Events hosts wine and food pairing tours all over Southern Maine. Check out winewiseevents.com for more information.

5. **Take the Duck!**

- Ducks don't mind the rain and neither does the Duck Boat. You'll stay dry on Maine's only amphibious tour. Get a 60-minute tour of Portland by land and sea! [www.downeastducktours.com](http://www.downeastducktours.com).

## Life Summer—lazy days for reading!

Beach reading is one of those seasonal pleasures that Mainers of all ages look forward to. So what's hot on the reading list for this summer? We asked Jon Platt, owner of Nonesuch Books and Cards, located in South Portland and Biddeford, to offer up some good choices. Readily available in paperback, they're affordable and easy to pack with the sunblock and towels!

### The Husband's Secret

By Liane Moriarty

Finally available in paperback—the #1 "New York Times" bestseller from the author of "Big Little Lies" and "What Alice Forgot." At the heart of *The Husband's Secret* is a letter that is not meant to be read...

### The Rosie Project

By Graeme Simsion

Arrestingly endearing and entirely unconventional, Graeme Simsion's debut "navigates the choppy waters of adult relationships, both romantic and platonic, with a fresh take" (*USA TODAY*). "Filled with humor and plenty of heart, *The Rosie Project* is a delightful reminder that all of us, no matter how we're wired, just want to fit in" (*Chicago Tribune*).

### Mr. Mercedes

By Stephen King

In a high-suspense race against time, three of the most unlikely heroes Stephen King has ever created try to stop a lone killer from blowing up thousands. "Mr. Mercedes is a rich, resonant, exceptionally readable accomplishment by a man who can write in whatever genre he chooses" (*The Washington Post*).

### A Star for Mrs. Blake

By April Smith

After losing her son in World War I, small-town librarian Cora Blake receives a letter, over a decade later, from the U.S. inviting her to go to Europe to visit his grave as part of a 'Gold Star Mother' tour. Cora hopes that she and the other mothers will find the closure that has eluded

them for so long. An encounter with an embittered journalist gives her the opportunity to tell her story to the world and discover some truths about the legacy of the war.

### The Secret Life of Violet Grant

By Williams, Beatriz

New from the author of *A Hundred Summers*, a story of love and intrigue that travels from Kennedy-era Manhattan to World War I Europe... A People StyleWatch "Must Read"

Fresh from college, irrepressible Vivian Schuyler defies her wealthy Fifth Avenue family to work at cut-throat Metropolitan magazine.

## 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](http://www.smaaa.org) and see Senior News on home page and/or send an e-mail to [seniornews@smaaa.org](mailto:seniornews@smaaa.org). You may also reach "Senior News" representative Janet Bowne at 396-6533.

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

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## Mission Statement

The Southern Maine Agency on Aging's mission is to improve the quality of life for older adults, adults with disabilities, and the people who care for them.

## Commitment to Reasonable Accommodation:

The Southern Maine Agency on Aging will, with adequate notice and upon request, provide appropriate auxiliary aids and services to persons with disabilities, to assist in effective communication and to participate equally in programs, services and activities. Call 1-800-427-7411 x503 or from the Portland calling area call 207-396-6503 to make your request.

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

The Southern Maine Agency on Aging is committed to providing a safe and welcoming space for everyone regardless of his/her race, ethnic identity, gender, sexual orientation, ability, age, economic status, faith tradition, veteran status or life situation.



## Money Minders Bring Peace of Mind

**D**oes balancing your checkbook make you stressed? Are health concerns making it difficult to write checks or read bills? If so, Money Minders can help.

Money Minders are carefully screened, well-trained, and highly skilled volunteers who meet with clients in the privacy of their own home. Money Minders can help you balance your checkbook, ensuring that all transactions are recorded. They can also help you track which bills have been paid—and perhaps most important—can help you avoid paying huge overdraft fees.

Many people join the Money Minders program due to failing vision, arthritis or other conditions that makes writing painful or illegible. Other need help learning how to pay bills after a spouse or loved one has passed way. Some simply have fallen behind in paying bills and are overwhelmed with organizing and budgeting and getting back on track.

Money Minders is a FREE program for eligible person 55 and older who meet income and asset guidelines and other program criteria. Call today to learn how Money Minders can help you. 396-6500 or 1-800-427-7411.

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## MEDICARE

### Changing from the Marketplace to Medicare

Are you turning 65 soon and have questions about changing your coverage from the Health Insurance Marketplace to Medicare?

If you have a Marketplace plan, you can keep it until your Medicare coverage starts. Once you're eligible for Medicare, you'll have an initial enrollment period to sign up for Medicare. For most people, the initial enrollment period starts three months before their 65th birthday and ends three months after their 65th birthday.

In most cases it's to your advantage to sign up for Medicare when you're first eligible because:

- Once your Medicare Part A coverage starts, you won't be able to keep any premium tax credits/savings from a Marketplace plan based on your income. You'll have to pay full price for the Marketplace plan.
- If you enroll in Medicare after your initial enrollment period ends, you may have to pay a late enrollment penalty for as long as you have Medicare. In addition, you can enroll in Medicare

Part B (and Part A if you have to pay a premium for it) only during the Medicare general enrollment period (January 1 – March 31). Coverage will not start until July of that year. This may cause a gap in your coverage.

If you want coverage to supplement Medicare, you can get Medicare supplement (Medigap) insurance. You cannot supplement Medicare with a Marketplace plan. It's against the law for someone who knows that you have Medicare to sell you a Marketplace policy. This is true even if you have only Medicare Part A or only Part B. For prescription drug coverage, you can buy a Medicare Part D drug plan.

When your Medicare coverage begins you may cancel your Marketplace plan. Learn more by visiting [www.healthcare.gov](http://www.healthcare.gov) or by calling the Southern Maine Agency on Aging at 1-800-427-7411.

### Health Insurance Marketplace Open Enrollment Closed for 2015

If you are under 65 and looking for health insurance coverage Open Enrollment into a Marketplace plan is over for 2015 unless you had a life-changing event such as a marriage, divorce, or a change in employment status.

To learn more about the Marketplace and upcoming dates to remember go to [www.enroll207.com](http://www.enroll207.com)

If you live in Cumberland or York County and would like assistance with signing up for insurance through the Health Insurance Marketplace, please call the Southern Maine Agency on Aging at 1-800-427-7411. We will be happy to provide you with contact information in your area to a Navigator who can help you find a plan that works for you.

### Learn to Lower your Medicare Drug Costs

"Reducing Medicare Drug Costs" is a special 2-hour seminar offered by SMAA Medicare Volunteer and certified SHIP counselor, Warren Giering.

This seminar will provide attendees with information and tips, presented in clear and easy to understand language, on how to reduce prescription drug costs while using Medicare care. Whether you're new to Medicare or a long-time recipient, this seminar is beneficial. This seminar is open to the public and there is no charge to attend.

Monday, July 20, 5:30-7:30pm, Southern Maine Agency on Aging, Scarborough. Please call to reserve your space today: 396-6500.

### Protect Yourself from Medicare Fraud

Review your Medicare Summary Notices and Part D Explanation of Benefits for mistakes. Compare your Medicare Summary Notices and Part D Explanation of Benefits and prescription drug receipts to make sure they are correct.

You can access your Medicare account 24 hours a day at [www.MyMedicare.gov](http://www.MyMedicare.gov)



### Medicare Nugget #532 from Stan Cohen

The Medicare Annual Wellness Visit is an annual appointment with your primary care doctor to develop your plan of preventive care for the upcoming year. This visit is not a head-to-toe physical. It is, however, an opportunity to discuss your current health with your doctor and create a plan for promoting your health and wellness. Medicare covers the Annual Wellness Visit with no coinsurance or deductible as long as you see doctors or other health care providers who accept Medicare assignment. The Annual Wellness Visit is similar to your Welcome to Medicare visit, the one-time appointment with your doctor that takes place within the first twelve months after you enroll into Medicare. You cannot have your Annual Wellness Visit within the same year that you have your Welcome to Medicare session.

During your first Annual Wellness Visit, you and your doctor will create a prevention plan based on your needs. You will likely discuss your medical and family history, complete a health-risk assessment that considers your health status, injury risks, health needs; and compile a list of all of your current medical providers and medications. Keep in mind, while the Annual Wellness visit itself is free, out of pocket costs can apply for additional care you may receive during or following the visit.

Let me take this opportunity to do my semi-annual disclosure that in preparing Medicare Nuggets I often use material that has been published by expert resources such as Kaiser Health News, Center for Medicare and Medicaid Services, the Medicare Rights Center and others. These resources generally allow republication without attribution although I usually do cite the source.

Medicare Volunteer Counselors are available for free, one-on-one consultations. Call the Southern Maine Agency on Aging at 396-6500 to arrange for an appointment.

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### Bring Medicare BINGO to your Group!

Would you like to bring Medicare Bingo to your club, building, or group? Medicare Bingo is a fun, interactive game designed to help older adults learn about Medicare concepts. Southern Maine Agency on Aging will provide the Medicare volunteer, game materials, and even prizes. All we need to get started is for you to provide the space.

To get started, please contact Mary Hadlock at 396-6509 or by email at [mhadlock@smaaa.org](mailto:mhadlock@smaaa.org).

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## Insomnia and Anxiety in Older People: Sleeping Pills are Usually Not the Best Solution

Nearly one-third of older people in the U.S. take sleeping pills. These drugs are called “sedative-hypnotics” or “tranquilizers.” They affect the brain and spinal cord.

Doctors prescribe the drugs for sleep problems. The drugs are also used to treat other conditions, such as anxiety or alcohol withdrawal.

Usually older adults should try non-drug treatments first. According to the American Geriatrics Society, there are safer and better ways to improve sleep or reduce anxiety. Here’s why:

### Sleeping pills may not help as much as you think.

Many ads say that sleeping pills help people get a full, restful night’s sleep. But studies show that this is not exactly true in real life. On average, people who take one of these drugs sleep only a little longer and better than those who don’t take a drug.

### Sleeping pills can have serious or even deadly side effects.

All sedative-hypnotic drugs have special risks for older adults. Seniors are likely to be more sensitive to the drugs’ effects than younger adults. And these drugs may stay in their bodies longer.

The drugs can cause confusion and memory problems that:

- More than double the risk of falls and hip fractures. These are common causes of hospitalization and death in older people.
- Increase the risk of car accidents.

### The new “Z” drugs also have risks.

Most ads are for these new drugs. At first, they were thought to be safer. But recent studies suggest they have as much or more risk than the older sleep drugs.

### Try non-drug treatments first.

Get a thorough medical exam. Sleep problems can be caused by depression or anxiety, pain, restless leg syndrome, and many other conditions.

Even if an exam does not turn up an underlying cause, you should try other solutions before you try drugs.

### Kinds of sleeping pills (sedative-hypnotics)

All of these pills have risks, especially for older adults:

#### BARBITURATES

- Secobarbital (Seconal & generic)
- Phenobarbital (Luminal & generic)

#### BENZODIAZEPINES

For anxiety:

- Alprazolam (Xanax & generic)
- Diazepam (Valium & generic)
- Lorazepam (Ativan & generic)

For insomnia:

- Estazolam (generic only)
- Flurazepam (Dalmane & generic)
- Quazepam (Doral)
- Temazepam (Restoril & generic)
- Triazolam (Halcion & generic)

#### “Z” DRUGS

- Zolpidem (Ambien & generic)
- Eszopiclone (Lunesta)
- Zaleplon (Sonata & generic)

### Over-the-counter drugs may not be a good choice.

Side effects of some drugs can be especially bothersome for seniors: next-day drowsiness, confusion, constipation, dry mouth, and difficulty urinating. Avoid these over-the-counter sleep drugs:

- Diphenhydramine (Benadry Allergy, Nytol, Sominex, & generic)
- Doxylamine (Unisom & generic).
- Advil PM
- Tylenol PM


### When to try sedative-hypnotic drugs.

Consider using these drugs if the sleep problems are affecting your quality of life and nothing else has helped. But your health-care provider should watch you carefully to make sure that the drug is helping and not causing bad side effects.


### TIPS FOR BETTER SLEEP

- Exercise. Physical activity helps people sleep better. But avoid vigorous activity for several hours before bedtime.
- Keep a routine. Try to go to bed and wake up at the same time every day, even on weekends
- Try not to eat right before bedtime. Eat three hours or more before going to bed.
- Avoid caffeine after 3 p.m. Some people need to avoid caffeine even earlier.
- Limit alcohol. Alcohol causes sleepiness at first, followed by wakefulness.
- Create the right environment. Keep the bedroom peaceful and avoid mental excitement before bedtime.
- Avoid bright lights. Watching a bright screen can make you stay awake.
- Control pets. Pets disrupt sleep if on and off the bed, taking up space, or wanting to be let out.
- If you don’t fall asleep soon, get out of bed and do something that will make you sleepy, such as reading. Return to bed after you start to feel drowsy.


For additional information visit [healthaging.org](http://healthaging.org)



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## 5 QUESTIONS to Ask Your Doctor Before You Get Any Test, Treatment, or Procedure

- 1 Do I really need this test or procedure?** Medical tests help you and your doctor or other health care provider decide how to treat a problem. And medical procedures help to actually treat it.
- 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.

Talk to your doctor to make sure you end up with the right amount of care — not too much and not too little.

FOR MORE INFORMATION

Use our online tool to learn more about which tests, treatments, and procedures are right for you and your condition. Visit [www.choosingwisely.org](http://www.choosingwisely.org) for more information.



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We’re here to help you live life to the fullest.

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

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# 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.

## What to Do When the Diagnosis is Dementia

When a person receives a diagnosis of a dementia-causing illness, it can be scary and overwhelming. However, there are resources and supports available to help you and your family through this process, and steps that you can take now to make a plan for the future.

meet with individuals or family groups to discuss resources, planning, and caregiver support. We offer caregiver classes and support groups at various locations in southern Maine. You can also download information about dementia from our website ([www.smaaa.org/caregiver-resources.html](http://www.smaaa.org/caregiver-resources.html)).

wishes about future medical care. The Advance Directive forms can be found on line or through SMAA. People with a dementia diagnosis may also wish to talk to an elder law attorney and set up a financial power of attorney in the event that they are no longer able to make their own financial decisions. We can provide referrals for local elder law attorneys who have special knowledge of the legal concerns of older adults.

### Make a call to learn more:

Start by contacting Southern Maine Agency on Aging (396-6500 or 1-800-427-7411) and ask for a Family Caregiver Specialist. We can

### Get your legal affairs in order:

It is a good idea for all adults to set up a health care power of attorney (POA) and complete an Advance Directive form to express their

### Look into home/respite care:

Respite care is short-term care for the person with dementia, which can provide much needed relief for the primary caregiver. Caregivers should consider asking family members and friends to help. We have information about home care agencies, adult day programs, and short-term overnight care in a facility, as well as guidance and problem-solving to make a home care/respite plan. SMAA offers nationally-recognized adult day services for people with dementia at the Stewart Center in Falmouth and the Truslow Center in Saco, where people can enjoy supervised activities and socialization while their caregivers get a break.

### Review your financial picture:

Now is the time to gather information about available income and assets that can be used to pay for in-home and/or facility care. It is important not to give or sign away any assets without consulting with an attorney first, due to the five-year look back period for Long-term MaineCare. Legal Services for the Elderly (1-800-750-5353) can give you information about the Maine Estate Recovery Program when someone is accessing MaineCare funding. If the person with dementia has long-term care insurance, find out what it covers and what documentation is necessary to activate the coverage. If the person is a veteran or the widow of a veteran, contact the Veterans' Administration at 1-800-827-1000 to find out about potential benefits.

Some people are able to pay privately for their own home care. We can provide a list of non-medical home care agencies, and a checklist of questions to ask when hiring a private provider or an agency. If you are caring for a person who does not have the financial resources to pay privately for in-home care or adult day services, there are state-funded programs designed to help—but they often have long waiting lists, so it is very important to be proactive and plan ahead. Goold Health Systems (1-800-609-7893) is the assessing agency for the state-funded programs.

### Think about the longer term:

Obtain a list of long-term care facilities from SMAA and consider making an appointment to discuss care options. Take the time to visit facilities as early in the process as possible. Place the person's name on several waiting lists for facilities, especially if the person will need funding assistance through MaineCare (Medicaid) to pay for long-term care in a facility. Be aware that Medicare is federal health insurance, and it does NOT pay for long-term facility care. It may pay for a short-term rehabilitation stay in a skilled facility if it is determined to be medically necessary by a physician and the person meets other requirements.

A Goold assessment to determine the person's care level is required for all admissions to nursing facilities (private pay or MaineCare) and for most admissions to assisted living facilities as well. This assessment looks at the person's need for assistance with Activities of Daily Living (ADLs), such as bathing and dressing. When someone is going

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- If you would a service not listed above, please contact us. We will work hard to meet your needs.*



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into a long-term care facility and needs help to pay for that care, the person must also submit a Long-term Care (LTC) MaineCare application to their local Department of Health and Human Services. DHHS may request up to five years worth of financial records to determine that nothing of value has been given away or transferred during that time period. DHHS may determine that a spouse can keep some of the jointly-held assets to be able to continue to live in the community after the person goes into a facility. It can be very helpful to consult with an elder law attorney early in this process, as MaineCare rules are complex and change periodically.

**The important thing to remember is that you're not alone on this journey.** We can help you every step of the way. Keep our number handy and call the Family Caregiver Support Program at 207-396-6500 or 1-800-427-7411!

## Savvy Caregiver Training in Bridgton

**S**avvy Caregiver is a training program for family caregivers of people with conditions that cause dementia, such as Alzheimer's disease. Often, family members take on the role of caregiving without any preparation or training. This evidence-based (meaning that it has been researched and proven effective) program is designed for people who are assisting a family member or friend with dementia who lives in the community, and it helps develop knowledge, skills, and attitudes to make caregiving easier. The goal is that both the person with dementia and the caregiver can have a better day.

SMAA has been offering the program since 2008 and our staff has delivered the program more than 50 times, including 3 series in Bridgton. We will be offering it at the Bridgton Community Center, starting August 28. We will be putting together our whole fall class schedule soon and will post it on the SMAA website, [www.smaaa.org](http://www.smaaa.org).

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. Class size is limited and pre-registration is required.

Please contact Ann O'Sullivan at SMAA, 1-800-427-7411 x 541 or [aosullivan@smaaa.org](mailto:aosullivan@smaaa.org) with questions or to sign up.

## Help For People Helping Aging Family Members

### Caregiver Class Schedule 2015

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

**Savvy Caregiver.** Bridgton Community Center, Bridgton. Contact Ann O'Sullivan at 1-800-427-7411 x541 to pre-register (required).

August 28, September 4, 11, 18, 25 and October 2, 9:30-11:30PM:

Please use the numbers listed to register. Feel free to call the Family Caregiver Support Program at SMAA (1-800-427-7411) with any questions.

## Caring For Aging Family Members

### Support/Discussion Groups

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

**Biddeford** – Community Partners: For caregivers of those with dementia.

- Second Monday of month, 3-4:30PM
- Second Monday of month, 6-7PM.

Call Barbara Alberda at 713-3723.

**Bridgton** – Community Center: For caregivers of an older adult or person with dementia. On site respite available (call 647-8143 to reserve).

- Second Wednesday of month, 1-2:30PM. Contact Ann O'Sullivan at 1-800-427-7411 x 541.

**Kittery** – The Gathering Place: Respite available onsite for a fee; please call ahead to reserve.

- First Thursday of month, 3-4:15PM. Contact Jill Larson at 439-6111.

**Scarborough** – SMAA: For caregivers of an older adult or person with dementia.

- Third Thursday of month, 5:15-6:30PM. Contact Lori Campbell at 396-6540.

**York** – Living Well Center: For family and friends assisting an older adult with a chronic condition.

- Third Tuesday of the month, 1-2PM. Contact Susan Kelly-Westman at 475-1167

[www.facebook.com/SouthernMaineAgencyonAging](http://www.facebook.com/SouthernMaineAgencyonAging)

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From Jo Dill's Notebook

**Celebration of Athletes**

On May 29, 100 athletes, volunteers and guests gathered for the Maine Senior Games/Martin's Point Celebration of Athletes at the Fireside Inn in Portland. Maine Senior Games Honorary Chair, Senator Rebecca Millett was on hand to welcome everyone. It was a send-off to the 85 athletes and coaches going to the National Senior Games, presentation of awards and the first ever inductees into the MSG Hall of Fame.

Awards were given to 2014 Volunteer of the Year, Claudia Lackee, 2014 Female Athlete of the Year, Linda Hunt, and the 2014 Male Athlete of the Year, Joel Stinson. Deb Smith was awarded the Martin's Point Medallion Award, given to someone who inspires and motivates others to strive for their personal best. Additionally we celebrated the inaugural class for the MSG Hall of Fame.



**5K Road Race**

The race started with overcast skies and as the final finishers came in it was pouring rain but didn't dampen the spirits of the 28 competitors. Thanks to the volunteers who stood in the rain directing the runners around each turn! Results are on our webpage: [www.mainesrgames.org](http://www.mainesrgames.org)

**Registration**

There is still plenty of time to register for the Maine Senior Games. Athletes are encouraged



to register online as it is much cheaper and saves me tons of time. You can still pay by check if you don't want to use your credit card. If you are having trouble registering or can't remember your passwords call Jo at 396-6519 for help. [www.mainesrgames.org](http://www.mainesrgames.org)

**2015 Maine Senior Games Schedule**

- Track & Field:** August 1, Scarborough HS, 10AM, Saturday
- 10K Road Race:** August 2, Scarborough HS, 9AM, Sunday
- Cornhole:** August 11, Sanford/Springvale YMCA, 4PM, Tuesday
- Pickleball:** August 15, Men's/Women's Doubles, Gorham, 9AM Saturday
- Pickleball:** August 16, Mixed/Singles, Gorham, 9AM, Sunday
- Golf:** August 17, Nonesuch River, Scarborough, 8:30AM, Monday
- Horseshoes:** August 22, Deering Oaks, Portland, 9AM, Saturday
- Archery:** August 23, Lakeside Archery, No. Yarmouth, 9AM, Sunday
- Table Tennis:** August 28, Pineland YMCA, 5PM, Friday
- Tennis:** September 3, Women's Singles/Men's Doubles 9AM, Mixed Doubles 1PM, Thursday
- Tennis:** September 4, Women's Doubles, Men's Singles, 9AM, Racket/Fitness, Portland, Friday
- Swimming:** September 12, Waterville YMCA, 10AM, Saturday
- Cycling:** September 13, Kennebunkport Bicycle Co, 9AM, Sunday
- Hot Shot/Foul Shoot:** September 19, Cape Elizabeth HS, Cape Elizabeth, 3PM, Saturday
- Basketball (Men's):** September 19, Cape Elizabeth HS, Cape Elizabeth, 9AM, Saturday
- Basketball (Women's):** September 20, Cape Elizabeth HS, Cape Elizabeth, 8:30AM, Sunday
- Bowling Candlepin:** Singles/Doubles: September 24, Big 20, Scarborough, 10AM/1PM, Thursday
- Racquetball:** September 26, Racket/Fitness, Portland, 9AM, Saturday
- Bowling 10 Pin:** October 4, Singles/Doubles, Yankee Lanes, Portland, 10AM, Sunday

**First Members Inducted into Maine Senior Games Hall of Fame**

The Maine Senior Games Hall of Fame has been established to honor and celebrate Maine athletes who are avid competitors and who excel in their individual or team sport. We would like to recognize the inaugural class of the Maine Senior Games Hall of Fame:

**Jerry LeVasseur**

Jerry is a long-time competitor in Maine, throughout New England, and on a national level. His sports are distance running (5k and 10k) and track and field (400m, 800m, 1500m, and triple jump).

Jerry is a well-decorated athlete with a room full of bronze, silver, and gold medals. He also holds State of Maine records in the 800m and 1500m for the 70-74 age group. Jerry has participated at the National level since 1994 and has collected many medals in the 5k, 10k, and relay teams.



Currently Jerry is a member of the Maine Senior Games Advisory Board and the National Senior Games Board. He is not only an incredible athlete but someone who is committed to seeing the Games succeed. When in races Jerry isn't just competing, he is often recruiting new athletes for the Games.

Jerry is a survivor and no matter what he faces, he keeps running! He is our energizer bunny.

**Arden LeVasseur**

Arden is a long-time competitor in swimming and track and field both locally and nationally. For over 15 years she has competed in events in Maine, New Hampshire, Connecticut, Rhode Island, and Massachusetts where she often brings home the gold.



Arden has competed at a national level at the National Senior Games since 1999 only missing just one season (With the summer heat in Houston, who can blame her?) At the National Senior Games in Palo Alto she came in 7th in the Long Jump, 50 and 100 yard breaststroke but brought home the bronze medal in the 200 yard backstroke.

Arden currently holds the Maine record for the triple jump for the 70-74 age group: 15' 6.5".

Arden is a quiet and unassuming woman who is also an amazing competitor. We hope to see her competing for many years to come!

**Ellsworth "Derry" Rundlett**

Derry has been participating in the Maine Senior Games since 2000. He is a sprinter who competes in the 100m, 200m, and 400m. Over the years he has earned many bronze, silver, and gold medals. Derry has also participated in six National Senior Games and received a bronze in 2009 as part of the relay team.



Dedicated to improving his abilities, Derry trains relentlessly to improve his form on his own or often times with a coach. Derry is also a great spokesperson for the Maine Senior Games and is tirelessly advocating on behalf of the Games. He never hesitates when speaking to groups and individuals about the Games. Derry is dedicated and passionate and we are proud to have him as part of the Maine Senior Games.

**Triple Threat Basketball Team: Patty Stogsdill, Adrienne Turner, Mary Whited, Kathy Sanborn, Lana Merchant, Cyndi Bona, Coach Mo Sylvia**

The Maine Triple Threat team burst onto the scene determined to win! This young team had only been playing together less than a year when they made their appearance at the National Senior games in 2009.

There were 16 teams in the 50-54 age group. During their first tournament the team finished with 2 wins, 1 loss – with the one loss to a past National Championship team (All Net from California). In future tournaments the team would go on to defeat the New Mexico Canyon Nets, the All Nets from California. Their last game was the Colorado Herd. The Triple Threat's lost this one game, but would continue on. In the final tournament the team went head to head once more with the Colorado Herd, this time beating them in double overtime for the Gold.

Maine Triple Threat did what no other Maine Senior Games Women's Basketball team had done – win gold at Nationals!

The team is still playing together, determined to keep competing, keep winning, and to keep having fun.

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## Update from the Stewart Adult Day Center in Falmouth

We have had a wonderful Spring here at The Stewart Center. It started off with our May Day Celebration where we made May Baskets for our neighbors. Each basket contained handmade paper flowers, and some chocolates. It was fun to leave them on the door step of the businesses near us and make some new friends. We also threaded a May Pole (which is a lot harder than it looks!), danced to music, and did a whole lot of laughing.

We got an early start with our seedlings and have our raised garden bed started with lettuce, tomatoes, carrots, and peppers. It is our hope to go outside eventually and pick a salad to serve with lunch! We are well on our way!

We celebrated our own Kentucky Derby Day with hat decorating, horse racing, Mint Juleps, and Kentucky Browns. None of our horses won the Triple Crown, but we

had just as much fun watching our own horses race down their home made track!

I want to send a warm welcome to Patrick Clancy, our new Social Worker who is providing caregiver and member support. He is a recent graduate of the University of Southern Maine and brings with him experience in working with elders and dementia from his internship at the Alzheimer's Association. He started off here at The Stewart Center with a caregiver luncheon a few weeks ago and he will be offering a caregiver support group to be starting in a few weeks. Welcome Pat, your presence helps to round out the services provided to families and caregivers here at The Stewart Center and we appreciate all that you are doing.

We have started our mascot project. We are in the process of making a Paper Mache elephant. It stands almost three feet high and

with the help of a wonderful volunteer, Susan Tureen, the internal structure is complete. This week the newspaper is being applied to give it shape. Next comes the messy part with the glue and painting. We will publish a photo of the finished product, hopefully in the next issue of Senior News! Stay tuned for the unveiling of "Stewie" the Stewart Center resident elephant.

Lastly, I wanted to highlight the students who have been visiting The Stewart Center for the past few months. We have hosted the Northern Maine Community College Paramedic students as part of their clinical program. These students all have many years experience in Paramedicine and are branching out to provide more community support for individuals who may be better served by community resources with accurate referrals coming from these medical professionals. Additionally, we have started hosting Oc-

cupational Therapy students from The University of New England this summer during their Level I fieldwork experience. They will be assisting with running the activity groups here for members and increasing their familiarity with working with elders. We welcome students as they bring new ideas, and creative energy with them which helps us provide our person-centered programming.

**Kirsten Dorsey**  
Program Coordinator  
The Stewart Center

## USM Students Produce DVD For SMAA'S Adult Day Centers



Bethany Bernhardt (c) and Kate Scamman (r), seen here with SMAA's Provider Relations Associate, Owen M. O'Donnell, recently completed work on a DVD to be used in community presentations to promote public awareness of the agency's two Adult Day Centers. Bernhardt and Scamman, USM Media Studies majors, showcased their DVD this spring at an event held on the USM Portland Campus. SMAA was one of 9 Greater Portland non-profit agencies selected by the Service Learning Capstone project of USM to have their work documented and publicized. At the conclusion of the event, USM's outgoing President David T. Flanagan stopped by to greet Scamman and O'Donnell.



## Wood Working at the Stewart Center

The strength of our adult day program is allowing our members to have choices in the activities and programs we offer. Our staff, specifically our social workers, meet with our members and their caregivers to discern what sorts of things are interesting to them.

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Our staff at the Stewart Center in Falmouth recently learned that one of our members enjoyed working with wood. The staff went to work to design a program that would work in the space, be safe for the members and give them the feeling of creating a wood project. After researching, our staff contacted the Maine Woodworkers Association for support, specifically help with getting usable wood. Many of the members responded dropping off wood for our members. Thos. Moser Furniture, a Maine based company known for its fine craftsmanship was happy to help too.

Our members are enjoying designing, building (with wood glue) and painting their projects. Thank you to all the wood hobbyists who helped and to Thos. Moser for helping make this program happen!

**From the Director's Desk**  
continued from page 1

**Update on Biddeford Adult Day Center**

If you have had an opportunity to drive down the Barra Road in Biddeford lately, I hope you have noticed the construction under way at our new adult day center site. The foundation work is almost done and soon the building will emerge. We hope to have the Center completed by the end of December. I will keep you updated via this column with

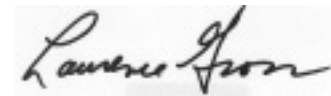
pictures and program plans as things progress.

I am also pleased to announce that the UNUM Foundation recently awarded SMAA a \$25,000 gift to support the Campaign to Create a Better Day. Their generous support moves us that much closer to completing the \$5 million construction phase of our capital campaign.

**Program News**

I am happy to announce that the Catch Healthy Habits program has been extended and expanded to include aging adults over age 50. Funding for the program is provided by the OASIS Institute in collaboration with the Anthem Foundation. "Catch" is a volunteer driven program, administered by SMAA, that has taught the benefits of healthy eating and physical activity to young children and will now broaden that reach to include older adults.

With summer finally here, I encourage you to spend some time outside enjoying all that southern Maine has to offer. Take a hike, get out on the water or simply enjoy your own backyard on a sunny day. After the long, cold winter we certainly deserve a few warm sunny days!



**Laurence W. Gross**  
Executive Director



Southern Maine like the rest of the country has seen an emergence of wine bars. If you've visited a wine bar, you, no doubt, have found them to be a fun way to experience a number of different wines at an affordable price. Wine bars have an uptown vibe, often without the noise and chaos of a restaurant.

Wine bars offer flights of wine, small glasses with about an ounce of wine, called a flight. Typically a flight includes 3 choices of a wine variety. A flight is priced about what one full glass of wine costs. The flights come with a description and the sample size allows for comparison.

You'll most likely find beer flights and nonalcoholic options like sparkling water on the menu. You will usually find a menu of small plates of artisanal cheeses, spreads,

charcuterie, nuts and some confections. Wine bars also offer small group wine tastings and other private events that can be the perfect way to celebrate a birthday or anniversary. While it's possible to linger for an evening, it's a perfect stop before or after a movie, play or concert or simply to socialize before heading home for the night. What a nice way to gather with friends without the burden of entertaining at home!

Here are some local options if you want to experience a wine bar:

**Carpe Diem Wine Room**  
18 Yarmouth Crossing  
Yarmouth 847-5222  
www.carpediemwinerom.com


**MJ's Wine Bar**  
One City Center  
Portland 772-1400  
www.onecitywines.com

**Old Vines Wine Bar**  
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**Schedule of Upcoming Classes**

**A Matter of Balance**

August 3 – September 28  
Mondays, 9:30-11:30AM  
InterMed, Portland  
(Open to InterMed patients only)

September 8 – October 27  
Tuesdays, 1-3PM  
Woodfords Church, Portland

**Chronic Pain Self-Management Workshops**

July 21 – August 25  
Tuesdays, 1-3:30PM  
SMAA Main Office, Scarborough

August 6 – September 10  
Thursdays, 1:30-4PM  
InterMed, Yarmouth  
(Open to InterMed patients only)

**Volunteer Trainings**

**Living Well for Better Health**

(4 day training)  
July 14-17 2015, 9AM- 4PM  
Portland City Hall

**A Matter of Balance**

(1.5 day training)  
September 15 & 16  
Day One: 8:30AM-4:30PM;  
Day Two: 12-4PM  
Southern Maine Agency on Aging

board certified Adult Nurse Practitioner in Primary Health Care and has a certificate in Gerontology from the University of Southern Maine.

Prior to joining SMAA she worked as a nurse practitioner for the University of Southern Maine Health and Counseling Services. She has taught nursing students, both undergraduate nursing and graduate nurse practitioner students in the School of Nursing at the University of Southern Maine. She has practiced as nurse practitioner in Adult Health, Gerontology and Women's Health Care. Other clinical experiences include home care, radiological nursing and medical-surgical nursing.

Malinda is very excited to begin her work at SMAA, as the new Agewell Programs Coordinator, and joining the Healthy Aging team. She is passionate about working with older adults, and in promoting their ability to age in place. Her experience in caring for aged parents has provided her with personal insight into the challenges of aging. Through her coordinator role, she will be instrumental in helping older adults find and use self-management tools to promote and maintain an active and healthy lifestyle.

**AGEWELL COMES TO YOU!**

Fall classes are being organized NOW! SMAA's Agewell programs are looking for more sites in York and Cumberland counties to host our evidence-based self-management Agewell workshops!

**Help connect your community with your organization and learn about strategies to improve their health and get back to better!**

If your organization is interested in bringing these beneficial programs to your site, contact Crystal Castro at 396-6529 or ccastro@smaa.org

**Agewell Welcomes Malinda Scannell**

Malinda Scannell, APRNC, BC, M.S. began as Programs Coordinator of Agewell Evidence-Based Programs in May 2015. Malinda has her Bachelor's in Nursing from the University of North Carolina Chapel Hill and her Master's from Boston College. She is a



**Take Control of Your Health in Five Steps**

If you've been diagnosed with a chronic health condition then know this—you're not alone! It is estimated that 92% of older adults have at least one chronic condition, and 77% have at least two. Chronic health conditions are any ongoing, persistent health concern and can include things like diabetes, arthritis, heart disease, depression, high blood pressure or cholesterol, weight management issues, and more.

The impact of chronic conditions is far-reaching, and can affect our ability to function in our daily lives. People with chronic conditions often report experiencing fatigue, muscle tension, pain, poor sleep, loss of concentration, difficult emotions, restricted movement, stress and anxiety, and even depression. Work and relationships can suffer and people often experience a sense of loss of control over their own lives.

The good news is that many chronic conditions are preventable or manageable with some straightforward lifestyle changes, like quitting smoking, becoming more physically active, and eating healthier. In addition, staying on top of your symptoms and becoming a good self-manager will help you to maintain good health and avoid or minimize chronic health problems which can diminish your quality of life.



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### What You Can Do: 5 Steps to Take Control of Your Health and Get Back to Better

#### 1. Get Active!

Many people with chronic conditions tend to be less active, causing weak and shortened muscles and stiff joints. It's a good idea to talk with your healthcare provider to develop an exercise plan that is right for you. The idea is to start where you are now and go slowly.

Regular exercise can: Help your heart, including improved levels of cholesterol and blood pressure; Reduce pain and loosen stiff joints; Increase muscle strength and endurance; Improve flexibility, balance, and coordination; Elevate your mood, reduce anxiety, stress and depression; Improve energy levels and sleep quality; and Improve organ function and reduce constipation.

#### 2. Pace Yourself

Finding a good balance between activity and rest is very important for people managing chronic conditions. Some people rest too much, causing negative effects in the long run. Others try to do too much causing increased pain or exhaustion. Both of these types of people can benefit from pacing because it allows you to accomplish tasks each day without overdoing it and maintaining a good level of activity.

A simple way to start is to take a sheet of paper and write down all of your activities in a day, including rest times. You will want to note the amount of time you spend on each task, and what your pain or fatigue level was. This will give you a sense of how you are spending your time and whether you are resting too much, or overdoing it.

#### 3. Relax!

Dealing with ongoing health issues can be challenging, both physically and mentally. This can lead to difficult emotions like anger, frustration and depression and can increase pain and fatigue. Using methods of relaxation can help you loosen up tense muscles; decrease stress and anxiety; release endorphins which can decrease pain and elevate your mood; and improve sleep. Some methods for relaxation you can try include: progressive

muscle relaxation, guided imagery and visualization, meditation, deep breathing, or tai chi among others.

#### 4. Ask for Help

When health problems interfere, it can be hard to get things done. Even with pacing, some tasks may be left incomplete or you may find that you need help to take certain steps to improve your health. Maybe you just need some support to get through it all. Don't be afraid to ask for help!

#### 5. Take a class

Sometimes it is a good idea to look for outside resources that can assist in the process of managing our health. Folks in southern Maine

can turn to the SMAA's Agewell Programs for tips on how to manage their ongoing (chronic) health concerns and live a more active, fulfilling life. Our workshops, Living Well for Better Health and Chronic Pain Self-Management, meet weekly over a 6 week period to discuss topics like dealing with pain and fatigue, managing difficult emotions, physical activity and nutrition, communication, and how to achieve personal goals. A Matter of Balance Workshop meets for 8-two hour sessions to discuss concerns about falls and how to minimize the risk of falling. Folks learn about what is putting them at risk and strategies to prevent falls. They learn an exercise


routine they can use to get more active and how to use assertiveness skills to get the help they need to maintain independence.

If you are interested in attending one of our Agewell Programs, call SMAA today to register or for more information: 1-800-427-7411 or 396-6500.

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### SENIOR MOMENTS

by Hunter Howe  
**No Dumping Here**



I'm reluctant to write about poop.

But this isn't the first time—you may recall that I previously penned a piece called "Do Squirrels Poop?" No one seemed to mind.

I hope that I've teased you. You see, articles in the Washington Post

and Salon.com. teased me.

In the Washington Post, Peter Holley wrote a column titled, "Decades of human waste have made Mt. Everest a fecal time bomb." That sounded serious to me. He mentioned that 26,500 pounds of human excrement are deposited each season and that estimates show there are ten tons of trash up there as well.

Huh?

In Salon.com, Lindsay Abrams wrote a column titled, "Stop pooping on Mt. Everest!" She said, Mt. Ever-

est has a poop problem... and the poop is piling on." She continued, "Nepal's government needs to figure out a way to get climbers to dispose of the waste properly—by carrying it back down in disposable travel toilet bags." She also discussed the enormous trash problem calling it, "the world's highest garbage dump." Apparently, climbers are now required to bring 18 pounds of trash back down with them.

Guess who's number 1 in the number 2 business now. Say, where's

the old Porta Potty when you need it?

Well, I was sure relieved to find out that Nepal's government is dealing with this most odious issue. Not bashful, they recognize that people need to do their daily duty and that translates to a key formula: people=poop=pollution.

I'll admit that I'm puzzled by all this. Let's see, you travel halfway across the globe, hike up the world's highest trash dump, endure great hardship, sleep in a tent so exposed that a 120 mph gust might whisk you off to China, and attempt to avoid slipping on an iced poop, plummeting you down a ravine where your body might be found in 2150, clutching your designer keester cake bags. If you do survive and reach the summit, a Sherpa guide insures that you lug your poop and 18 pounds of trash back down the mountain, past frozen bodies and demolished helicopters. Imagine, your fanny pack bulging with all that debris.

Sure doesn't pass this sniff test.

A common sense Mainer might offer this swell solution. The Nepal government ought to install warning signs: "No dumping allowed above base camp." Now that would halt the turd and trash problems at the top of the world, right quick.

Well, I've got my own pressing problem to deal with right here in my own base camp—heaps of doggie doo-doo in my yard.

Hunter says, "In order to maintain our sanity in face of reality, we surely need a dash of silliness and a dab of nonsense in our daily porridge."



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## Why Do Kids Put Beans in Their Ears?

By Don Kopp



In 1960, a lighthearted musical, *The Fantasticks*, began running in a small New York City Greenwich Village theater. There were 17,162 performances before closing in 2002. The story involves two fathers who scheme to have their children, a son and a daughter, fall in love. In a song entitled “Never Say No,” the dads discuss the reason kids put beans in their ears (and pour jam on the cat): “They did it ‘cause we said No.” So they pretend to feud, confident that by forbidding their children from seeing each other, the youngsters will find each other irresistible.

Oddly enough, this leads me to restaurant bathrooms and the very disturbing sign that one encounters there. You know the one. It reads, “Employees Must Wash Their Hands.” Think about it. Teenagers work in restaurants. I have nothing against teenagers, other than their youth, but I remember being one. And so do you. Now imagine yourself as a teenager working at, say, McDonalds. What would your reaction be to that sign? Exactly! Your response—and that of any teenager worthy of the designation—would be like that of a bull to a red cape. You would leap at this *Rebel Without A Cause* moment, this chance to “Stick it to the Man.” And as night follows day, you would growl: “Must wash my hands, huh? Sez who?” and then swagger out of the washroom humming and unwashed. The Law of Unintended Consequences strikes again—a sign intended to make us feel comfortable has exactly the opposite effect.

Recently I encountered a particularly perplexing version of the sign in question. This one undertook to demonstrate exactly how the required hand washing should be accomplished. It pictured each sequential step. Step one was securing a paper towel from the towel dispenser. Step two was using that towel to turn on the water tap (avoiding cooties from the unwashed hands of prior users). Subsequent steps illustrated the actual washing process, then turning off the tap (again with paper towel), and finally departing the bathroom (paper towel between you and door handle). Excellent advice to be sure, underscoring as it did the importance of avoiding contact with bacterium associated with, well, you know. But as I prepared to follow each and every one of those indispensable steps, I discovered—wait for it—that there was no paper towel dispenser! Nope, and it didn’t appear as if there ever had been one. The only available method for drying one’s hands was a blower hand-dryer.

Your having stayed with me thus far, I trust we can agree that removing all signs about manda-

tory employee hand washing would be an enormous improvement over the inevitable germmy consequences of the existing sign. But we can do even better than that. Reflect back on what *The Fantasticks* taught us—how children react to being told “No!” Now imagine a sign that says, “This Sink Is Reserved Exclusively For The Convenience of Our Customers. Employees Are Absolutely *Forbidden* From Washing Their Hands In This Sink.” Hard to imagine the kid who wouldn’t say, “Oh, yeah? Just watch me as I wash and wash and wash my hands in your dumb *forbidden* sink!” For good measure, that kid might even put beans in his ears.

Don Kopp can be reached at [donkopp@sacoriver.net](mailto:donkopp@sacoriver.net)

## Biddeford Adult Day Center Construction

This summer there will be a lot of activity on the Barra Road as the Biddeford Adult Day Center starts to come up out of the ground. It has been a long road with planning and site preparation and now we are closing in on the final stretch. The Center is expected to open in late 2015 and we look forward to celebrating that occasion with you.



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# RSVP

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## VOLUNTEER SERVICES & RSVP

*"An Invitation to Make a Difference"*

### SMAA Says Thank You!

Volunteers gathered on June 24 for the annual SMAA/RSVP volunteer appreciation. This year's theme was "Communities FLOURISH Thanks to Volunteers like You". More than 100 volunteers enjoyed entertainment by Maine humorist John McDonald, the music of Them and Alec and a delicious luncheon. Volunteers received certificates of appreciation for their service. The Recognition Committee—Cynthia Grovo, Joan Hatch and Sherry Pinard—were responsible for choosing the theme, planning the entertainment and making sure everything came off well. Special Thanks to Ron Morton and Paul Doherty for their help as well.

If you were unable to attend, we hope to see you next year. Mark your calendar for next June!

*Often people ask why we always have the recognition in Scarborough. Many think that the answer is because SMAA's main office is in Scarborough, but that is not the case. SMAA serves almost all of Cumberland County and all of York County a physical area of 1,645 miles. From Kittery to Bridgton, Scarborough is almost exactly in the middle making it easy to travel to from any direction we serve.*

### Interested in Learning and Doing Something New?

SMAA has training opportunities upcoming for volunteers who would like to try something new or add to their volunteer assignments.

Advance Health Care Planning Facilitator training has been scheduled for July 29 and August 3 from 8:30AM-1:30PM. The training will be held at Southern Maine Agency on Aging's Carr Conference Room. Because of the cost of the training modules from Gunderson Health Care, a leader in advance health care, we ask for a one year commitment from volunteers. You will receive web-based self-study modules and two face-to-face training sessions as well as a great team of already trained volunteers to work with. We also have regular learning update training throughout the year.

SMAA's Healthy Aging Department has scheduled their Living Well for Better Health leader training for on July 14 through July 17 from 9AM-4PM each day. Once trained, volunteers lead classes at various locations in York and Cumberland counties. You get to choose when, where and how many classes

you want to lead. Healthy Aging asks for a one year commitment from volunteers.

SMAA's Vet to Vet Program has scheduled their Vet to Vet Volunteer training for mid-September. There are three evening sessions from 5:30-8:30 PM. This training will be held at the Maine Veterans' Home in Scarborough. Once trained, veteran volunteers are assigned a homebound or disabled vet to visit at least twice a month. The Vet to Vet program also asks for a one year commitment from volunteers.

For more information about these or any other volunteer training opportunities, please contact amillington@smaa.org or call 396-6595.

### RSVP Volunteer Help Wanted

Is there a little bit of the teacher in you? If so, SMAA's Healthy Aging Department is looking for volunteers to lead classes in their **Living Well for Better Health** program. Leader training will be held in Portland on July 14-17 from 9AM-4PM. The Healthy Aging Department asks for a one year commitment from volunteers.

The **Ferry Beach Park Association** is looking for a few good RSVP volunteers this summer to act as "Eco Desk" helpers at their campground in Saco. Volunteers will chose a three-hour morning or afternoon shift each week to assist campers with questions about park facilities, trails & beaches. If you love the outdoors this opportunity is for YOU!

Do you love BIKING? **Portland Wheelers**, a new Portland non-profit, is making it possible for those of all ages living with disability, debility, or dementia to get outdoors, enjoy the wind in their face, and connect with the larger community. RSVP is currently recruiting aged 55+ volunteer BICYCLE "PILOTS" for Portland Wheeler's, to operate their specialized trikes—providing organized rides for folks in the greater Portland area. Training provided.

Email amillington@smaa.org or call 396-6595 for more information on these or other volunteer opportunities.

### RSVP Celebrates its 43rd Year of Volunteer Service in York and Cumberland Counties

On July 1, RSVP of Southern Maine kicked off its 43rd year of serving York and Cumberland Counties. Over the years thousands of volunteers age 55 and older have provided millions of hours of service delivering Meals on Wheels, counseling people about Medicare benefits, visiting homebound people and people in nursing homes, and more.

Over the years the face of volunteering has changed. Today's volunteers are involved in collegial teamwork opportunities to share in decision making and be part of planning and implementation of the project they are working on and to keep learning and growing. RSVP and SMAA offers those kinds of volunteer opportunities—opportunities that enable us to accomplish our mission more effectively and efficiently.

Every volunteer contribution of time and talent has been, and is, valuable and appreciated. But today's volunteers are stepping up their game and challenging the programs they volunteer for to prove to them that they are truly adding to the bottom line or making a measureable difference in the lives of those they assist.

If you are looking for challenge, growth, leadership rolls or a new "career" as a volunteer, SMAA and RSVP have over a hundred opportunities for you to check out. You can reach us at volunteer@smaa.org or 396-6525 or check us out on the web at smaaa.org.

### CATCH Healthy Habits Grant Renewed

"GO" will keep on going. Both the child and adult versions of CATCH Healthy Habits will continue to promote GO foods and activities while encouraging people to limit their WHOA foods and activities. Our grantor, The OASIS Institute, has announced the receipt of continued funding through the end of this year from The Anthem Foundation. We especially want to thank our local Anthem Blue Cross and Blue Shield office in South Portland for their strong advocacy. This was the first year that the local offices voted for the programs they wished to support.

Marlise Montgomery, our local Anthem Community/Producer Relations Consultant, helped us announce the grant extension at a recent CATCHing Healthy Habits for Adults 50+ session at Portland's Salvation Army. After the program, she e-mailed: "Thank you for allowing me to sit in on the class yesterday. I was pleased to see so many

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participants! I thought the educational piece on sugar was excellent. Olga's (exercise) segment was very informative and the content covered was appropriate..." By the end of 2015 we hope to share our health and nutrition message with over 200 adults.

### Who Is CATCHing the "GO"?

This spring has found us at some new sites. We have made new friends at Bayview Heights. Volunteers have also met with members of the Portland Salvation Army and the Portland Senior Recreation Center. We can still schedule some programs for summer and fall. *To volunteer or schedule a program, please call Sharon at 396-6523 or e-mail [sschulberger@smaa.org](mailto:sschulberger@smaa.org)*

### The Ten Minute Diet

Did you have the same astonished reaction to that headline that I did while reading the Bangor Daily News? Is this a fasting diet? Do I have to eat my days' worth of food in 10 minutes? Are they pushing some new super food? (Recently, I have heard of chia seeds, green coffee beans, aloe vera juice and Bloody Mary diets.) Now what creative ideas were they pushing?

As I read the article, I was thinking "Oh that is basically what CATCHing Healthy Habits for Adults 50+ is saying!" It is a simple and easy-to-do request. Just stop and think about consequences and alternatives before choosing meals and snacks. The best choices are GO foods—fresh or frozen fruits and vegetables, whole grains, lean meats and fish, nuts and seeds. Choose fewer WHOA foods—processed foods that are prepared with added fats, sugars and salt.

How do we do that? Choose a healthier alternative. Craving something cold and creamy? Our old habits may take us to visions of ice cream. Instead how about a yogurt sundae with fresh fruit and a sprinkling of whole grain cereal or nuts? Craving something crunchy and sweet? Make your own trail mixes with whole grain, unsweetened cereal, popcorn and add-ins such as dried fruits, nuts and seeds, maybe even a little dark chocolate. Shake on some cinnamon. Or you can make it savory with spices such as chili pepper and garlic. Instead of potato chip, substitute baked chips or sweet potato chips or carrot chips. And remember to "eat the rainbow". Homemade stews, soups, chilies and salads are excellent ways to easily include lots of veggies in your diet. Add different spices to improve the nutritional value and change up the taste. Remember that broiling and baking are healthier.

Celebrate GO Foods.

National Farmer's Market Week is August 2-8. Be sure to visit your local producer for nice, fresh, in-season, lower cost fruits and vegetables.

*CATCH Healthy Habits is a program of The OASIS Institute and funded by the Anthem Blue Cross and Blue Shield Foundation.*

## SMAA Brings Bingo Game to Meals on Wheels Clients

Last winter, SMAA introduced a home-grown, nutritional version of Bingo—called NUTRO—to our Meals on Wheels clients. The winter months, especially this past brutal winter, can feel very long at times. This can be extra stressful and depressing for our homebound Meals on Wheels clients. Our goal with creating and sharing NUTRO was to have a fun way to entertain our clients while providing some nutritional training.

NUTRO was a 15-week game that started in January. Each week, our clients were given five clues—one from each food group. The answers would correspond to spaces on their NUTRO play cards. Once a player completed "NUTRO" they won a prize. We were also able to offer a grand prize for a winner who answered their entire play card.

Congratulations to Kathleen Battcock (Kittery), Donna Lotti (Saco), Ruth Remington (Ocean

park) and George Pope (Kennebunk), this year's NUTRO winners!

We would like to thank our volunteer Meals on Wheels delivery drivers who delivered the clues. We would also like to send a special thanks to Hannaford and Rite Aid for donating gift cards for prizes.

We are so pleased with the response and support that we've received, we are working on making this an annual event. If you would like to get involved in NUTRO, please contact Jo Ann McPhee, SMAA Nutrition Manager at 396-6510.

## Welcome New Volunteers

Anderson, Lauren  
Bahlavouni, Alina  
Barker, Linsey  
Benoit, Monica  
Brady, Elaine  
Brandt, Emily  
Callinan, Jackie  
Carland, Debbie  
Carlson, Rita  
Contractor, Anisha  
Cyr, Daniel

Ding, Kris  
Dobieski, Susan  
Frazier, Ryan  
Goshtigan, Gabby  
Gould, Jody  
Gould, Kristen  
Hollander, Peter  
Jacavone, Angela  
Jawed, Muzamil  
Kelly, Julie  
Lavigne, Kathryn

Madden, Tracy  
Meader, Penny  
Miller, Frank  
Morin, Scott  
Moscone, Jillian  
Mulat, Bayissa  
Neal, Natasha  
O'Brien, Erin  
O'Donnell, Amanda  
O'Neil, Marge  
Paige, Amy  
Perron, Rita

Pierce, Jason  
Robertson, Erica  
Rullo, Jennifer  
Scammon, Linda  
Schomann, Melanie  
Sluder, Rachel  
Tomaswick, Ashley  
Warner, Bonnie  
Weatherbie, Suzanne  
Whitaker, Brittany  
White, Shelley  
Woodard, Maryanne



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## MPBN Features Vet to Vet

Maine Public Radio's Tom Porter interviewed two participants in SMAA's Vet to Vet program for a Memorial Day story that was recently broadcast. The story featured Vet to Vet volunteer Jim Yankura and the veteran he visits, Raynauld Goulet.

In the interview, the two kid each other about Yankura's Army affiliation and Goulet's service as a Marine. Both saw combat, Goulet at Guam and Iwo Jima during World War II and Yankura during Operation Desert Storm in the 1990s.

The two have been visiting with each other for the past year as part of the Vet to Vet program. "It's an honor to sit next to this guy," Yankura said of Goulet during the interview. "This guy right here is my hero."

To hear the broadcast online, visit: <http://goo.gl/joXckE>



**Ray Goulet, left, and Jim Yankura at a recent awards ceremony at the Maine Military Museum.**

Photo credit: Sharon Hickey

## Vet to Vet Among Those Honoring Peter Ogden at Retirement Event

Representatives from SMAA's Vet to Vet project attended a retirement party June 12 for Lt. Col. Peter Ogden, director of the Maine Bureau of Veterans' Services, who retired after 11 years in the position. He was honored by coworkers, veterans, family, and friends at the event at the Senator Inn in Augusta.

Ogden offered early support to the Vet to Vet project and served as an instructor for all three Vet to Vet volunteer training sessions held during the past year. He provided information on Veterans Administration services and linked Vet to Vet volunteers to staff at the Maine bureau's offices in South Portland and Springvale. Vet to Vet volunteers help the veterans they visit to apply for benefits from the VA when appropriate, and Ogden's assistance bolstered those efforts.



**Lt. Col. Peter Ogden, right, presents a certificate of appreciation to Vet to Vet volunteer Henry "Chuck" Whynot during a recent awards ceremony for Vet to Vet participants at the Maine Military Museum in South Portland.**

Photo credit: Sharon Hickey

Ogden also conducted an honor awards ceremony in April for the Vet to Vet volunteers and the veterans they serve.

"We are very grateful to Peter Ogden for all the support he has given the Vet to Vet project and for his extraordinary efforts to honor Maine's veterans and demonstrate the state's appreciation for their contributions to our society," said Susan Gold, Vet to Vet coordinator. "We all wish him the best in his well-deserved retirement."

Ogden, who was in the U.S. Army and the Maine Army National Guard for a combined 28 years, served two tours of combat duty in Vietnam.

## The First Parish Second Annual Village Faire

Summer is just around the corner! Back by popular demand, The First Parish Church Second Annual Village Faire in York, Maine will be held on Saturday, July 11, from 9AM to 4PM. A Ham and Bean supper with dessert will follow at 5PM in the annex.

In the true spirit of a family Faire, there'll be something affordable for everyone! We'll have very special artisan vendors for your shopping pleasure. Fashionistas will love the array of handbags, totes and scarves to complement their summer outfits. There'll be gently used children's books and board games for summer play. Antiques and collectibles, paperback books for the beach, Shabby Chic home décor, and small and mid-size furniture will be offered for sale. Delicious breakfast breads, muffins and coffee cake will make getting breakfast for family and guests easy—all at great prices. The Fun Theme Baskets raffle will both delight and surprise the winners. Neckties, t-shirts, and hats will remind you of the fun you had at the Village Faire and help support future church activities.

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