



## From the Director's Desk

Who live in Maine year-round look forward to these long sunny days of July and August to help get us through the longer winter months. Vacations with family and friends, getting outdoors for a hike or a day at the beach or spending



a quiet morning fishing all help us re-charge our personal batteries for the colder months to come. Most of our staff at SMAA will enjoy some time off this summer, but there is still much planning and brainstorming happening in our offices as we prepare for the year ahead.

With a growing constituency of older adults, there is no end to the number of great ideas and new programs we can dream about providing, but the economic realities force us to be fiscally prudent and prioritize what we can provide for the long-term. As I've discussed in previous columns, SMAA receives some funding from the federal government through the Older Americans Act and some funding through the state of Maine. But those funding sources have not kept pace with the growing number (and needs) of our aging population. We are very grateful to the many private individual, business and foundation gifts we receive through our robust annual fundraising campaigns, but in order to fully realize our mission we must look at new ways to grow revenues while prioritizing what programs our constituents and partners need and value most. Towards that end, Nancy Connelly has recently joined the staff as SMAA's first Business Development Manager. Nancy brings a wealth of knowledge from her years working in the pharmaceutical arena in New York state. We are looking forward to tapping her expertise as SMAA moves to engage both the business and healthcare sectors in delivering a menu of programs and services to their patients, customers and employees. I believe this is a new area of growth for SMAA. I am excited to see where these new partnerships will lead.

## Adult Day Centers receive national attention

As I mentioned in the last issue of Senior News, the Sam L. Cohen Adult Day Center and the

continued on page 11

## Dignitaries Gather to Honor Sam Cohen's Legacy

May 20 was a big day for the Southern Maine Agency on Aging. We dedicated our new and innovative day center, the Sam L. Cohen Center in Biddeford. The beautiful weather underscored the joyful feeling of the assembled members and their families, donors, volunteers, press and staff.

The Sam L. Cohen Center opened in January and is providing stimulating and creative programming for people with dementia and giving respite to their caregivers. Laurence Gross, SMAA's Executive Director, welcomed Senator Angus King, Congresswoman Chellie Pingree, Mary Mayhew, Maine Commissioner of the Department of Health and Human Services, Alan Casavant, Mayor of



Biddeford, John Shoos, Executive Director of the Sam L. Cohen Foundation and Shawn Moody, Founder and President of Moody's Collision Centers to the dais.

Each of the speakers had two observations: our center needs to be seen to be believed, and that they understood the struggle facing care-

givers. Many of our speakers had visited the Truslow Center and commented on the dramatic difference in space, light and programming opportunities. All of speakers shared comments about the challenged they had faced with aging family members.

continued on page 5

## Sam L. Cohen Center featured in the Wall Street Journal

On June 3rd, The Sam L. Cohen Center was featured in a story in the Wall Street Journal (WSJ) about family caregiving and the need as the elderly population grows. Jennifer Levitz, reporter for the WSJ visited the Center and interviewed Stan Defreese, who with his wife, are the sole caregivers for his mother, Velma. Velma is one of our members at the Sam L. Cohen Center. Stan shared his thoughts on the challenges of caregiving. Maria and Ralph Bouvier were also featured in the article. The Bouviers are relocating to NH to live with their son, as Maria is no longer able to care for Ralph by herself. We thank the families who shared their poignant stories on this important topic. You can find Ms. Levitz's article at <http://on.wsj.com/1teqwj>

## Floyd Hastings Wins Patriots MVP Community Award, \$10,000 for Vet to Vet

Floyd Hastings of Saco, a volunteer in Southern Maine Agency on Aging's RSVP Vet to Vet program, has received a Myra H. Kraft Community MVP Award from the New England Patriots Charitable Foundation for his work with Vet to Vet, along with a check for \$10,000 for the program.



Patriots Chairman and CEO Robert Kraft and Patriots and Pro Football Hall of Famer Andre Tippett congratulate Floyd Hastings as a 2016 Myra Kraft Community MVP Award winners. Credit: N.E. Patriots

Floyd, 84, was one of 26 MVP recipients and one of only 10 to receive \$10,000 for the program in which he is a volunteer. A record number of 450 volunteers throughout New England were nominated for the awards this year.

Robert Kraft, owner of the New England Patriots, made the presentation at a special luncheon at Gillette Stadium honoring the recipients. Patriots' players Tom Brady and Rob Gronkowski were on hand to congratulate the award-winners. In total, the Patriots Foundation donated \$200,000 to 26 charitable organizations throughout New England in honor of volunteers who "exemplify leadership,

continued on page 5

MAINE SENIOR GAMES THANKS OUR 2016 SPONSORS	
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## Dignitaries Gather to Honor Sam Cohen's Legacy

continued from page 1

Senator King commented on the uplifting and modern layout. Congresswoman Pingree was impressed with the innovations from the layout to the colors used throughout the Center. Commissioner Mayhew expressed hope that the Sam L. Cohen Center would serve as a model for other communities in Maine and around the country. Mayor Casavant was completely "blown away" by the contrasts to the old center.

John Shoos said, "The Sam L. Cohen Center is a reflection of Sam's deep Biddeford roots and his abiding interest in helping those who need it. We are pleased to have the building carry his name."

Shawn Moody was on hand to present a suburban vehicle donated by Moody's to the Center. It's used to transport members to the Center.



## Educational Programs from the Alzheimer's Association

The Maine Chapter of the Alzheimer's Association offers many educational programs for families and individuals facing Alzheimer's, as well as community members and healthcare professionals. Programs range from basic introductory material to in-depth multi-part sessions and brain health information.

Pre-registration is required for all classes and can be done by calling 1-800-272-3900.

### Cumberland and York County Schedule

#### Effective Communications

**Strategies** – July 26, 10-11:30AM, Alzheimer's Association, Maine Chapter, Scarborough

Communication is more than just talking and listening—it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

**Dementia Conversations** – July 7, 10-11:30AM, Alzheimer's Association, Maine Chapter, Scarborough

• August 25, 3:30-5PM, Alzheimer's Association, Maine Chapter, Scarborough

This program is primarily designed for working adults who have a family member or close friend beginning to experience Alzheimer's or another dementia.

This program will offer helpful tips to assist families with difficult conversations related to dementia, including going to the doctor, deciding when to stop driving, and making legal and financial plans. Topics covered will include: Tips for having difficult conversations around some of the most common issues that arise regarding Alzheimer's or another dementia; the need to plan ahead and build a care team that communicates well in order to reduce the stress that can accompany a disease like Alzheimer's; connecting with helpful resources to enhance quality of life for everyone involved; hearing from people who are dealing with similar issues.

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## SMAA CALENDAR OF EVENTS

### AUGUSTA

Maine Senior Games – 10 Pin Bowling: Oct 16, 10am (singles), 12:45pm (doubles), Spare Time, FMI: 396-6519

### BIDDEFORD/SACO/OOB

Community Café – JR Martin Community Center, Biddeford: Call for schedule and menu. Reservations: 283-2477

Family Caregiver Support Groups – Community Partners, Biddeford, 2nd Mon, 3-4:30pm or 2nd Mon, 6-7pm. 713-3723

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

Medicare 1-on-1 Appts – Dyer Library, Saco, Every Wed, 9:45am-12:45pm, 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.

### FREEPORT

Medicare 1-on-1 Appts/Free Information & Assistance – Freeport Library, 2nd Tues, 1-3pm. 396-6500/1-800-427-7411 for an appt.

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

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

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

Community Café – Westbrook Community Center, Westbrook, 4th Tue, noon, Reservations: 956-1348

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

Maine Senior Games – Basketball Events, Cape Elizabeth High School: Men's Tournament, Sept 17, 9am; Women's Tournament, Sept 18, 8:30am; Hot Shot/Foul Shoot, Sept 17, 2pm. FMI: 396-6519

Maine Senior Games – Horseshoes: Aug 9, 4pm, Deering Oaks Park, Portland.. FMI: 396-6519

Maine Senior Games – Pickleball: Aug 13 & 14, Racket and Fitness Center, Portland.. FMI: 396-6519

Maine Senior Games – Racquetball: Sept 10, 9am, Racket and Fitness Center, Portland. FMI: 396-6519

Maine Senior Games – Tennis: Sept 8 & 9, events start at 12pm, Racket and Fitness Center, Portland. FMI: 396-6519

Southern Maine Restless Legs Support Group, Meets quarterly from 7-9pm, call for next date, Allen Avenue Unitarian Universalist Church, Portland. FMI: 510-508-8163

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

### KENNEBUNK/WELLS

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

Maine Senior Games – Cycling: Sept 11, 9am (40k), 11:30am (20k), 1pm (10k/5k), Kennebunkport Bicycle Company. FMI: 396-6519

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

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

Community Café – Eliot Methodist Church, 1st Thurs, 11:30 am, Reservations: 475-7399

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

Family Caregiver Support Group – Living Well Center, 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, September 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.

### NEW GLOUCESTER

Maine Senior Games – Table Tennis: Aug 26, 5pm, Pineland YMCA. FMI: 396-6519

### PARSONSFIELD

Medicare 1-on-1 Appts/Free Information & Assistance – Parsonsfield Town Office, 1st Mon,, 9am-12pm. 396-6500/1-800-427-7411 for an appt.

### SANFORD

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

Maine Senior Games – Cornhole: Aug 17, 4pm, Sanford/Springvale YMCA. FMI: 396-6519

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, 10am-12pm. 396-6500/1-800-427-7411 to schedule

### SCARBOROUGH (SMAA MAIN OFFICE)

Family Caregiver Support Group, 3rd Thurs, 4:15-5:30pm\* NEW TIME, 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 – Candlepin Bowling: Sept 29, 10am (singles); 1pm (doubles); Big 20 Bowling Center. FMI: 396-6519

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

### STANDISH

Community Café – Standish Seniors, 2nd and 4th Wed, noon, Reservations: 675-3302

### WATERVILLE

Maine Senior Games – Swimming: Oct 1, 10am (warm-up, 11am (meet starts), Boys & Girls Clubs and YMCA of Greater Waterville at the Alford Youth Center. FMI: 396-6519

### WINDHAM

Community Café – Unity Gardens, Catered meals 2nd Thurs, noon, July 14 and Aug 11. 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 Tues, 10am-noon, 396-6500/1-800-427-7411 to schedule.

### YARMOUTH/NORTH YARMOUTH

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

Indoor Walking – North Yarmouth Memorial School, Tues and Fri, 11am-12pm. Event is FREE. Transportation available by Friends In Home Care for small fee. 846-5525.

Maine Senior Games – Archery: Aug 21, 9am, Lakeside Archery, Yarmouth. FMI: 396-6519

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## Stewart Center Hosts 2nd Annual Pooch Parade

In late May, the Stewart Center, in collaboration with OceanView's Legacy Memory Care, held the second annual Pooch Parade. Almost 20 canine competitors and their humans gathered together with many spectators for a fun afternoon full of wagging tails and wide smiles. Pooches received unique awards for their special talents—ranging from best drama queen, most playful, best strut, to



most unusual name, and more! Emcee Diane Atwood returned for a second year to give each and every pup a perfect introduction.

Thank you to everyone who participated and attended and see you next year!



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The Southern Maine Agency on Aging (SMAA) is a non-profit, charitable organization. Services of SMAA are supported in part by state and federal funds provided through the Office of Aging and Disability Services of the Maine Department of Human Services. Learn more at [www.smaaa.org](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.

### Senior News

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## Hastings Wins Award continued from page 1

dedication, and a commitment to improving their communities through volunteerism." The award commemorates Myra Kraft, Robert Kraft's late wife who dedicated much of her time to volunteering in the community.

"Vet to Vet is one of the best things I have ever been involved in," Hastings said. "It is rewarding and helps give meaning to my life. The program enables veteran volunteers like myself to enrich the lives of veterans, often severely disabled, in their final days. My visits are the highlight of my week, and I have found this to be true for the veterans I visit."

Vet to Vet volunteers, who are all veterans themselves, visit aging fellow veterans (or veterans with disabilities) in the veterans' homes at least twice a month. The volunteers provide companionship to the veterans they visit and often become lifelong friends.

Hastings was first partnered with Ed, a World War II and Korean War veteran who was nearly blind and severely depressed. He was able to connect with Ed on a personal level and helped Ed compose his autobiography, which gave the ailing veteran a purpose in life. After Ed's death, Hastings has visited two other vets and currently spends several hours each week talking with veterans at the Sam L. Cohen Center in Biddeford.

In accepting the award, Hastings noted that it was "exciting but humbling." He said that all the Vet to Vet volunteers do what he does.

Vet to Vet coordinator Susan Gold applauded Hastings for his exemplary work with Vet to Vet and agreed that all 45 volunteers in the program are helping fellow veterans live a better life.

"We are very grateful to the Kraft family and the New England Patriots for this award and their generous contribution. It is so satisfying to have a volunteer like Floyd recognized in this way for his tremendous dedication and compassion in working with fellow veterans," Gold said. "His selection as a Myra Kraft Community MVP Award recipient not only spotlights his great work with aging veterans; it also highlights the important contributions of all the Vet to Vet volunteers in their efforts to enrich the lives of these veterans, whose sacrifices are too often forgotten. This prestigious award illustrates how important it is to say thank you to our volunteers and to the veterans who have sacrificed so much for all of us."

Volunteer Services manager Carol Rancourt said the Patriots Foundation's generous contribution will help ensure that the Vet to Vet program and its volunteers continue to brighten the lives of aging veterans.

Joe Marro, Hastings's grandson, expressed his gratitude at being able to accompany his grandfather to the awards ceremony at Gillette stadium. "I was so glad to be there and see Papa receive the award," Marro said. "After all of those baseball games, school events, and graduations that he attended to support me, it was really nice to be able to be there to support him!"

## Sky Lodge Helps Seniors Get Back to Nature

Situated on over 200 beautiful acres in the Jackman/Moose River area of Maine, Sky Lodge is a non-profit establishment that caters specifically to Maine's older adult population. Founded 25 years ago by The Couris, a couple from Ridgefield, Connecticut with a mission of "Caring makes a difference", they are giving seniors an opportunity to explore the northern woods in an affordable way.

The magnificent lodge was first built as a hunting and fishing lodge for the wealthy in 1929. The wealthy travelled from near and far to enjoy this nature-based luxury. The Couris have spent the last 20 years meticulously restoring the lodge to its original beauty with all of today's modern conveniences. Today the Lodge attracts people from all over New England.

There are activities for all ages and groups including an outdoor swimming pool, hiking trails, fishing on three local ponds, romantic walks, a private antique auto museum, and for the train enthusiasts a model railroad museum. Snowshoeing, outdoor shuffleboard and horse-shoes are also on the grounds. For those more adventurous there is a golf course nearby, biking, canoeing and whitewater rafting.

Everything is all inclusive, lodging and meals, when you stay at Sky Lodge. Sky Lodge also offers a schol-

arship program that may provide a special two night, three day stay at the Lodge for free. The goal is to allow seniors who may not normally be able to experience the lodge to do so. With two nights, and three days included you can sit back and enjoy everything the Lodge has to offer.

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## The Estate Sale Addiction

By Stephanie MacNeille

Having been employed full time in California, as a child custody mediator in the Superior Court, I was pretty much relaxing at home on the weekends and evenings. Stressful jobs tend to have that effect on a person. I loved the job, but had to relax and take care of myself when I wasn't working. I think that must be why I had never been to an estate sale before I moved to Maine when I retired.

After having relaxed for a couple of years here in Maine, I took a part time job in the post office. It was there I met Joan, who came into the post office frequently to mail packages. I finally asked her if she had a large family to buy birthday gifts for, and was that why she was every week mailing packages of all shapes and sizes. Turns out she sells items on eBay and mails them to the buyer. She said she got the items at estate and yard sales, then advertises them for sale. That is how she earns money. As we got to know each other better, she invited me to go with her to an estate sale. She piqued my interest when she mentioned the kinds of items often found at these sales.

It seems that when people have to leave their home, they will frequently enlist the aid of someone who can help them sell many items in their home that they cannot take

with them. Once the people have moved out, the estate sale person goes into the house, gathers up what the people want to sell, puts a price on everything, and displays it in the house. They will have advertised the sale, usually during the week prior to the actual sale, which is usually on a week-end. People come, sometimes up to an hour before the doors will be opened, take numbers being given out, and wait. These people know what many of the items being sold are, for in the ads, there are dozens of photographs of many of the items to be sold. Some people come to these sales because they are dealers in the item they are interested in, such as book or jewelry dealers. Or they are looking for bargains they can sell on eBay. Many are looking for something they need in their home, and some are collectors interested in things they enjoy looking at in their own home. Sometimes, even when you get there early, you are given a number and end up in a line down the driveway to the street—that is usually when there are fine items for sale. Other times, there are only a few people waiting when the doors open at 9AM. The criteria people use to decide whether to go to the sale or not, are the photos of many of the sale items (sometimes 100 pictures of items for sale). I do not sell things I buy, and am careful about what I purchase. I must real-

ly like it, and have room to put it in my home. I think I have discovered how antique dealers are made. They are people like me who go to the sales because there are such wonderful finds there, and after a while, you are hard put to find a place for the latest wonderful item. Pretty soon, you must sell some of the things you've bought, or become a hoarder, or an antique dealer.

It is difficult to just quit going to these sales, for there are often spectacular bargains for the excellent things you buy. That happens quite often, and soon, you are hooked. Example: I love blown glass items, and have a small table with a display of several sea items in blown glass, e.g., two blown glass octopi (plural of octopus?), a glass piece that looks like an aquarium (with fish inside), a large sea shell glass piece, etc. In the sale pictures, there was a photo of a transparent glass starfish, which I thought would go well with the octopi. I did manage to find the starfish at the sale, and bought it for around \$5 or \$10. Weeks after I bought it, I was looking it over and saw something scratched on one of the legs. Very small and hard to see. I got out my magnifying glass and looked more carefully at it. Turns out it said Steuben on the leg. I took it to an appraiser, and it seems it is worth hundreds of dollars!

Well, with my addiction firmly in place, I think I'll be taking my magnifying glass to any sales I go to in the future.

## Girl Scouts of Maine Donate Cookies for Homebound Older Adults

Southern Maine Agency on Aging would like to thank the Girl Scouts of Maine (GSME) for their recent donation of 4,956 packages of cookies to our Meals on Wheels program. The cookies we received are a direct result of the GSME's Cookie Share Program.

The Cookie Share Program is a way for girls and their customers to help others in the community by purchasing cookies to donate to the statewide Meals on Wheels program. The cookies are a wonderful treat for our home-bound clients who may not normally have access to a delicious treat so many of us are familiar with.

On behalf of our clients, our staff, and our volunteers, we would like to express a tremendous amount of gratitude to the Girl Scouts of Maine. Thank you!

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**“AC-CES-SI-BIL-I-TY!”** International students and local volunteers practice saying this six-syllable word in an English language class at USM.

## A World of Possibilities:

### International Students Learn about Accessibility

By M.S. Tupper

**H**ow do people with disabilities get around in other countries? Are wheelchairs, elevators, and curb-cuts common in Asian and African countries? These were some of my questions when I agreed to teach a lesson on “accessibility tools” to international students at the University of Southern Maine (USM).

The students came to the United States to improve their English language skills. They traveled from Korea, Vietnam, Japan, Saudi Arabia, and other countries--to take “ESOL” classes: English for Speakers of Other Languages.

The classes are part of USM’s Intensive English Language Program (IELP). Now in its 26th year, IELP is designed to equip students with excellent English communication skills. When they return home fluent in another language, their careers are enhanced--such as business, tourism, or nursing.

USM’s academic classes are accompanied by “cultural orientation” lessons with field trips and opportunities to talk with Mainers. Many of the Mainers they meet are volunteers through USM’s Osher Lifelong Learning Institute (OLLI). The volunteers help by attending IELP classes and speaking with individual students about assigned topics.

On the day of the “accessibility class” I brought several bags of tools to the classroom--items collected from my own home and from friends who have M.S. and Parkinson’s Disease. I guessed correctly that most of the students had never seen such items before. The OLLI volunteers received one caveat from me: not to reveal the purpose (if they knew it) of each tool.

As an introduction, I was proud to tell the class about my country’s provisions for people with physical challenges. The Americans with Disabilities Act (ADA) has certainly been a “game-changer” for many people since it was signed into law in 1990.

Next came my favorite part of the class: to listen as the students spoke about accessibility in their own countries. The responses ranged from “My country’s accessibility is just like the U.S.” to “My country is disrupted by war; no ac-

cessibility.” Each student also spoke about and demonstrated the utility of their assigned “accessibility tool.” Perhaps when these students are back in their home countries, their knowledge about such tools might someday help people with handicaps on the other side of the world!

## Senator Collins Visits Cohen Center



**S**enator Susan M. Collins toured the Sam L. Cohen Center on June 17. As Chairman of the Aging Committee, Senator Collins is a tireless advocate for Maine’s seniors. While at the Cohen Center, she met with members of

the press, toured the state-of-the-art center and met with caregivers to understand their daily struggles with a loved one with dementia. Senator Cohen toured the Stewart Center in Falmouth in January.

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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.

## How do I get Home Care Services in Southern Maine?

**H**ome care services provide assistance with medical and household home care needs. Examples include someone to assist with housecleaning, grocery shopping, laundry, meal preparation, bathing, dressing, medication management, and / or nursing care. **Any** person can hire the services of a home care provider by calling an agency or private provider, contracting for their services, and paying for the services themselves. Southern Maine Agency on Aging (1-800-427-7411) can offer you a list

of agencies in your area. SMAA does not maintain a list of private providers, only licensed home care agencies, and cannot recommend one agency over another. However, we can offer guidance with the process of comparing and obtaining home care services. **People with limited financial resources** may be eligible for state- or federally-funded programs that help with the cost of home care services. There are two aspects to consider:

**Financial Eligibility**

- What are your current

income and assets?

- Functional (medical) Eligibility**
- How well can you take care of yourself?
  - Do you need help with activities of daily living (ADLs), such as bathing, dressing, getting around, and / or using the bathroom?
  - Do you need assistance with instrumental activities of daily living (IADLs), such as housecleaning, laundry, meal preparation or grocery shopping?

qualify for one of the available home care programs. If so, a nurse will come to your home to determine your home care needs and develop a plan of care with you.

4. If you are found eligible for state-funded home care, your care plan will be forwarded to Elder Independence of Maine or Alpha One. Your care coordinator there will then seek to find a home care agency that can fulfill your home care plan.

5. You may be required to file financial paperwork with the State of Maine (DHHS) to determine eligibility for some programs, and there may be waiting lists for state funding.

For more information, please call SMAA at 396-6500 or 1-800-427-7411 and ask to speak with a Resource Specialist or Family Caregiver Specialist.

### How would a person request and receive these services?

1. Check with SMAA to see if you are in the BALLPARK in terms of eligibility based on income, assets, and the extent to which you need assistance with your ADLs or IADLs.
2. If you are looking for help with IADL / homemaker services ONLY, call Catholic Charities, the homemaker service provider for the state. Their intake number is **1-888-477-2263**. They will determine your eligibility for homemaker services.
3. If you need help with your ADLs, call the state assessing agency, Goold Health Systems, at **1-800-609-7893**. The intake worker at Goold will ask some screening questions to determine if you might



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## Savvy Caregiver Course in York

SMAA's Family Caregiver Support Program will be offering the Savvy Caregiver series in York, beginning on September 22. This evidence-based (meaning that it has been researched and proven effective) program is designed for people who are the primary person assisting a family member or friend with dementia who lives in the community, and helps caregivers 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. Savvy Caregiver consists of six, two-hour class sessions, and encourages participants to try out ideas at home between classes.

This series is being offered in collaboration with York Library and will be held in their conference room.

If you are a family caregiver for a person who is living with dementia, we hope you will call us. The class size is limited, so pre-registration is required. Please contact the Family Caregiver Support Program at SMAA, 1-800-427-7411 x558, with questions or to add your name to the list.

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## 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 on-site 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, 4:15-5:30PM. 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



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–Senator George Mitchell

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

Contact the Southern Maine Agency on Aging at [www.smaaa.org](http://www.smaaa.org) or call 1-800-427-7411

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## MEDICARE



### Don't Become a Healthcare Fraud Victim

#### Every year, taxpayers lose BILLIONS of dollars to fraud in health care.

“Health care fraud” may mean that someone charges you or your insurance for a service that they never gave you. It may also mean that someone charges for a service that was different than what they gave you. Fraudulent charges often prevent people from getting important health care services that they need. For example, an equipment company gave Mr. Jones a scooter, but charged Medicare for a wheelchair instead. Later, when Mr. Jones needed a wheelchair, Medicare would not pay for it because they already paid for one.

The SMP Program is here to help you learn how to protect yourself from fraud like this.

Here are some tips to avoid Medicare and Medicaid fraud:

DO NOT give your Medicare, Medicaid, or Social Security numbers to someone you do not know. NEVER give these numbers to someone who calls on the phone or comes to the door. Trustworthy health care providers will not sell their services by calling on the phone or coming to the door. Telephone and door-to-door marketing are often a sign of fraud. If a caller or visitor tries to threaten or pres-

sure you into something, hang up the phone or shut the door.

DO NOT give anyone your Medicare, Medicaid, or Social Security numbers in exchange for “free” services. If a service is “free,” they should not need your information!

DO NOT sign forms without reading them, and never sign blank forms.

DO NOT accept health care services or equipment that you do not need. If someone offers you services or equipment that you do not need and asks for your Medicare or Medicaid number, they may be billing Medicare or Medicaid fraudulently for those services.

DO talk to your doctor if you need health care services. Your doctor should order any services or supplies that you need.

Read your Medicare Summary Notice (MSN) Or Explanation of Benefits statements from your insurance plan. Watch for charges for services or supplies that you did not receive services or supplies that were not ordered by your doctor other errors.

Source: SMP.org

### Here's How to Get Help Reducing Medicare Costs

By Russ Van Arsdale, Executive Director Northeast CONTACT

The Bangor Daily News performed a real public service in publishing the article headlined, “Not junk mail: This Social Security letter can cut Medicare costs.”

Many of the 2 million seniors who received the letter last month surely were skeptical. Their fraud

detectors went off after reading, “you can get help paying your Medicare costs.”

But the letter was legitimate.

Social Security officials sent the letters to seniors telling them they might be eligible for a program called Extra Help. The program can cover up to 75 percent of prescription drug costs.

Other seniors may be eligible for a partial subsidy of drug costs. Still others may qualify for a Medicare Savings Program in the state where they live.

Betty Balderston is the statewide coordinator of Maine Senior Medicare Patrol, a program of Legal Services for the Elderly. She says Area Agencies on Aging generally advise Mainers to apply for Maine’s Medicare Savings Program. If they qualify, Medicare beneficiaries automatically are enrolled in the Part D Extra Help program.

“That way, Mainers not only get help with their prescription drug costs but also help paying for their Part B premium and possibly with co-pays and deductibles (depending upon which Medicare Savings Program they qualify for based upon income and assets),” Balderston said.

People with questions can get help from their Area Agency on Aging. A toll-free call (1-877-ELDERS1 or 1-877-353-3771) will direct seniors to their nearest agency.

Dyan Walsh, executive director of the Eastern Area Agency on Aging or EAAA, told me it’s often difficult for seniors to tell the difference between scams and genuine offers of help. She said the agency has volunteers who can visit seniors who request help in sorting the good mail from the bad.

When people call EAAA, one of the first things they’re asked is whether they might qualify for the Extra Help program. Seniors who may have discarded their letters about the program should not feel

embarrassed. Just call your Agency on Aging, and people there will be glad to help.

Many questions can be answered online. Visit medicareinteractive.org and search “extra help.”

The Medicare site (medicare.gov/your-medicare-costs/help-paying-costs/extra-help/level-of-extra-help.html) also has detailed information about the program.

Consumer Forum is a collaboration of the Bangor Daily News and Northeast CONTACT, Maine’s all-volunteer, non-profit consumer organization. For assistance with consumer-related issues, including consumer fraud and identity theft, or for information, write Consumer Forum, P.O. Box 486, Brewer, ME 04412, visit <http://necontact.wordpress.com> or email [contacexdir@live.com](mailto:contacexdir@live.com).

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### Help Support the Best Friend Fund

In 2010, local donor Eddie Woodin of Scarborough approached Southern Maine Agency on Aging with the idea of creating a fund to help low-income, older clients of the Agency with one-time, special needs related to their pets. Woodin made a donation of \$2,500 and challenged other donors to contribute a one to one match. Together, Woodin and other local donors helped to launch the Best Friend Fund.

Since 2014, the Best Friend Fund has helped over 60 low-income pet owners take care of the special needs of their pets on a one-time basis.

Recently the Best Friend Fund helped a 57-year old retain their independence by helping to cover the cost of shots and a new service vest for the individual’s service dog.

Additionally while an 87-year old individual was in and out of rehab for various health concerns, the client’s dog developed some medical problems. The Best Friend Fund was able to help cover the cost of treatment so that both the owner and the dog could focus on getting better without having to stress over how to pay for treatment.

We are grateful to the loyal donors who contribute to the Best Friend Fund regularly. Your gift—of any size and frequency—will help sustain the great work of the Best Friend Fund. Make your gift today by calling 396-6571, making a gift securely online at [www.smaaa.org/giving.html](http://www.smaaa.org/giving.html), or by mailing in a gift marked “Best Friend Fund” to Southern Maine Agency on Aging, 136 US Route One, Scarborough, ME 04074.

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## What Kind of Care Would You Want if the Unexpected Occurs?

**W**hat happens if you're too sick to speak for yourself? Have you discussed your health care wishes with your loved ones? Have you appointed a health care agent to make decisions for you if you can't? Not sure where to begin or what steps to take? Consider attending our **Advance Care Planning Seminar**.

This introductory seminar will introduce you to advance care planning. Attendees will also have the opportunity to schedule a one-on-one appointment with an advance care planning facilitator to assist you in determining whom to appoint as your health care agent to make decisions for you when you can't and in communicating your health care wishes with your loved ones.

Join us at our upcoming Seminar on July 13, 1-2:30PM at the Sam L. Cohen Center in Biddeford. Pre-registration is required by phone or email: 396-6546, [jminkowitz@smaaa.org](mailto:jminkowitz@smaaa.org).

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

Stewart Adult Day Center have recently been recognized by Maine Senator Susan Collins and the U.S. Senate Special Committee on Aging as state-of-the-art resources for people with dementia and their caregivers. The Sam L. Cohen Center was also the subject of a recent article in the Wall Street Journal highlighting the Center and telling the moving story of one of our caregivers and his experience coping with a mother with dementia. After reading the article about Stan and his family, it reinforced once again the need that caregivers have for quality respite time—knowing that their loved ones are having a wonderful day, enjoying programs and activities therapeutically designed with their interests and abilities in mind, in a beautiful, bright and engaging space built specifically to enhance their experience. We are so proud of these new spaces and the great programming being delivered by SMAA's Adult Day Center staff. Having our Centers promoted on a national level so that others might replicate what we are accomplishing in southern Maine is a great honor. If you would like to read the Wall Street Journal article online please use this link: <http://on.wsj.com/1teqwxJ>

## Maine Senior Games

Last month the Maine Senior Games kicked off their 2016 season with the annual Celebration of Athletes event. Sponsored by Martin's

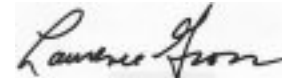
Point, the annual celebration included the presentation of the 2015 Volunteer of the Year Award to Ann Babbitt, the 2015 Male Athlete of the Year Award to Paul Hawkes and the 2015 Female Athlete of the Year Award to Kim Coombs. Jerry Lavoisier, a long-time Maine Senior Games participant as well as a local and national Senior Games board member was honored as the 2015 Martin's Point Medallion Award recipient. The evening also included the induction of David Vail into the Maine Senior Games Hall of Fame. David still holds records in swimming at the National Senior Games.

The 5K road race kicked off this year's Games on June 11th and the final event of the season, 10 pin bowling, will be held on October 16th. In total, more than 500 athletes will participate in 19 different sports during the season. All this would not be possible without the financial support of our wonderful sponsors and the dedication of the many volunteers who assist Jo Dill, the Manager of the Maine Senior

Games. Good luck to all the athletes as they prepare for another exciting season of competition!

As I mentioned earlier in this column, summer is a great time of the year to do some strategic planning for the months ahead. It's not too early to make plans to review your Medicare options during open enrollment this fall. Make a note now to call SMAA in August to arrange your one-on-one appointment.

Happy summer!



**Laurence W. Gross**  
Executive Director

## The Eastern Trail

**S**ummer is here and a great way to get out and enjoy the beauty of southern Maine is to visit the Eastern Trail. In our last issue we had an article about a section of the trail through Scarborough. The

trail runs 65 miles along the southern coast. The web site is an excellent source of information on how to get the most out of your Eastern Trail visit. You can view a trail map on the web but it's helpful to have a printed version of the trail map to guide you. You can pick up a trail map by ordering one on-line or at a number of retailers along the trail including Nonesuch Books in Biddeford and South Portland, the 1802 House in Kennebunk, Rodgers Ski and Sport in Scarborough, Vic and Whit's Sandwich Shop in Saco. Biking the trail is also lots of fun. Several area bike shops rent bikes of all descriptions. Visit Gorham Bike and Ski, Back Bay Bicycles, Quinn's Bike and Fitness and Berger's Bike Shop to arrange your rentals.

Most sections of the Eastern Trail offer parking lots that are marked. Remember to look for the signs and avoid parking on private property. Don't leave valuables visible to prevent theft. The Eastern Trail runs along marshes and forests filled with wildlife, birds and native plantings.

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## Plan Now to Save Problems Later

Even if you had never heard of the musical artist, Prince, no doubt you now know that he died recently. And while he wasn't officially retirement age, at almost 58, he was eligible for a senior discount at Dunkin' Donuts. Prince was one of the most successful recording artists of our time—as a performer, producer and composer.

After his death, reports surfaced of never released recordings that will contribute significant income to his estate. Like many other artists, his estate will continue to earn money from recording sales revenue.

Another revelation that followed his untimely death was the lack of any estate planning. In short, Prince, with all his business

acumen and resources, did not have a will. His estate is now being settled by the courts. None of us knows why Prince didn't have a will. Perhaps he felt that he didn't need one because he didn't have any children and that his family could sort it out. Or perhaps he felt he had years before he needed to deal with estate planning.

The reality is that his estate will be tied up in the courts for years, needlessly. Even more compelling, any wishes he had to help his family, friends or favorite causes are completely unknown. Prince grew up from humble beginnings and was known for being quietly philanthropic, supporting local educational and youth programs making it very clear that he wanted no credit. Those groups might receive gifts from his estate but it's clear that any distributions won't reflect his desires.

### The Value of Estate Planning

Very few among us have the resources of an artist like Prince but it's equally important for us to do estate planning. First and foremost, estate planning saves our loved ones from having to discern our intentions and having to sort things out among family members after we pass away. Equally important, estate planning allows us to express our wishes in detail including dividing assets among heirs and charities. For many people, avoiding paying taxes on appreciated assets is a very important goal.

The Southern Maine Agency on Aging depends on donations of all types to support our mission. We have many generous donors who give annually. We rely on private foundations for support. One way many of our donors choose to support us is by planning a gift in their estate.

### Lorraine's Legacy

One very thoughtful donor wanted to design a program to bring

some happiness to our Meals on Wheels clients. Lorraine Merrill was a SMAA donor for many years. She and her husband ran an industrial crane company for many years. Later in her life, widowed and homebound, she became a Meals on Wheels client. Prior to her death, she worked with our staff to create a program to give roses, anonymously, to all of our Meals on Wheels clients on Valentine's Day. After her death, SMAA learned that Lorraine had made an estate gift to us to continue this program.

And so it goes, every year, our volunteers deliver roses which now carry a tag honoring Lorraine. Our clients are so happy to receive the beautiful roses in the midst of the cold and dark Maine winter. Kate Putnam, Chief Advancement Officer for SMAA said, "Every year, we receive calls and thank you notes from many of our clients. I love the idea of Lorraine's vision being realized every year. Our volunteers love seeing the happy faces of our clients when they give them the roses. We all thank Lorraine for her generosity and know that she will always be remembered for her vision."

### Starting the Conversation

"We would be happy to talk with any of our donors who may wish to plan a gift to ensure our mission is sustained. Such gifts mean so much to our programs, including Meals on Wheels, Maine Senior Games, the Family Caregiver program and our two innovative adult day centers: The Stewart Center in Falmouth and the Sam L. Cohen Center in Biddeford", commented Kate Putnam. She continued, "We are committed to honoring our donors' vision for their legacy. Anyone is welcome to call me to discuss the possibilities!"

If you're ready to firm up your plans and avoid leaving your estate in limbo, contact Kate at 207-396-652 and start the discussion.

## Better Day Society

Everyone who chooses to remember SMAA in their estate plan becomes a member of the Better Day Society. Members benefit in many ways. First and foremost, you know that your planned gift will be celebrated, honored and stewarded, no matter the size.

In addition, we will invite you to spend time with our knowledgeable staff to understand the issues facing older Mainers. Many on our staff have been recognized for their expertise in adult day services, family caregiving, Medicare counseling and nutrition services. We will also provide updates on tax law changes that may affect you.

We are fortunate to have so many donors who understand the importance of sustaining our mission. Consider joining the Better Day Society today. Contact Kate Putnam, kputnam@smaaa.org or by phone at 207-396-6590.

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## Tai Chi For Health & Balance:

**“Safe, gentle, non-strenuous – perfect for all ages”!**

**H**arvard Health Publications calls Tai Chi “meditation in motion” - this ancient Chinese martial art has long been used to help people improve flexibility, muscular strength, posture, and mind-body balance. Today there are several different styles of Tai Chi which is known for its slow, gentle, circular movements.

Maybe you’ve heard of Tai Chi but you’re not sure it’s for you. The Southern Maine Agency on Aging offers Tai Chi for Health & Balance, a wonderful program developed by the Tai Chi for Health Institute by a team of tai chi and medical experts. Medical studies have shown that this program reduces falls, can help with pain, and improves quality of life.

### Look what participants are saying about Tai Chi for Health & Balance:

*Great for older adults – “Tai chi can be done by and benefit everyone.”*

This program was specifically designed to promote activity and wellness, while minimizing stress on the joints. The unique teaching method and pace of the class encourages participation for all ages.

*Physical and mental well-being – “I feel I’m better in tune with my body as well as my balance” “The most significant benefit is the positive feeling I have after class.”*

Build strength, balance, confidence, while also gaining confidence and relaxation!

*Meaningful social engagement – “Allows new friendships.” “The instructors and class members are just the best.”*

Our classes run for eight week sessions, and participants share laughs, make new friends, and meaningful connections.

*Caring, trained instructors – “The instructors were extremely competent and patient.”*

All our instructors are passionate about the amazing benefits of tai chi, and must complete and maintain an instructor certification, and CPR training.

Overall, our participants **“love this class!!!”** Call us today to learn more or register for our Fall Sessions beginning September 12th.

Tai Chi for Health & Balance Beginners classes start the week of September 12. Fall Sessions being offered in Scarborough, Biddeford, and South Portland. Call 396-6583 to learn more or register for an upcoming class.

### Matter of Balance Updates

We have many Matter of Balance workshops starting this fall! Classes will be offered in Biddeford/Saco, Portland/South Portland, Kennebunk/Kennebunkport, South Berwick, York, and more. Call us at 396-6583 to learn more or to register for an upcoming class. Check out website for details.

## Visit Harmon Museum

### A Major Attraction in Downtown Old Orchard Beach

**H**armon Museum in Old Orchard Beach, Maine has become a major tourist attraction, due to the generosity of W. Warren Harmon and his wife Grace. As philanthropic residents of

the town, they were charter members of the Old Orchard Beach Historical Society which met in homes of local residents after its founding in 1954. Realizing that storing items of historical significance to the town in residences was not in the best interest of these items, in 1974 the Harmons generously willed their home at 4 Portland Avenue to the Town of Old Orchard Beach, with the caveat that the Town fathers would allow the Historical Society the privilege of using the residence as a museum of town history, while the Town would maintain the exterior and the grounds.

Now the story of the people, places, things, and events of Old Orchard Beach is told in many ways, focusing on amusements past and present, horse and automobile racing, early aviation (including a visit by Charles Lindbergh in 1927), the destructive fires of 1907, 1948, 1969, and 1972, transportation, the police department, schools, sports,

recreation, and, of course, the world-famous seven-miles long beach along the Atlantic Ocean.

Beginning Tuesday, June 28, knowledgeable docents of Old Orchard Beach Historical Society will be available as guides while you visit Harmon Museum, located at 4 Portland Avenue in downtown Old Orchard Beach.

The museum is open Tuesday through Friday from 10AM until 4PM and on Saturday from 10AM until 2PM. The museum is open until September 3, 2016.

Admission is free for everyone.

For further information, visit the Harmon Museum website at [www.harmonmuseum.org](http://www.harmonmuseum.org) or contact the Harmon Museum at (207)-934-9319 or online at [oobhistsoc@maine.rr.com](mailto:oobhistsoc@maine.rr.com).

**Learn more about these and other SMAA events online at [www.smaa.org/events.html](http://www.smaa.org/events.html)**

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*Heather, a Caregiver of the Month, drives away in the Comfort Keeper car!*

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**2015 Female Athlete of the Year, Kim Coombs and Jo Dill, MSG Manager**



**2015 Male Athlete of the Year, Paul Hawkes and Jo Dill, MSG Manager**



**Hall of Fame Inductee, David Vail, and Deb Smith, MSG Advisory Board**

## Maine Senior Games Honors and Celebrates Athletes

In total, 85 athletes and volunteers gathered at the Fireside Inn on Friday the 3rd of June for the Maine Senior Games Martin's Point Celebration of Athletes Dinner and awards. Attendees were treated to a rare appearance of Elvis singing our favorite songs by none other than our own Derry Rundlett! Thanks Derry!!

Congratulations to David Vail who was inducted into the Maine Senior Games (MSG) Hall of Fame. The goal of the MSG Hall of Fame is to honor and celebrate Maine athletes who are avid competitors and excel at their individual or team sport. David has a long history of swimming and has amassed many medals from the MSG. In 2012, when he qualified for the National Senior Games in Cleveland, he de-

cidated to go participate. That year he came back with three Golds in the 100 & 200 Back stroke and the 500 freestyle, two silvers in the 200 Freestyle and the 200 Individual medley and a bronze in the 100 Individual Medley. He also broke two records that year in the 100 and 200 Backstroke which still stand today.

Jerry LeVasseur was this year's recipient of the Martin's Point Medallion Award. This award honors individuals who inspire and motivate others to strive for their best personal health. 2014 was the inaugural year for this inspirational award. Jerry has been a longtime advocate of the Senior Games and inspiring others to participate. Despite his longtime health issues, Jerry just keeps going. He is an avid runner of the 5K, 10K and track and field. He is an inspiration to all of us.

Other award winners were: Volunteer of the Year, Ann Babbitt; Female Athlete of the Year, Kim Coombs; and Male Athlete of the Year, Paul Hawkes.

A special thanks to Martin's Point for sponsoring this event and to Senator Millett, our Honorary Chair for her opening remarks.



**Martin's Point Medallion Award Winner, Jerry LeVasseur**



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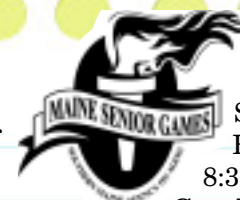
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### From Jo Dill's Notebook

#### UNO's Fundraiser

Thanks to you all for your support of the UNO's fundraiser. Athletes, volunteers and friends came for lunch, dinner, and drinks. We brought in a total of \$630 between the meals and drinks ordered and the 50/50 raffle. Thanks to Jeff Reinold who won the 50/50 raffle. He and his wife Priscilla Rowe turned the winnings back to the Maine Senior Games. Thanks Jeff and Priscilla!



**Basketball (Women's):** Sept 18, Cape Elizabeth HS, Cape Elizabeth, 8:30AM, Sunday

**Candlepin Bowling:** Singles/Doubles: Sept 29, Big 20, Scarborough, 10AM/1PM, Thursday

**Swimming:** Oct 1, Waterville YMCA, 10AM, Saturday

**10 Pin Bowling:** Oct 16, Singles/Doubles, Sparetime Bowling, Augusta, 10AM, Sunday

#### Registration

Registration for the 2016 Maine Senior Games is open!

You can register online at [www.mainesrgames.org](http://www.mainesrgames.org). It is much cheaper to register online and saves so much time. Paper forms, basketball team forms and schedules are also on the website. Registration will remain at \$35 (online) for one sport and \$5 for each additional. Basketball teams will remain at \$150. Online registration is \$10 cheaper and you can STILL send me a check if you do not want to put your credit card online. This is a qualifying year for the 2017 National Senior Games to be held in Birmingham, AL. You may also call Jo at 396-6519 for more information.

#### Award Stands

Thanks to four sponsors we now have award stands for our athletes. Eve Abreu, a Maine Senior Games athlete made the award stands. Thanks to Saco Bay Orthopaedic Physical Therapy for the Gold stand, Frank Lackee, a dentist in NJ (in honor of his Mom, Claudia Lackee) for the Silver stand, York County Federal Credit Union for the Bronze stand and Not Too Late Basketball Camp for the 4th.

Thanks so much to Eve and the sponsors.





# People Who Need People

By Susan Lebel Young

**Y**ou love oldies so you find a 60s station in your car and you sing along to the Fifth Dimension's "Go Where You Wanna go. Do what you wanna do. With whomever you want to be with." Have you got the lyrics right? You don't care.

You don't remember such care-free days. You retired a while ago, or at least think of winding down so you can enjoy life. It's your time, after all.

Today you have some free moments to yourself. Other than belting out that tune you can't get out of your head, "Go where you wanna go. Do what you wanna do," you have no clue what to do. You don't recall what you used to before your loved one got sick: the four-year-old grandchild who needs major surgery; the 90-year-old parent who lands on the floor one too many times and denies—or forgets—it happened; the lifelong pal who felt lousy, but declared it no big deal until the diagnosis proclaimed it a really big deal and now you are a care-giver full time. Now you don't go where you wanna go and you don't do what you wanna do, because you sit squeezed in the middle in the sandwich generation and the squeeze won't let you.

Your therapist-type friends quote statistics on caregiver burnout. You've read the stress research so you say, "Uh-huh. Thanks."

"I'm-only-trying-to -help" types blame you for not feeling worthy. "Don't you deserve to take care of yourself?" You want to chant those other words from that song to them, "You don't understand..." because your actions right now have nothing to do with deserving or how you feel about yourself or what you believe about your worthiness.

"I" and "me" have taken a back seat. Your caretaking has to do with what needs doing. Driving. Appointments. You are the go-to one because of love and because legally you got chosen. You are that person's person. Laundry. Cooking. Dishes. Phone calls. Managing the what-ifs. Pain scales. You become hyper-vigilant. Did that person sleep last night? Does that person hydrate? What can we do about that fatigue?

Today a friend took your person for a ride. You have time, but no ideas. You default to your preferred escapes, your best distractions. Coffee, which will make you jumpy, but in the moment you crave comfort so you dismiss the heart palpitations you'll get. Or chocolate. At noon, you eat enough of the organic, fair-traded 70% dark variety to call it a meal. You can't feel into your own body. You focus on the bodies of others so you can't predict your certain post-sugar migraine tomorrow. How could you forget the cacao-hangover headaches?

In your down time, you know you "should" rest or meditate or make a plan with ...ah, ummm, with whom? "With whomever you want to be

with." You still wonder about the exact lyrics. No matter: you get the point. Only you can't plan anything or think of anyone to be with since you haven't socialized forever. What would you talk about? Pill organizers? Your world has shrunk: doctor's visits, hospitals, tests, second opinions, calling family.

Oh, people have offered to help. They have. Pretty much everyone you know, actually, and some you've never met. People step up. They say, "Whatever I can do." You nod, grateful. But you don't know what to request, because you're fine, really. You're handling it. Your sweet neighbor calls: "I'm going to Shaw's. Do you want anything?" You do but you don't know what. You go blank. With your mush-mind you say, "Thanks, we're good." Instead of produce you eat canned minestrone for lunch and frozen pizza for dinner. You tell yourself it's ok, because at a very deep level it is ok. You are doing the best you can, and all you can. It has to be enough.

Then people start showing up with what you need before you know you need it. Your daughter buys you a few pair of shorts because it'll be warm soon, which you seem to have neglected, and you have somehow lost a few pounds over the winter. How did that happen? She sees that your clothes don't fit. How did you not notice? A favorite cousin, who knows you better than most, comes by with a huge pot of vegan, gluten-free black bean soup. She made so much she says you'll have to freeze some. But you eat it for days, all of it, because you can barely manage even leftovers. She brings yellow spring-reminder flowers, too. Daffodils? You used to know that. Another favorite cousin, a former walking buddy, figures you haven't been outside in weeks. She texts: "when can we go for a stroll? Any time. Name the place." But your attention laser-beams on how you need to call the pharmacy to refill that prescription and you can't think of any time or any place. She guesses that and says, "how about tomorrow at 3:00 at

Audubon?" Folks care. They do.

Your brother pops in because you need such-and-such repairs in your house. He's here to fix them. He rolls in with materials and tools and you let him do his good work. A sister suspects you're lacking rollicking laughter, so she sends side-splitting cards. You need that. You appreciate the comic relief because you've lost your sense of humor. You've missed it.

Eventually you become one of the "people who need people," one of "the luckiest people in the world." At first you can't grasp that "needy=lucky" because you didn't train in dependence. You learned self-reliance and self-sufficiency, a woman coming of age in the 60s and 70s. I am woman, hear me roar.

But bone-fatigued and behind-the-eyes exhausted, you realize you haven't eaten a salad for a whole season of non-stop "which specialist do we see today?" and "Do you have your insurance card?" and "I'll check with Medicare again." Now your teeth ache since you have brushed just a little too hard since you feel rushed by duty, even in the bathroom. You ask yourself, "When was the last time I flossed?" As your gums bleed, you remember those studies: caregivers get sick. And you hear an "a-ha": we are not meant to

do this alone. As social animals we are wired for connection.

So you take an action step. You reach out. You write to your good friend who lives in Dublin now. You know she'll answer. She does. She sends love, hugs, and good energy. She writes how she coped after her husband died. She doesn't give you advice. You don't need advice. You don't want advice. She ends, "you are not alone."

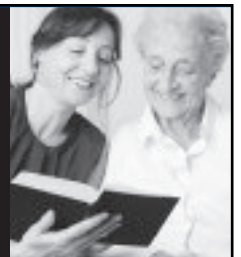
You had almost caved. You could not hold one more detail, or support one more person, and now you feel held and supported. You still can't go where you wanna go or do what you wanna do. You do what you have to do. You hold the hands of the ones you love. Nothing has changed, except you now understand inter-dependence. You know that whole communities hold your hand too. That's big for your new world, which has felt so small, because when your brain turns to fog, the love of others can help illuminate your path.

*Susan Lebel Young, MSED, MSC is a psychotherapist, yoga and meditation instructor who finds herself -- as a Baby Boomer--caring for loved ones from many generations.*

*She can be reached through [susanlebelyoung.com](http://susanlebelyoung.com)*

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## MAINE ROOTS: The Anniversary

By Elaine Parker

We met through Senior News.



he put me at ease and we chatted. With a smile he said, "It's our Anniversary".

Perplexed I asked him, "What do you mean?" He said, "We have been emailing for

a year now".

I was touched and found this sweet, charming and whimsical. We had lunch together several times and enjoyed each other's company. He kept asking me what I wanted to do for our Anniversary. We decided on a ride so he could show me his hometown, find a nice place for lunch and return to my house for champagne and cake. As I was getting ready for the date, while looking for jewelry for my outfit I wished that I had a gold chain. When we started out for the ride it was a beautiful warm sunny day and the countryside was green and lush. We found a nice place for lunch and then started back.

Arriving at my house, the bouquet of yellow daisies, pink carnations, and freesia he had sent me decorated the table. Candles and champagne flutes were in place. It was time to toast the Anniversary, but no matter how hard we tried we could not open the champagne. I said, "We can toast with beer."

And then I thought of pliers, with pliers big enough for a plumbing job we opened the bottle. Laughing we poured the bubbly into the flutes and toasted our email Anniversary. Joe had come in with a red bag which he set on the floor. As he was leaving I asked him about the bag.

He said, "That's for you." I asked if I could open it now. He said, "Yes." In the bag was a beautiful box in the box was an envelope. I was completely stunned and for a moment did not speak or breathe when out of the envelope fell a beautiful gold chain. My wish had been granted.

Elaine Parker can be reached via email [auntiee6@maine.rr.com](mailto:auntiee6@maine.rr.com)

## Smoothie 101

New food trends emerge daily and scream at us from newspapers and social media. Smoothies have been around for a while but with increasing focus on sugar, alternative sweeteners and additives, it's hard to know if smoothies are really a health nutritional option. Smoothie bars are popping up especially in places like airports and roadside travel stops where diners might be looking for lighter alternatives to fast food. But like a lot of food trends, knowledge is power and can help you from making a high calorie mistake!

A smoothie is a combination of nutritious greens and fruit combined with liquids. Smoothies can be a healthy snack or a meal replacement. Unlike juices, smoothies retain the fiber in fruits and vegetables and we all know fiber is really important to our overall nutritional picture. Smoothies are prepared in blenders but many people have purchased Vitamix machines which make perfect smoothies!

If you're preparing a smoothie, you can control the ingredients. If you're ordering at a smoothie bar it's important to consider the components of your smoothie. Ask about the liquid used and any added ingredients like sugars and artificial sweeteners as well as added salt.

Peachy's is a local smoothie bar, owned by Lisa Sharp, with locations in Yarmouth and Freeport. They offer three kinds of smoothies: Green, Fruit or Chocolate. Green smoothies are made with kale, spinach or cucumber and are protein based, making them a meal replacement option. Fruit smoothies are made with mango, oranges, bananas or strawberries. Chocolate smoothies use real chocolate chips, almonds, peanuts, dates, or bananas. Fruit and chocolate based smoothies are more of a treat or a coffee substitute.

It's important to ask about added sugar. Peachy's doesn't use refined sugar. They use almond milk, real apple cider and fresh orange juice as the liquid base. Lisa Sharp advises not to judge a smoothie by its color. An odd green

color may look unappealing but remember that the color is based on the kale or spinach which means it's packed with good nutrients and protein.

When you're choosing a smoothie, ask questions and experiment. Peachy's owner, Lisa Sharp says, "You can balance your metabolism using smoothies. It's a great way to get fiber. For some people, who need to gain weight, fruit smoothies can be really helpful. People concerned about calories should stick with green smoothies." Lisa has developed a smoothie called the Tri Energy with 320 calories in 20 ounces. She uses it to power through when she competes in triathlons.

So dust off your blender or make a trip to a smoothie bar and experiment with this new and beneficial food trend!

## Thank You SMAA Donors!

Thank you to our donors for supporting our "Spring Up and Give" fundraising appeal. We are so grateful for the support of so many who support our mission of improving the quality of life for older Mainers. With funding from the federal and state governments flat or decreasing, we rely on support from individuals, businesses and foundations to provide our services. No matter the amount, every gift is important to us.

### Ways to Give:

You may make a gift on our website or by calling our Development Office, 207-396-6590. We accept Visa, MasterCard and American Express. And of course, you can make a gift by check, mailing it to us at 136 US Route 1, Scarborough, ME 04074. Some of our donors are GEMs or Giving Every Month. You select an amount you'd like to donate and set it up on our web site or you can contact us and we'll send you envelopes for your use.

We often receive tribute or memorial gifts in honor of a loved one or in celebration of big life events like birthdays! Some of our donors make gifts of appreciated stocks or securities. Instructions for stock gifts are located on our website.

We also welcome all in our extended community to start a dialog on how they might direct a donation either now or in an estate plan. Some donors are interested in learning more about what we do. We invite everyone interested in understanding more about our programs and services to make an appointment to talk with us.

Some people don't know that we are able to work with businesses to help them understand how they can support aging Mainers. We have corporate sponsorships available. If you're a business owner and would like to support us, please contact us for a meeting!

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## HEALTHY EATING WITH HOLLY: Stay Hydrated this Summer!

By Holly Bresnahan RD, LDN

Water is so important to our bodies. It regulates body temperature, removes toxins and plays an important role in digesting foods and transporting nutrients. As we age our body holds less water and therefore puts us at greater risk for dehydration.

Dehydration is when the fluids in your body are lower than what you are taking in.

### Signs of Dehydration: (first warning sign is thirst)

- Weakness, lethargy, trembling
- Headache
- Dark or decreased urine
- Low blood pressure
- Increased heart rate

The human body cannot store water so it needs to be replaced every day!!!! Drinking water and eating foods with a high water content can help keep your fluids at a good level.

### Foods to perk up your summer eating and keep you hydrated:

**Cucumbers:** Summer veggie at 96.7% water. The highest water content of any solid food! Use it in salads, or sliced with hummus dip. Cucumber soup may sound strange but it is delicious and refreshing. See recipe below to try, it is quick and easy!

**Iceberg Lettuce:** Highest water content of any lettuce at 95.6%. Use them as wraps for sandwiches or burgers instead of bread.

**Celery, Radishes and Tomatoes** come in next at 95.4%, 95.3% and 94.5% respectively. All are packed with nutrients and antioxidants to help the body.

**Pepper, Peppers, Peppers:** Red, yellow or green at 92-93% wa-

ter. Try making skewers of the above vegetables for the grill or make a big veggie plate with ranch dip and enjoy!

**For fruits:** Cantaloupe (90.2% water), Strawberries (91% water) and Watermelon (91.5% water) bring up the highest water amounts. Blending them and mixing with yogurt (another great high water content food) then freeze for a refreshing sorbet.

Sources: Andrews, Ryan. "All About Dehydration". Precision Nutrition USDA Nutrient Database for Standard Reference, www.MahanLK & Escott-Stump. Krause's Food, Nutrition, & Diet Therapy. 11th ed

### Cold Cucumber Soup

- 2 large cucumbers, peeled and seeded
- 1 1/4 cups plain yogurt or sour cream
- 1/2 cup low sodium chicken broth
- 1 small onion, cut into wedges (or can substitute garlic)
- 4 sprigs fresh parsley, stems removed
- 2 sprigs fresh dill or 1 tsp dill weed
- 1 tbs lemon juice
- 1/4 tsp white pepper

1. Cut cucumbers into large chunks; place in blend with remaining ingredients.
2. Puree and pour into a bowl
3. Cover and refrigerate overnight for best flavor.

Source: [www.food.com/155](http://www.food.com/155)

## Down-sizing Dilemmas

By Michael Thomas

An increasing number of aging Baby Boomers and empty nesters are relocating and moving into properties that they expect to live out their retirement in. Adults aged 50+ represent more than 20% of the U.S. population, and for most senior adults, the homes that they live in are their largest asset and account for most of their net worth. So if you are considering moving, here are 5 things you may want to consider:

### Each situation is unique

Many seniors are still in the workforce, and not ready to give up their professional lifestyle. Other seniors might be completely retired and in need of some level of home care. Still others are retired and active, and looking to spend time with their grandchildren. What are your priorities? Where do you see yourselves in 10 years? Do some soul searching and find the answers to these questions before you begin your search.

### Seniors don't necessarily want to decrease size

Seniors often want to increase convenience, not necessarily decrease the size of their homes. You may want to avoid doing too much home maintenance—either because you no longer can or you simply want to enjoy your free time doing something else. Also, is there still a need for space for children and grandchildren, or perhaps a home office? You'll want to be realistic about the space you really need.

### Discuss layout options with your Realtor

Most seniors will appreciate amenities like fewer stairs and main-floor laundry facilities. Even if you are interested in a more convenient layout, that doesn't mean you have to trade style for functionality. You can have both!

### Location is everything

The number one rule in real estate is still the most important consideration in buying a new home—location. For many, the proximity to family—children and grandchildren—is equally important. And as you face changing lifestyles, being near good public transportation, medical facilities, and recreation can be a major factor. Keep in mind things like sidewalks, accessibility to parks and recreation, and even something like street and driveway plowing.

### Expect emotions to be involved

Moving can be difficult for anyone, but if you have spent a lifetime in your current home, leaving memories behind and moving into new, unfamiliar territory and can be emotionally difficult, even scary. Decluttering unwanted furniture and removing unused possessions that have accumulated over the years can be surprisingly liberating, though. Decide what pieces are important to you and let the rest go. Remember you take your memories with you!

Michael Thomas is the lead agent for the Thomas Team of Keller Williams in Saco. The Thomas Team specializes in residential home sales in York and Cumberland counties. The Team can be reached at 207-710-8290, or by e-mail at [MichaelThomasTeam@gmail.com](mailto:MichaelThomasTeam@gmail.com) or via [www.ThomasTeam.Info](http://www.ThomasTeam.Info).



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### Compassionate & Creative? Beacon Hospice Needs You

The Deep Harbors Dementia program at Beacon Hospice is looking for "Chart-a-Life" Volunteers to assist patients with Memory Collages. These collages represent the positive moments and experiences throughout a patient's life. With a visual display of meaningful photos, words and symbols, patients often reconnect with their friends, family and the wonderful moments they have experienced throughout their lives. The collages also allow the patient's Caregivers to get to know the person, who is no longer able to speak, through the images & printed words. A 4-hour orientation to hospice, a background check and references are required to serve as a Chart-a-Life volunteer.

### Help Kids Build Boats at the Compass Project

The Compass Project, located at Biddeford High School, is a new RSVP volunteer station and its mission is to use boat building and rowing to provide positive direction to youth by encouraging the development of personal responsibility and community and environmental engagement. The program relies on committed, energetic volunteers to serve as positive adult role models for their program participants. If you value experiential learning, playing a meaningful role in a young person's development, and the importance of teamwork, Compass Project is the place for you.

As a volunteer, you have numerous opportunities for engagement. As students build a boat, the boat builds their skills and self-esteem. Your involvement and support enable the project to do this great work with kids!

To learn more about these and other volunteer opportunities, contact Angie Millington in Volunteer Services by email: [amillington@smaaa.org](mailto:amillington@smaaa.org), or phone: 396-6595.

## Ceremony Honors Woman Vet, 100, and 21 Vet to Vet Participants

One-hundred-year-old Ruth Endicott Freeman, M.D., received an honorable service certificate and a coin minted for Maine's women veterans as part of a special Vet to Vet ceremony at the Maine Military Museum on Armed Forces Day, May 21. The Maine Bureau of Veterans' Services also awarded honorable service certificates to 21 participants in SMAA's RSVP Vet to Vet program.

The awards program, organized by SMAA to honor Vet to Vet volunteers and participants, invited Dr. Endicott to attend the ceremony as a tribute to her service in World War II. She told reporters at the event that she chose not to be an officer because she did not want to do office work back in the states. Instead, she signed up for service in the Women's Army Corps and traveled overseas. She eventually served at the Nuremberg trials, held to bring Nazi war criminals to justice following World War II.

The gathering also heard from Joy Asuncion, U.S. Navy Retired, who spoke about the Honor Flight Maine program that flies World War II and Korean veterans to Washington, D.C., to view firsthand the nation's memorials to veterans. An Honor Flight Maine board member, Asuncion invited Vet to Vet participants who qualify to sign up for an Honor Flight. Asuncion was accompanied by Carmine A. Pecorelli, a veteran of World War II, the Korean War, and the Vietnam War, who has flown on an Honor Flight. Pecorelli told the crowd that he joined the military at age 16 to show his grati-

tude to the United States for welcoming his family, who immigrated to this country from Italy.

David Richmond, deputy director of the Maine Bureau of Veterans' Services, presented the certificates.

Friends and family members of the veterans also attended. Lee Humiston, founder and curator of the Maine Military museum, led tours of the facility, which houses a comprehensive display of Maine military memorabilia. The event was sponsored by the DAV Charitable Service Trust.

Vet to Vet volunteers collected certificates for those veterans unable to attend the ceremony. Vet to Vet participants honored at the ceremony were as follows:

- Paul Blow, U.S. Army
- James Burke, U.S. Army
- Charles George Busch, U.S. Air Force
- Irvin Cohen, U.S. Army
- Edgar Craig, U.S. Navy (posthumous)
- Thomas Dipasqua, U.S. Air Force
- Jerry Harkavy, U.S. Army
- Paul Kelly, U.S. Army, Maine Army National Guard
- Charles Leighton, U.S. Air Force
- John McLeod, U.S. Marine Corps
- Douglas Miles, U.S. Army
- Gary O'Connell, U.S. Navy
- Richard Sevigny, U.S. Air Force
- James Sidelinger, U.S. Navy
- Ralph Wentworth, U.S. Navy
- Lynn White, U.S. Army
- Wendy Wren, U.S. Army
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From left: Joy Asuncion of Honor Flight Maine; Carmine A. Pecorelli, Vet to Vet participant John McLeod, and Ruth Endicott Freeman, all World War II veterans; and David Richmond, Deputy Director, Maine Bureau of Veterans' Services, at the second annual Vet to Vet Awards Ceremony at the Maine Military Museum.

Credit: Sharon Roberts



## Welcome New Volunteers

Eva Abreau  
 Anne Babbitt  
 Nancy Batchelor  
 Maybelle Blanchard  
 Polly Burke  
 Karen Carter  
 Sidney Coolong  
 Thomas Craven  
 Lee Derneth  
 Judy Donovan  
 Jennifer Elwell  
 Cheryl Evans  
 Tammy Fecteau  
 Joan Frustaci  
 Claudette Gadbois  
 Melissa Goodall  
 Elizabeth Hewes  
 Coco Hirstel  
 Linda Hunt  
 Amy Levinson  
 Eleanor Lindsay  
 Robert Lyons  
 Mary McCarthy  
 Scott McInnis  
 Louise Neuts  
 Heather Ouellette  
 Judith Ramsey  
 Elaine Richard  
 Peter Rippberger  
 John Senese  
 Elizabeth Shaw  
 Youngok Shin  
 Diane Sinclair  
 Darlene Sprague  
 Bob Stocker  
 Richard Trub  
 Alexandra von Glahn  
 Jaime Willard  
 Kim Zurich

## Vet to Vet Welcomes New Volunteers

**F**ourteen new veterans enrolled in SMAA's Vet to Vet program and attended the training course held at the Maine Veterans'

Home in Scarborough in May. They will be matched to aging veterans and those with disabilities and will visit them at least twice a month.



**From left: Jeffrey Reinold, Jason Palmer, Shane Leavitt, Joseph Howes, John Butler, Charles Thurber, Bradford Howard, Robert Stalilonis, Gerry Treadwell, Richard Robichaud, William Cassidy, Shirley Weaver, and Richard Litwin. Missing from the photo: William Lovett**

Photo credit: Sharon Roberts

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