



From the Director's Desk

I hope you have enjoyed the warm sunny days of summer and are now looking forward to another beautiful Maine autumn—crisp nights, colorful foliage and the slower pace of life as the days get a



little shorter each week. Fall is always a great time to weed out, reassess and plan for the new year ahead.

Medicare Open Enrollment

Between October 15 and December 7 (The Annual Medicare Open Enrollment period) SMAA strongly recommends that all Medicare recipients review their Medicare Advantage and Medicare Part D (prescription drug) plans for the coming calendar year. Insurers are allowed to change premiums, drug formulary coverage, and other select benefits annually. Open Enrollment is a good time to find the best coverage, avoid pricing or coverage surprises, save money or all three. Last year during Open Enrollment, SMAA's Medicare staff and volunteers saved clients more than \$858,000 in out-of-pocket premium and co-pay expenses, an average of \$1,700 per person in annual savings. While there is no guarantee that everyone will realize a windfall of savings, it's definitely worth the time to compare plans with one of our trained Medicare specialists to determine which Plan is the best for your needs in 2017. SMAA will be providing one on one appointments at 24 locations across southern Maine during this Open Enrollment period. Appointment slots fill up fast so please call our main office in Scarborough (207-396-6500 or toll free 1-800-427-7411) as soon as possible to schedule an appointment for an Open Enrollment review.

Celebrating National Falls Prevention Awareness Day

SMAA is joining forces with the National Council on Aging (NCOA) and the Falls Free@ Coalition to celebrate Falls Prevention Awareness Day on September 22—the first day of Fall.

While falls are the leading cause of both fatal and nonfatal injury for people 65 years of age and older, they are not an inevitable part of aging. This year's Fall Prevention Awareness Day theme, Ready, Steady, Balance:

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SMAA Wins National Awards

Laura W. Gross, Chief Executive Officer at the Southern Maine Agency on Aging (SMAA) received The John A. Hartford Foundation Business Innovation Award. The first-ever award was presented at the National Association of Area Agencies on Aging (N4A) annual conference. The Southern Maine Agency on Aging (SMAA) also received two awards from N4A.

John A. Hartford Business Innovation Award

Gross was nominated by MaineHealth's Accountable Care Organization. Dr. Elizabeth Johnson wrote the following, "Under the tremendous leadership of Larry Gross and through the dedication of his employees, the Maine Health ACO rarely thinks of optimal care delivery without thinking about the influence of our close and trusted partner, Southern Maine Agency on Aging."

Dr. Johnson continued, "SMAA has enabled trusted partnerships to support patients receiving care



within the community they reside by innovating and delivering expertise with such programs as Chronic Disease Self-Management, Matter of Balance, Simply Delivered Meals and initiating conversations with and completing Advanced Directives for ACO patients within their trusted practices."

The John A. Hartford Foundation is based in New York City and is dedicated to improving the care of

older adults. With funds from the bequests of its founders, John A. Hartford and his brother George L. Hartford, both former chief executives of the Great Atlantic and Pacific Tea Company (the A&P grocery stores), The John A. Hartford Foundation seeks to make its best contribution by supporting efforts to improve the care of older adults.

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Senator King Discusses Aging Issues at the Stewart Center

On July 19, the Stewart Center welcomed Senator Angus King and many other experts in the aging arena. Larry Gross, SMAA CEO, moderated the panel which included Deb Keller, Bath Housing Authority; Gerard Queally, Spectrum Generations; Danna Hayes, Maine Women's Policy Center and Lori Parham, Maine chapter of AARP and Kara Hay, Penquis

Community Action Program and SMAA's Chief Program Officer, Katelyn Blackstone. Stewart Center members and many caregivers also participated in the discussion.

During the panel discussion, Senator King announced two pieces of legislation he had recently introduced. The Credit for Caring Act would give caregivers a tax credit

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SMAA 5th Annual Medicare Volunteer BBQ

The Southern Maine Agency on Aging hosted its 5th Annual BBQ cookout for the SMAA Medicare volunteers, here at the Agency in Scarborough. The well-attended event was held on the evening of Friday, June 24. A wonderful time was had by all who dined on a feast of scrumptious food, enjoyed the wonderful company and delighted in the musical sounds of Tim Eisenhart, Mark Ettinger and

Peter Blackstone. Thank you to everyone who was able to join us.

We would like to thank the following companies who donated goods to help make this event a success:

- BJ's Wholesale
- Hannaford's
- Poland Spring Water
- National Distributors
- Coca-Cola of Southern Maine

SMAA Nutrition Staff Honored

Since 2012, the Nutrition Program at Southern Maine Agency on Aging recognizes a staff member who has done an outstanding job, regularly performs over and above their regular duties, and services our clients with a tremendous amount of heart. This award—the Virginia Billings Award—was named for Virginia Billings, our Windham area Site Coordinator who has dedicated 33 years to Meals on Wheels.

This year we were honored to celebrate two staff members, Renee Longarini and Deborah Folsom. Renee and Deborah have been working with the Agency's Alzheimer Dementia Initiative team to complete an extended assessment for all Meals on Wheels clients. This new



extended assessment identifies more services that the client may need or is eligible for so many more clients are referred to our Information and Advocacy Program in comparison to the traditional Meals on Wheels assessment. We wish to thank Deb and Renee for their outstanding work.

"In the old Maine way of saying, I'm as happy as a clam at high tide!" ~ Jean




 Meet Jean. in our online video: oceanviewrc.com/video/#fh

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SMAA Receives \$5,000 Award from Bangor Savings Bank

Southern Maine Agency on Aging was selected as this year's Community Matters More winner for Cumberland County. Community Matters More is a yearly grant offered by Bangor Savings Bank that helps local non-profits earn a share of \$100,000. Community members vote for their favorite non-profits to help Bangor Savings Bank decide who the annual beneficiaries will be.

Thank you to Bangor Savings Bank for this wonderful program and thank you to everyone who voted for SMAA!



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 – 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 - Woodfords Church, Portland, 3rd Mon, 1-4pm. 396-6500/1-800-427-7411 for appt.

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

KENNEBUNK/WELLS

Community Café – 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, October 26. 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.

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

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

Welcome to Medicare Seminar – Southern Maine Health Care, Sanford, 1st Tue, 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, 1st and 3rd Thurs, and 4th Wed 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. 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.



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ways to donate. Senior News is an example of the way we help older Mainers. We offer it as a free subscription because we feel it's important to connect our readers with the valuable content. If you find Senior News to be a resource for you, consider making a gift. If you need assistance with a donation, call Kate Putnam, Chief Advancement Officer at 207-396-6590.

- **Donate securely on line at www.smaaa.org, click on the Give icon;**
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- **Consider becoming a GEM or a Giving Every Month donor. Set up a regular schedule of giving, by month or quarterly.**
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For details on advertising in "Senior News," log on to www.smaaa.org and see Senior News on home page and/or send an e-mail to seniornews@smaaa.org. You may also reach "Senior News" representative Janet Bowne at 396-6533.

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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 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.

SMAA Awarded Grant from Administration for Community Living

The Southern Maine Agency on Aging has been awarded a grant of \$478,779 from the Administration for Community Living to develop a network of falls prevention programs across the State of Maine. SMAA has offered extensive programming of evidence based falls prevention classes—Matter of Balance and Tai Chi for several years. Helping people minimize their fall risk can improve lives dramatically. Not only does it help keep people out of emergency rooms but it allows people to feel more confident about leaving their homes reducing social isolation. SMAA will leverage its experience and expand the program to other agencies around Maine.

Laurence W. Gross, SMAA's Chief Executive Officer stated, "This grant will significantly increase the number of older adults across Maine who are referred to and participate in evidence-based falls prevention programs. SMAA has a strong history of partnership with ACL. In 2014, we were awarded a three-year, \$954,457 grant,—The Alzheimer's disease Initiative: Specialized Support Services—to improve services for adults living with dementia. We are thrilled for this next opportunity to continue partnering with ACL as we now work to reduce the risk of falls for older Mainers."

Spectrum Generations, a partner agency on aging covering the Augusta area, received a \$636,000 grant from the same organization to expand their chronic disease management programming for pain and diabetes. SMAA and Spectrum Generations received two of only 16 grants awarded throughout the country.

VISIT OUR WEBSITE
www.smaa.org

From the Director's Desk continued from page 1

Prevent Falls in 2016, seeks to raise awareness on how to prevent fall-related injuries among older adults.

For more than 10 years, SMAA has been offering the nationally recognized falls program, A Matter of Balance at numerous locations in Cumberland and York counties; and more recently, Tai Chi for Health and Wellness classes at our Scarborough location. These programs are proven through research to help older adults gain strength, improve balance, and build confidence to help them live healthier, more active lives that preserve their independence. I am proud to announce that SMAA has recently been awarded a federal grant totaling nearly half a million dollars from the Administration for Community Living to expand both programs state-wide. We are happy to be partnering with MaineHealth's Center on Research and Evaluation and their Elder Care Services staff, as well as the other four Agencies on Aging in Maine to further extend the reach of falls prevention programs and awareness.

National Recognition for SMAA

I recently attended the National Association of Area Agencies on Aging annual conference and was honored to receive the first Business Innovation Award presented by the John A. Hartford Foundation. The award was created to recognize successful and innovative partnerships between social service agencies and health care systems and health plans. SMAA was nominated for the award by MaineHealth in recognition of our many successful collaborations on programs such as the recently completed Community-based Care Transition Program, Matter of Balance, Simply Delivered Meals and Respecting Choices. The John A. Hartford Foundation recognized SMAA for its "bold, transformative work to improve the quality of life for older adults and/or people with disabilities through this sustainable business partnership."

SMAA was also the recipient of two other national awards. Simply Delivered for ME received an Aging Innovations Award—the highest

honor presented by the National Association to member agencies. SMAA was one of just 16 recipients selected from the 46 nominations received in recognition of the most innovative programs across the country. I was also proud to accept an Aging Achievement Award for SMAA's Vet to Vet program honoring our work in this area as a contemporary, effective and replicable program.

These awards are a testament to the great work being performed by the Agency staff on a daily basis. I am so proud to lead this Agency in a time when the need for the programs and services SMAA provides to older adults in southern Maine is

reaching an all-time high. Even in this challenging environment, our staff continues to deliver exemplary service and innovative programming and truly deserve the wonderful accolades these awards provide.

I hope you will get outside during these early fall months—go for a walk, enjoy one of the many county fairs happening this time of year or spend some time in the garden. AND remember to call SMAA to schedule your Medicare Open Enrollment appointment!



Laurence W. Gross
Chief Executive Officer

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Medicare Open Enrollment Starts October 15

Now is the time to make plans to review your Medicare Drug Plans or Medicare Advantage plans. Mainers on Medicare are advised to make an appointment with their local Area Agency on Aging to review their options for 2017, because premiums and benefits may change. Our staff and volunteers are fully-trained, certified SHIP counselors that can help you

to navigate Medicare and the complexity in choosing drug plans with deductibles, co-pays and falling into the coverage gap (the so called the "donut hole"). This process can be confusing, time consuming, and involving many steps (including using the Centers for Medicare and Medicaid website)—let SMAA help. Last year SMAA counselors helped save clients and estimated \$850,000 on

their Medicare plan costs!

Any changes to Medicare Drug Plans or Medicare Advantage Plans need to be made during Medicare's Open Enrollment period, which begins October 15 and ends December 7.

SMAA is offering Open Enrollment sessions in 24 locations throughout Southern Maine. We have also added 3 new locations for this year's OEP for appointments (noted with *). Please see the list below.

Appointments are required and fill quickly—sign-up today! Some evening appointments are available.

The SMAA Medicare Appointment Line will be open starting 9/1/2016. To schedule an appointment, call at 396-6524, or statewide, toll-free 877-353-3771. For the Bridgton Community Center please call 647-3116 directly FMI.

1-on-1 Appointment Locations

- Berwick Public Library
- Biddeford, McArthur Library
- Bridgton Community Center (please call 647-3116 FMI)
- Cornish*
- Cumberland, Prince Memorial Library
- Falmouth, Stewart Center
- Freeport Community Library
- Gorham, St Anne's Church
- Kennebunk, St. Martha's Church
- Kennebunk Senior Center
- Old Orchard Beach, Libby Memorial Library*
- Portland, Woodfords Church
- Parsonsfield, Town Office
- Saco, Dyer Library
- Sanford, Southern Maine HealthCare (formerly Goodall Hospital)
- Scarborough, Southern Maine Agency on Aging (SMAA)
- South Portland, Redbank Village Office
- Standish Municipal Center
- Waterboro Public Library
- Wells Activity Center*
- Westbrook Community Center
- Westbrook, Larrabee Village
- Windham, Our Lady of Perpetual Help Parish
- York Hospital

National Awards

continued from page 1

Simply Delivered and Vet to Vet Get National Recognition

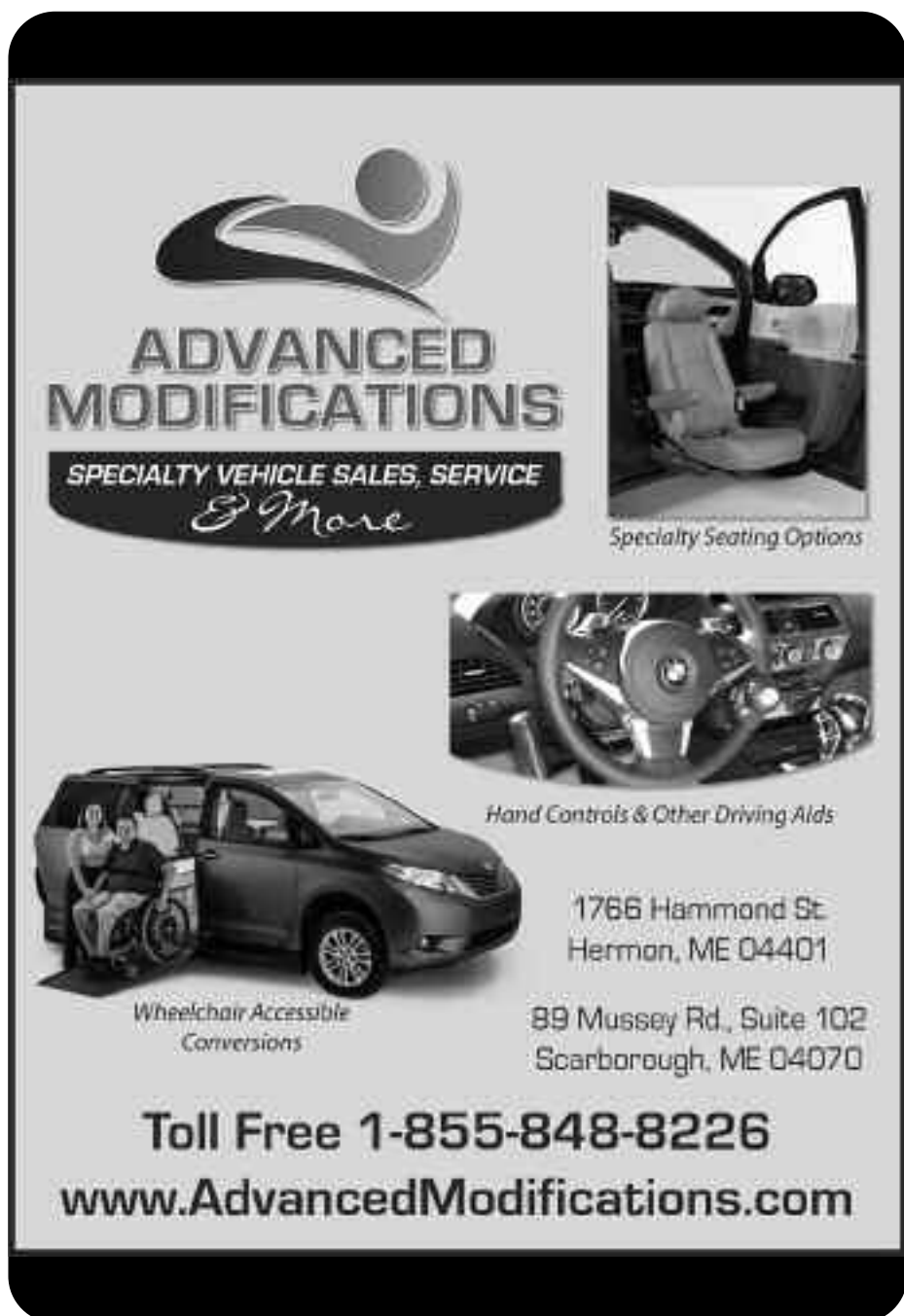
The Simply Delivered Program and Vet to Vet also received recognition from the National Association of Area Agencies on Aging (N4A). Simply Delivered for ME received an Aging Innovations Award, the highest honor presented by n4a to member agencies. Simply Delivered for ME was among the top 16 of 46 local aging programs to receive honors during the n4a 2016 Annual Conference in San Diego, CA. SMAA's Vet to Vet program received an Aging Achievement Award and was among 46 local programs to win this honor.

Simply Delivered for ME offers up to 7 meals per week to individuals who for a number of reasons may not be able to cook for themselves. The nutritious meals arrive frozen and require only heating. Each meal costs \$5 including delivery. 100% of the proceeds from Simply Delivered support SMAA's Meals on Wheels program.

Vet to Vet matches volunteers who are veterans of military service with an aging veteran in need of a visit. Talking with someone who understands military life can make all the difference to a lonely veteran. Earlier this year, Vet to Vet received an MVP Community Award from the New England Patriots Charitable Foundation.

Gross, SMAA's Executive Director, stated, "We are very proud to receive these awards as they recognize our work supporting older people in southern Maine. Simply Delivered is a valuable resource for people who are not eligible for Meals on Wheels but need meal support. Vet to Vet is one of many programs we offer to combat social isolation among seniors."

The National Association of Area Agencies on Aging (n4a) is the leading voice on aging issues for the 622 Area Agencies on Aging (AAAs) across the country and a champion in our nation's capital for the 256 Title VI Native American aging programs.



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The Alzheimer's Association, Maine Chapter offers educational programs for families and individuals facing Alzheimer's, as well as community members and healthcare professionals statewide to increase an understanding of the disease and the need for compassion. To learn more about their programs call them 24/7 at 1-800-272-3900 or visit Alz.org/maine.

From Jo Dill's Notebook

Opening Ceremonies

The day was beautiful, the torch was lit and the 2016 Maine Senior Games officially opened. Thanks to torch bearers: Bev MacLean, Marlise Montgomery, Teresa Thompson, Ann Babbitt, Nick Beram, Betty Moberg and Senator Millett.



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

Track and Field

Over 100 athletes from 12 States and Canada came to the Scarborough track to participate in the Maine Senior Games. Congratulations to all the athletes who participated and special thanks to the wonderful volunteers. Thanks to Piper Shores who provided the volunteers with a boxed lunch!!

National Senior Games

Maine Senior Games is a part of the National Seniors Games and every other year is a qualifying year to compete at the National level. This is a qualifying year for the 2017 National Senior Games in Birmingham, AL. Approximately 10,000 athletes will descend on the city over a two week period to participate in their sport (s). Maine is hoping for 100 athletes to participate in 2017.



Registration

There is still time to participate in the Maine Senior Games!! Check out the schedule below to see what event you can still register for!! Go to www.mainesrgames.org to register online. There are paper registrations as well on site if you prefer, although it costs more. You can register online and send me a check or cash if you do not want to pay by credit card online.

Remaining 2016 Schedule

Tennis: Sept 8, Women's Singles/Men's Doubles 12PM, Mixed Doubles 3PM, Racket/Fitness, Portland, Thursday

Tennis: Sept 9, Men's Singles 12PM, Women's Doubles 3PM Racket/Fitness, Portland, Friday

Racquetball: Sept. 10, Racket/Fitness, Portland, 9AM, Saturday

Cycling: Sept 11, Kennebunkport Bicycle Co, 9AM, Sunday

Basketball (Men's): Sept 17, Cape Elizabeth HS, Cape Elizabeth, 9AM, Saturday

Hot Shot/Foul Shoot: Sept 17, Cape Elizabeth HS, Cape Elizabeth, 2PM, Saturday

Willows Pizza and Restaurant

A huge thank you to owner Dave of Willows Pizza and Restaurant for his most generous donation of \$1,500 to provide shirts for those going to Birmingham in 2017. Maine will be sporting maroon collared shirts thanks to Willows. Save the date: January 23, 2017 for MSG day at Willows to show our thanks!!

Pickleball

125 athletes from all over the country were at the Racket and Fitness Center for our Pickleball event. For two days the little yellow ball could be heard over and over as folks tried to qualify for the National Senior Games coming in 2017. From beginners to advanced, from Florida to Mid-Maine, from last place to first place, everyone played their hearts out.




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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.

Help for People Helping Aging Family Members

Are 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.

September 20, 27, October 4, 11, 18, and 25, 2016, Tuesdays, 2-4PM: **Savvy Caregiver.** Kennebunk Unitarian Universalist Church, Kennebunk. Contact Lori Campbell at 1-800-427-7411 x540 to pre-register (required).

September 22, 29, October 6, 13, 20, and 27, 2016, Thursdays, 1:30-3:30PM: **Savvy Caregiver.** York Library, York. Contact AnneMarie Catanzano at 1-800-427-7411 x545 to pre-register (required).

October 4, Tuesday, 3-4PM: **Aging and Memory.** Masebesic Center for Adult Learning, Waterboro. Call 247-2022 to pre-register (required).

October 14, Friday, 1:30-3PM: **Family Conversations Between Adult Children and Older Parents.** Windham / Raymond Adult Education. Call 892-1819 to pre-register (required).

October 17, Monday, 10-noon: **Beginning Planning for Eldercare.** York Adult & Community Education. Call 363-7922 to pre-register (required).

October 27, Thursday, 4-6PM: **Everyday Forgetting or Something Else? Understanding Memory Changes and People Living with Them.** Noble Adult & Community Education, North Berwick. Contact 676-3223 or brennda.gagne@msad60.org to pre-register (required).

October 29, Saturday, 9:30-10:30AM, 10:30-11:30AM, or 11:30-12:30AM: **Living Safe and Independently at Home and Living Options for Older Adults.** Cumberland Aging in Place Forum, Greely Middle School, Cumberland. FMI call 829-2205 x346.

November 3, Thursday, 5:30-7PM: **Living Safe and Independently at Home.** Wells-Ogunquit Adult and Community Education. Contact WOACE at 646-4565 or <http://wells-ogunquit.maineadult-ed.org/> to pre-register (required).

November 10, Thursday, 1:30-3:30PM: **Everyday Forgetting or Something Else? Understanding Memory Changes and People Living with Them.** Noble Adult & Community Education, North Berwick. Contact 676-3223 or brennda.gagne@msad60.org to pre-register (required).

www.smaa.org

SMAA Partnering with YCCAC to Offer Community Classes

The Family Caregiver Support Program at SMAA is partnering with York County Community Action Corporation to offer community education through the Maine Health Access Foundation (MeHAF) Thriving in Place (TiP) grant awarded to YCCAC. The grant seeks to empower older and/or disabled residents of Sanford, Springvale, Acton, Alfred, Lebanon, North Berwick, Shapleigh, and Waterboro to remain in their homes and engaged in their communities.

One element of this is to enhance understanding about changes in memory and thinking skills that adults may experience as we age. A one-hour class, **Aging and Memory**, will be presented through the Masebesic Center for Adult Learning in Waterboro on October 4, from 3-4PM. The class covers typical aging, health conditions that can affect thinking (including reversible and nonreversible causes), and basic ideas on communication and strategies for people experiencing challenges and those who care about them. Pre-registration (required) at 247-2022.

SMAA has also developed a new, 2-hour class that will be offered through Noble Adult and Communi-

ty Education in North Berwick. The class, "Understanding Memory Changes and People Living with Them", will be presented once on October 27 (4-6 PM) and once on November 10 (1:30 - 3:30 PM). This class will offer information about thinking skills as we age, and will go into more depth about conditions that cause dementia. The Academy Award-nominated documentary, "Complaints of a Dutiful Daughter" will be shown and discussion will follow. Pre-registration (required) at 676-3223.

Either class is appropriate for anyone in the community who has an interest in the topic. We hope to improve the experience of people concerned about and/or living with cognitive changes and those who care about them through community awareness and education.

Caring For Aging Family Members

Support/Discussion Groups

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

Biddeford - 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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Savvy Caregiver Courses

SMAA's Family Caregiver Support Program will be offering the Savvy Caregiver series twice in York County, beginning in September. 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.

On series is offered in partnership with the First Parish Unitarian Universalist Church in Kennebunk, and starts on September 20. The other series is being offered in collaboration with York Library and will start on September 22.

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.

SOME USEFUL INTERNET RESOURCES FOR FAMILY CAREGIVERS

Southern Maine Agency on Aging, www.smaaa.org, highlights the agency's many programs for older adults, adults with disabilities, and family caregivers. The Family Caregiver Support Program pages include many downloadable tools and resources.

Legal Services for the Elderly, www.mainelse.org, provides free legal assistance to socially and economically needy Maine residents age 60 and older, and offers consumer information on issues including legal rights, health care decision making, financial concerns, wills, fraud, and abuse.

211Maine, www.211maine.org, is a statewide directory of community resources including agency services and support groups.

Administration on Aging, www.aoa.gov, is the government agency concerned with issues affecting older Americans (under the Administration for Community Living). This site offers information about older Americans, legislation, and programs.

Eldercare Locator, www.eldercare.gov, can help you to find local Agencies on Aging / ADRCs, legal help and protective services for older adults and people with disabilities, anywhere in the US.

Maine Office of Aging and Disability Services, www.maine.gov/dhhs/oads/, is responsible for developing and overseeing many services for older adults and adults with disabilities in Maine. They offer assistance in finding sources for care, identifying benefit programs, and learning about resources. The

book "Connections: A Guide for Family Caregivers in Maine" is downloadable from the website.

Next Step in Care (a campaign of the United Hospital Fund), www.nextstepincare.org, provides guides to help family caregivers and health care providers work closely together to plan and carry out smooth and safe coordination of care across settings.

National Institutes on Aging, www.nia.nih.gov, offers reliable health and resource information for consumers and professionals. Many publications are available free on line or in print.

Alzheimer's Disease Education and Referral Service (ADEAR), www.nia.nih.gov/alzheimers, a service of the National Institute on Aging, provides information and referral, publications, a database, and resources about dementia.

Alzheimer's Association, www.alz.org, has information about cognitive issues, problems and solutions, research and medical advances, public policy issues, caregiver support, and resources.

Alzheimer's Association, Maine Chapter, www.alz.org/maine offers support, resources and education for people with any type of dementia and those who care about them.

National Resource Center on Supportive Housing and Home Modification, www.homemods.org, offers information and strategies about home modifications and their importance in supporting safety and independence.

Centers for Medicare and Medicaid Services (CMS), www.medicare.gov, provides an overview of Medicare and Medicaid policy and regulations, and consumer literature about health-related services and benefits.

Caregiver Action Network, www.caregiveraction.org, is a charitable organization which focuses on addressing the special concerns of caregivers. They offer online and printable tips, guides, and other resources.

Family Caregiver Alliance, www.caregiver.org, has online fact sheets, publications, and support groups.

National Alliance for Caregiving, www.caregiving.org, is a joint venture of organizations to support caregivers. They sponsor the Family Caregiver Resource Connection, which reviews and rates hundreds of caregiving books, videos, etc.

National Academy of Elder Law Attorneys, www.naela.org, a membership organization of attorneys who specialize in elder law, offers a searchable national listing of member attorneys.

Ageing Life Care Association (formerly the National Association of Professional Geriatric Care Managers), www.ageinglifecare.org/, offers a searchable national listing of certified geriatric care managers.

AARP, www.aarp.org, provides benefits and entitlement information, caregiver and older adult education (including issues of older drivers, grandparents, and choosing a living environment), activities, and advocacy.



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Seeking Volunteers to Visit People with Memory Loss

As a growing number of people in Maine are diagnosed with Alzheimer's disease and other memory loss conditions, it can be expected that more people struggling with these conditions are living by themselves. Over time, their symptoms make it difficult to maintain their connections in the community, and may prevent them from

asking for help, even for essential needs.

Now volunteers with Southern Maine Agency on Aging's new Community Support Program can help. We are looking for volunteers who will visit people with Alzheimer's Disease and Related Dementias for one to two hours a week in the person's own home. Volunteers will provide

companionship and support, and will help maintain a link from the home to the program staff.

"What people with dementia really need is a friend to have an ongoing relationship with—someone they can feel comfortable talking to and sharing information with. It can be hard for to ask for help, or to accept help from formal providers,

but they may be able to share their needs with a friendly visitor," said Liz Weaver, project manager for SMAA's Alzheimer's Disease Initiative.

The Community Support Program is unique in that it reaches out to people who are living alone in their own homes, who, because of their memory issues, may experience barriers to accessing the programs and services they need to remain at home longer or more comfortably. The program is staffed by two social workers, who will work with each client to help connect them with needed services.

"This is a wonderful opportunity to make a real difference in people's lives. Volunteers are at the heart of this program," said Liz Weaver. "They will work closely with our staff to assist people with dementia or signs of memory loss."

The best candidates for the program are volunteers who enjoy talking with people, can listen attentively, and have experience spending time with people with memory loss.

For more information on becoming a volunteer, please contact Sarah Harvey, Community Support Program Supervisor, at (207) 396-6500, ext. 534, or sharvey@smaa.

If you know of someone with memory loss, living alone, who might like to have a visitor, contact SMAA at 396-6500.



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HEALTHY EATING WITH HOLLY: Make Food Safety an Everyday Commitment

By Holly Bresnahan RD, LDN

Food Safety. I'm sure you've heard it all before but some things are worth repeating. No one wants to be sick from a food borne illness and as we age our bodies are more at risk! The natural aging process, medications and chronic conditions such as diabetes or cardiovascular disease can weaken the immune system and your ability to taste and smell. Being extra careful when handling and storing food can make a big difference to help keep you healthy.

- **If you are not sure, Toss it!** Never taste food to see if it is OK. You can't see, smell or taste bacteria even a tiny bit can cause serious illness. Discard food past the expiration date or if it was not properly refrigerated. Leftovers are safe to eat for 3-4 days. Longer than that, Toss it!
- **Refrigerate!** Cold temperatures slow the growth of harmful bacteria. It is best to refrigerate foods within one hour of purchase or cooking. When thawing foods, use cold water, the fridge or microwave. Food should be cooked immediately after thawing.

- **Keep foods such as vegetables and fruit separate** from meats, seafood and eggs. Meats, seafood and eggs can leave "invisible" bacteria behind causing cross contamination.
- Remember to **replace your sponges and dish rags** regularly. They can be one of the dirtiest things in the kitchen!
- And if you remember nothing else from this article. **ALWAYS WASH YOUR HANDS** before handling food. Use warm soapy water for at least 20 seconds. Wash before and after handling food, after touching pets and after using the bathroom.

Source: US Food and Drug Administration: Food safety for Older Adults

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Consider attending one of our upcoming Advance Care Planning Seminars:

- **September 14**, 1-2:30pm, SMAA Main Office, Scarborough
- **October 12**, 1-2:30pm, Sam L. Cohen Center, Biddeford

November 9, 1-2:30pm, SMAA Main Office, Scarborough

If you plan to join us, please RSVP by phone or email: 207-396-6546, jminkowitz@smaaa.org




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¹Maine licensed drivers 55 years of age or older may receive an insurance premium discount upon successful completion of the online or classroom courses. Certain restrictions may apply. NH and VT drivers should inquire with their insurance provider for available discounts. ²\$10 class discount offer valid for ME, NH and VT residents through 12/31/16 who mention the offer, register for the AAA Roadwise Driver class and receive an insurance quote for AAA Insurance. New quotes only. Not valid for online quotes. AAA insureds not eligible. NO PURCHASE REQUIRED FOR QUOTE. AAA Northern New England membership requires the separate payment of annual dues and an admission fee for new members. AAA insurance is a collection of AAA branded products, services and programs available to qualified AAA members. AAA personal lines insurance is provided by the Interinsurance Exchange of the Automobile Club (Exchange). AAA Northern New England is the licensed agent for the Exchange. Limit one \$10 discount per class, per household per 6 months. We reserve the right to provide a substitute discount. Membership is not required for discount offer. Driving school schedules, locations and pricing subject to change without notice. Copyright © 2016 AAA Northern New England. All Rights Reserved.



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Ready, Steady, Balance: Keeping Maine on its Feet!

Preventing a fall can be as simple as being more mindful, of both our own abilities and our environments. But there are many things you can do to prevent a fall and keep yourself upright. The Southern Maine Agency on Aging has several events planned in recognition of Falls Prevention Awareness Day this September 22nd—from Balance and Strength Screenings to A Matter of Balance, and Tai Chi classes we're working to raise awareness of how preventing a fall is one of the best ways to stay healthy and independent. As we age, the consequences of a fall can

have serious impacts, from high medical costs to lasting injuries, like head trauma or broken bones. Sometimes a fall can even be fatal.

Do yourself a favor and stay on your feet: keep as active and strong as possible, attend a class or screening, talk to your doctor, and make changes around your home to make it safe and user friendly.

As the nation's oldest state by median age, and with falls on the rise, Maine's Agencies on Aging are taking a stand to prevent falls through a new \$478,779 grant awarded by the Administration for Community Living. Over the next two years, The Southern Maine Agency on Aging will be leading the initiative to expand the reach and availability throughout the state, of programs that have been shown to help older adults prevent and manage falls, including A Matter of Balance, Tai Chi, and fall risk screenings. As part of the grant, the Agencies on Aging will also be working to establish partnerships with health providers to improve referral opportunities and the financial sustain-

ability of the programs. Ultimately, this all boils down to more classes in more areas, especially reaching more rural communities. This is a powerful opportunity for Maine to promote healthy aging, and empower older adults to engage in their own health management.

Contrary to common belief, falls are not a normal part of aging, but they are largely preventable. The power to make the most of your health and wellness lies with you! So this Falls Prevention Awareness Day Check out our calendar of community classes and events, as well as resources and tips, and take a moment to ask yourself—what can I do to keep myself active, independent and upright?

6 Steps to Prevent a Fall

1. Join a balance or exercise program.
2. Talk to your doctor—ask for a falls risk assessment.
3. Review your medications with your pharmacist.
4. Check your vision and hearing every year.

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5. Keep your home safe.
6. Talk to your family—ask them for their support.

Home Safety Basics

- Ensure proper lighting in all areas of the home.
- Install railings and grab bars in stairways and bathrooms.
- Keep walkways clear of trip hazards.
- Be aware of pets and their toys.
- Store regularly used items within easy reach.

Resources

- SMAA – www.smaaa.org
- NCOA - <https://www.ncoa.org/healthy-aging/falls-prevention/>
- Go4Life - <https://go4life.nia.nih.gov/>
- MaineHealth – Falls Prevention - http://www.mainehealth.org/mh_body.cfm?id=7628

Agewell Schedule

A Matter of Balance

9/13-11/15, 1:30-3:30PM, New England Rehab, Portland
 9/16-11/4, 9:30-11:30AM, Church on the Cape, Kennebunkport
 9/22-11/10, 1:30-3:30PM, JR Martin Community Center, Biddeford
 9/26-11/21, 1-3PM, York Hospital
 9/28-11/16, 10AM-12PM, Bellavita, Scarborough
 10/4-11/22, 1-3PM, Avesta Senior Housing, South Berwick

Tai Chi for Health and Balance

9/12-11/16, Monday and Wednesday, 2-3PM, United Medical Gym, South Portland
 9/13-11/17, Tuesday and Thursday, 10-11AM, JR Martin Community Center, Biddeford
 9/13-11/17, Tuesday and Thursday, 9-10AM, SMAA, Scarborough
 9/13-11/17, Tuesday and Thursday, 9-10AM, Woodfords Church, Portland

Advanced classes are available at all locations for experienced students. Preregistration is required for all Agewell workshops.

Please call: 207-396-6500 or 1-800-427-7411.

Balance & Strength Health Screening

September 9, 9AM-12PM at York Hospital

SMAA, York Hospital, and other community partners will be providing a balance and strength health screening in York. This screening will help older adults identify issues that increase their risk of a fall. Screening activities include physical balance tests, sitting and standing blood pressure readings, and pharmacy consultations to review medications.

Pre-registration is required. Please call: 207-396-6500 or 1-800-427-7411.

Chair Rise Exercise

One of the best things you can do to prevent a fall is keep your leg muscles strong. This exercise is recommended by the CDC and is a great way to build strength and practice balance - it requires no fancy equipment—just a sturdy chair. As with any physical activity, start slowly and build up as you get stronger.

What it does: Strengthens the muscles in your thighs and buttocks.

Goal: To do this exercise without using your hands as you become stronger.

How to do it:

1. Sit toward the front of a sturdy chair with your knees bent and feet flat on the floor, shoulder-width apart.
 2. Rest your hands lightly on the seat on either side of you, keeping your back and neck straight and chest slightly forward.
 3. Breathe in slowly. Lean forward and feel your weight on the front of your feet.
 4. Breathe out and slowly stand up, using your hands as little as possible.
 5. Pause for a full breath in and out.
 6. Breathe in as you slowly sit down. Do not let yourself collapse back down into the chair. Rather, control your lowering as much as possible.
 7. Breathe out.
- Repeat 10-15 times. If this number is too hard for you, begin with fewer and work up. Rest for a minute and then do a final set of 10-15.



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Senator King Discusses Aging Issues

continued from page 1

for being caregivers. He has also introduced legislation to allow for home modifications enabling seniors to remain in their homes longer. Each organization discussed their



aging initiatives and their visions for how life can be improved for aging Mainers.

Our caregivers shared many examples of how they are dealing with issues around caregiving. For them, the Stewart Center has become central to their ability to provide care for their loved ones. The caregivers credited the Stewart

Center for giving their loved ones happy days full of activities, friends and laughter. They also added that knowing their loved one was being cared for allowed them to get a break from caregiving and gave them the ability to do errands and reconnect with friends or in some cases, go to work. For more information on SMAA's Adult Day Centers, call 207-396-6500 or visit our web site: www.smaaa.org.

Put Your Feet Up: Tips for Edema Relief

Cindy Asbjornsen, DO, FACPh

Edema—the swelling of the feet, ankles or legs—is a common medical problem that can be very uncomfortable. Edema of the legs can cause them to feel heavy and may interfere with walking. If the edema is severe enough, it can interfere with blood flow.

There are many underlying causes of edema, including (but not limited to) kidney disease, certain medications, congestive heart failure, and cirrhosis.

One possible cause for edema in the leg is venous insufficiency. Venous insufficiency is defined as the impairment of blood flow towards the heart. If you have leg swelling due to venous insufficiency, wearing graduated compression stockings can help promote the flow of blood back up to the heart. They are available at many pharmacies and medical supply stores. Elevating your legs throughout the day can also give much-needed relief, especially after you have been standing for a long time.

Elevation is a simple, yet powerful, tool that can help improve blood circulation and provide some relief to venous symptoms, such as aches and swelling. In fact, I believe that elevation is so important for



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- Helping with health fairs/community education



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someone with vein disease that at the Vein Healthcare Center we provide recliners and ottomans in the reception area, so that patients can elevate while they wait.

By "elevation" I mean, ideally, raising the legs above heart level. The perfect position is to lie on a couch with your back on the cushions and feet up on the armrest, so feet are at a slight angle higher than the heart. Lying down with your legs resting on three or four pillows also works well.

Here are some tips on how to get the most out of this accessible therapy:

- Elevating at intervals throughout the day can encourage blood

flow out of the legs and decrease the pooling of blood.

- Evening is a good time to elevate.
- Some effective times to elevate are after a hot shower, or after standing for a long time.
- A good way to remember to elevate is to pair it with your meals or snacks. (A rest after eating can also be helpful for digestion!)

If you suffer from swelling in your lower limbs, ask your doctor if venous insufficiency may be the underlying cause, especially if you experience other symptoms such as varicose veins or chronic wounds that don't heal.

Dr. Cindy Asbjornsen is the founder of the Vein Healthcare Center in South Portland, Maine. Certified by the American Board of Venous and Lymphatic Medicine, she

cares for all levels of venous disease, including spider veins, varicose veins and venous ulcers. Contact Dr. Asbjornsen at 207-221-7799 or info@veinhealthcare.com.

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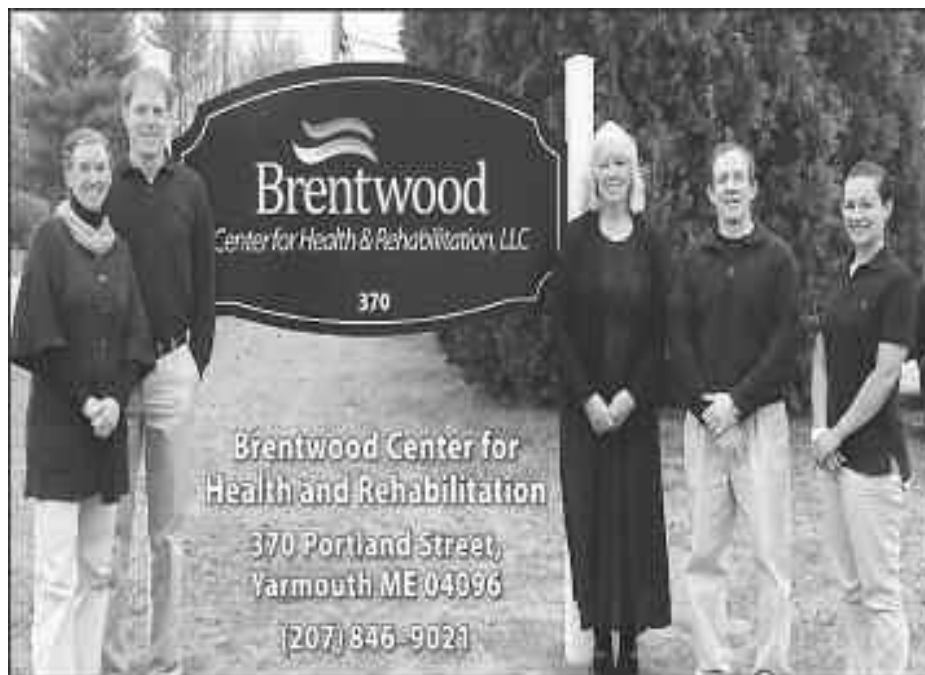


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Thank Your Lucky Stars

By Don Kopp

Chirpy I was not. She-Who-Perceives-All asked me what was up. My list of grievances, from the trivial to the cosmic, ended with, "And you can thank your lucky stars that the Sox won last night. Otherwise I'd be hell worse than crooked." After a pause, and as if talking me down from a 20-story



ledge, she said, "Where do you suppose the expression *You can thank your lucky stars* comes from? And what on earth does *Hell worse than crooked* mean?"

Never having given idioms much thought, I now understand that they are words or phrases whose meaning can't be understood outside the culture in which they are used. We use thousands of them. Many have been around for centuries such as *Thank your lucky stars*. Read literally, of

course, idioms often make little sense. For example, *Hell worse than crooked* denotes intense and dangerous. And imagine someone learning English hearing *There's more than one way to skin a cat*.

Now I need to give you what colleges call a "trigger warning." Idioms are addictive and can be harmful to relationships. I interrupted a friend's description of a thrilling horseback experience when she said *Hell bent for election*. I wanted to explain that the phrase originated in the 1840 Maine gubernatorial campaign, the same election cycle that gave us *Tippecanoe and Tyler Too*, but my friend had vanished before I got to the *Tippecanoe* part.

I blame my parents, the *Mother lode* of idioms. A few of Dad's: *Chew the fat*; *All around Robin Hood's barn*; *Steal someone's thunder*; *A flash in the pan*; *Colder than a stepmother's heart (or a well-digger's bottom)*; *Beat the tar out of*; *Thrown for a loop*; *Slept like a top*; *Talk like a Dutch uncle*; *Gild the lily*; *Can't hold a candle to*; *Since Hector was a pup*; *Tie one on*; and *Three sheets to the wind*. And Mom's: *Can't a cat look at a king?* (when I asked why she was staring at me). Also directed at me were *Read the riot act*; *Mind your P's and Q's*; *Too big for your britches*; *Bite off more than you can chew*; *Cut off your nose to spite your face*; and *A taste of your own medicine*. Others were: *Catch as catch can*; *A lick and a promise*; *Do it up brown*; and most memorably, *It's as plain as the nose on your face* (used by her in a dispute with a town official in which she realized a split-second too late that her adversary actually did have an unfortunately oversized nose.)

I enjoyed hearing a judge advise a lawyer that if his client refused a settlement offer and insisted on a trial, his client *Would have as much chance of winning as a one-legged man in a butt-kicking contest*. Offer accepted! Song titles often are idiomatic, such as "I Heard It Through the Grapevine" and "I'm Gonna Wash That Man Right Out of My Hair." And isn't it interesting that *Being in the doghouse* applies only to the man

in a relationship.

With this topic like *A bee in my bonnet*, *My ears perked up* when I heard a radio host say, *I may have been born at night, but not last night*. It is of course a variation on *I wasn't born yesterday*, which has been with us since at least the eighteenth century. My favorite variant is *This ain't my first rodeo*. For me idioms have become a *Can of worms*. It is as if they are *Raining cats and dogs*. I fear that I'll be *Sidetracked* by them *Until the cows come home*, *Come hell or high water*. And the ones mentioned are only the *Tip of the iceberg*, nowhere near *The whole kit and caboodle*.

So why do we use idioms and have so many of them? As it turns out, phrases such as *Can't see the forest for the trees*, in addition to being colorful, convey their meaning with fewer words than a literal explanation would require. But why, like treasured heirlooms, do we preserve and pass down these expressions from generation to generation, often for several hundreds of years? My belief is that these phrases, like good-natured old friends, really are precious to us as light-hearted, amusing, and slightly saucy mini-rebellions against the tyranny of the deadly serious and the stultifying literal. They add spice to our language. They are fun. *And You can take that to the bank!*

I would love to hear about any of your cherished expressions.

Don Kopp can be reached at donkopp@sacoriver.net

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Cars

By Stephanie MacNeille

CARS! I've always loved them, to drive and to look at. I can remember when I was sixteen and my father was teaching me to drive. I recall one day, driving with Dad in the car, going about 35 mph. It was a heady experience and a little scary. I was thinking as I drove along that I would never drive over 35 mph, as there was no need to. For someone who enjoys cars as much as I do, you can imagine how long that lasted. I used to drive my sister to high school, which brings up my first memory of an incident involving me and a car. I was on the main street of Putnam, Connecticut, and was trying to park the car in a metered parking spot. Unfortunately, my back fender took a liking to the parking meter, and wrapped itself around the meter, so I couldn't move away or park. My sister was so embarrassed, she got out of the car and walked away. Luckily, there were a couple of nice guys there, and they helped me get the car parked without the fender attached to the meter. As you will see, this incident was a harbinger of things to come.

I imagine that the expense of buying automobiles was what caused my Dad to buy for his family, used cars. We called them his clunkers, as they didn't always run the way they were supposed to. My mother had quite a time with them, as she used them the most. One time, she was in the middle of Putnam's 5 way intersection in the middle of town, when



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one of the clunkers died. She was so fed up, she took her purse, got out of the car, left it right where it sat and walked away. I never did find out how they dealt with it. There was another incident when my mother was driving one of the clunkers, which happened to have no working reverse gear. Again, in Putnam, she drove down a short, narrow street, not knowing it was an alleyway with a dead end. Being the resourceful person she was, she looked around and saw a bar with quite a few male customers. She went inside and solicited the help of a number of them, who came outside, lifted the car just enough to get it off the ground and turn it around. She thanked them heartily and drove off.

I have two favorite cars I owned over the years. The best one was my 1953 MG-TD, and I actually owned two of them, a few years apart. I used to change the oil and check the plugs in those cars, as the engine set up was pretty simple. However, they are British cars, which at times, are noted for breaking down. When mine did, I screamed and yelled at it, kicked the tires and swore I was going to sell it. However, when it was all fixed and running like a top, there was no way I could sell it, so I kept it till the next breakdown. Repeat.

The other car I really enjoyed was a '97 Toyota Rav-4 TWO door, vehicle with two moon roofs. It was very rare, and I don't think I saw another exactly like it the whole time I had it. It was a small station wagon-type vehicle, and people used to ask me where the rest of the car was. I would take both moon roofs off, put them in their spot on the inside of the rear door, open all the windows and it felt like a convertible. FUN!

The most interesting incident I had with a car was when I met my husband to be, because of a car. I'd had a small fender bender on a rainy day on a crowded California freeway. While my car was being repaired, the auto body place gave me a loaner which was a huge, bright red car with pointed fenders sticking up to the sky. I thought there was no way I would get where I was going without getting stopped by a police officer, as the car was a real "Arrest Me Red" color. Sure enough, a motorcycle officer with a helmet and goggles/dark glasses on pulled me over and gave me a ticket. When I finally got to where I was going, the woman there could see I was not a happy camper, and asked what was wrong. When I told her I'd been stopped, she said her husband is a police officer in the same department, and probably knows the guy. Maybe he could arrange it so I could meet the officer. Long story short--I met him in a restaurant where he had stopped for dinner. We talked a while, but there was little he could do. However, as I was leaving, he wrote down his name and number, saying if I needed someone to talk to, I could call.

I am assuming that he either liked the red car I was driving, or he was ahead of his time in terms of community relations with the police.

Stephanie MacNeille can be reached via email at mewannabe1@myfairpoint.net

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A Memoir to Share: Volunteer Helps Vet to Vet Participant Preserve His Memories

Vet to Vet participant Howard Rennie loves a good story. He tells how he once got trapped in the psychiatric ward of a New Jersey base hospital during the Korean War. He and three other soldiers had been assigned to wash floors in the ward while "recuperating" from hernia surgery. At noon-time, Rennie and his fellow soldiers told the guard on duty they were leaving for lunch at the mess hall—except that the sergeant blocked their way. It took quite a bit of talking to convince the determined guard that they were not psychiatric patients and they were not using lunch as an excuse to escape.

Rennie recounts the anecdote and many others in his newly published *All the Years Are Golden*, a memoir of his joyous and eventful life. He began the project many months ago after his son's friend suggested he collect his many stories into a book. The book languished until Rennie's Vet to Vet volunteer, Rob Sanford, a professor at the University of Southern Maine (USM), took on the role of agent, cheerleader, and organizer.

At Sanford's suggestion, Rennie contacted Wanda Whitten, an editor who had worked with Sanford at USM. She took Rennie's handwritten stories and began to fashion them into a book. Sanford encouraged Rennie to tell his stories during the lunches the two shared—even if he'd heard them before—because with each telling more details emerged. After their meal, Rennie told Whitten of the new additions or wrote them himself.

As the project gained momen-

tum, Rennie contacted friends in his home state of Vermont for their recollections and old photographs. The memoir begins with Rennie's childhood in Montpelier in the 1930s. Photographs of family and friends are interspersed throughout the book, which ends with a collection of images taken during the worldwide travels of Rennie and his wife, Elizabeth, from Europe to Australia to China and Tibet.

The cover photograph reflects one of Rennie's proudest moments—when, as boys' basketball captain, he accepted the 1949 Division I state championship trophy for his Montpelier, Vermont, team. After that, Rennie writes, "we had no trouble at all picking up partners at dances."

Once the text and photographs had been collected and arranged, Sanford undertook the job of finding a publisher. Books-a-Million produced the finished book. Rennie dedicated the book to his mother, Evelyn Rennie, and to his wife of 42 years.

The book, which is available through Rennie and at Longfellow Books in Portland, has received rave reviews from Rennie's friends and former classmates. One woman, a neighbor during his childhood whom he hadn't heard from in at least 40 years, wrote him an eight-page letter.

Sanford said the book is a nice collection of "little stories linked together," connected by Rennie's "underlying humor and appreciation for life." He recommends the memoir writing project to his fellow Vet to Vet volunteers and others working



Vet to Vet volunteer Rob Sanford, left, shares a laugh with veteran Howard Rennie and his wife, Elizabeth, as they celebrate the publication of Howard's memoir, *All the Years Are Golden*.
Photo credit: Susan Gold

with older people, especially those who experience memory loss. Telling a story over and over enriches the end result, he said. In addition, preserving memories in print—creating a "portable hardcopy of what heretofore has just been in a person's head"—can be reassuring to someone whose memory is failing.

Elizabeth Rennie said that writing the book "brought back so many memories." Her husband and Whitten, she said, "laughed and laughed; it was a great collaboration." Rennie himself is pleased with the book and the fact that he can pass along his stories to his children and grandchildren.

The Rennies agreed that the book never would have been finished without Sanford's help. "He really encouraged Howard, really pushed him," said Elizabeth. She added that SMAA's Vet to Vet program "is amazing. Rob has helped

Howard so much. He looks forward to seeing Rob, and they have so much fun. It's really uplifting."

Welcome New Volunteers

- Aboubakar Akilimali
- Sarah Baxter
- Ronald Bolduc
- Dennis Coleman
- Victoria Desilets
- Adele Edelman
- Charles Foss
- Alexis Kanamugire
- Maryann Lawton
- Steven Morgenstein
- Joyce Parker
- Richard Robichaud
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Heather, a Caregiver of the Month, drives away in the Comfort Keeper car!

Volunteer Help Wanted

The Community Support Program—a pilot program designed to provide support and assistance to people with a memory concern who live alone and do not have regular support from a caregiver—is seeking Volunteers to act as Friendly Visitors. The CSP volunteers play an important role in providing companionship and support to help reduce isolation, and to serve as a link from the home to the CSP professional staff. Interested Individuals should have knowledge of dementia or a willingness to learn, a sensitivity to the needs of someone facing difficult life circumstances and the ability to listen attentively and initiate conversation. Volunteers will work in the client's home and/or go on outings the client's community, approximately

one to two hours per week for a minimum period of six months.

The South Portland Food Cupboard seeking Donation Retrieval Volunteers. Individuals will pick up donated food items from local supermarkets, deliver food to the S.P. warehouse location and help with weighing, categorizing and stocking of donations, one or more days per week. Shift begins at approx. 7:15 am and ends at 11 am. Volunteers would have the ability to lift up to 25 lbs. and should have a clean driving record.

To learn more about these and other opportunities please contact Angie Millington in Volunteer Services at amillington@smaaa.org or call (207) 396-6595.

Vet to Vet Program coordinator Susan Gold is seeking an able-bodied volunteer in the Sanford area to help an elderly veteran with moving a few large items around his yard so that he can move about freely. Please contact Susan Gold at (207) 396-6521 to help.

VET to VET

Vet to Vet Volunteers Support Travis Mills Foundation

Vet to Vet volunteer Mary “Dottie” McGuirk spends much of her free time crocheting hanging kitchen towels, which she offers for sale to raise money for the Travis Mills Foundation. At a recent Vet to Vet case review at SMAA, Dottie’s Vet to Vet teammates bought every towel she had, raising \$85 for the foundation. Founded by Travis Mills, who lost portions of both arms and legs from an IED while on active duty in Afghanistan, the organization is dedicated to providing support for military families, in particular those veterans wounded in combat. The fundraising campaign aims to transform the former estate of Elizabeth Arden in the Belgrade Lakes region into a retreat for military families. Opening is scheduled for summer of 2017.



Vet to Vet Seeking New Volunteers

SMAA’s Vet to Vet program will be holding a training session in the fall for new recruits. Volunteers will be trained to be friendly visitors to aging and disabled veterans in their area. The training will be held at the Maine Veterans’ Home in Scarborough, date and time to be announced.

Vet to Vet volunteers visit isolated and homebound veterans in their homes at least twice a month. They provide needed companionship and can refer veterans for other services if needed.

Currently 42 veteran volunteers serve in the program. Vet to Vet volunteer Dick Sproul, who has served in the program since its inception in May 2014, says he gets a lot out of his volunteer service in Vet to Vet. “This program means so much to me because I have developed new friendships with other Vets who volunteer. I consider myself very lucky to be matched with a WW 2 Vet who was a participant in D Day Invasion of France. He turned out to be a perfect match for me.”

To learn more about the program, please contact Vet to Vet coordinator Susan Gold at 207-396-6521 or email sgold@smaaa.org. Volunteers can sign up for the training online at www.smaaa.org/veterans.html. To view a video about Vet to Vet, tune in to <https://www.youtube.com/watch?v=Jvc4EiApHKk>.

American Legion Honors Vet to Vet Volunteer

Vet to Vet volunteer Henry “Chuck” Whynot recently received recognition from the American Legion as State Service Officer of the Year. Whynot, of Post 148 in Windham, accepted the award at the Department of Maine Annual State Convention of the American Legion on June 18.

As a U.S. Marine in Vietnam, Whynot embraced the time-honored creed, “Leave no man behind.” He’s still following that mantra 50 years later as he quietly assures that fellow veterans will not be left to struggle alone with old age, ill health, and isolation. In his volunteer work with SMAA’s Vet to Vet program and as a member of the American Legion, Whynot visits five veterans each week. He mows lawns, takes veterans out to lunch, does minor repairs around the house and on veterans’ cars, provides rides to medical appointments, assists with grocery shopping, and sits and talks or reads to the men he visits. He recently initiated the “Morning Veteran Mixer” at the Windham Vet Center, welcoming veterans to come each week and

Vet to Vet volunteer Chuck Whynot with award honoring him as American Legion’s State Service Officer of the Year.

join a conversation, play cards, or just enjoy coffee and doughnuts with other veterans. As a service officer, he helps veterans wade through paperwork to file claims for VA benefits to which they are entitled.

“My main mission,” says Whynot, “is to make sure the older vets or any vets are not left sitting by themselves day in and day out.”

Flag Presented to Vet to Vet Volunteer

As a Vet to Vet volunteer, Tom Heels visited World War II veteran Ed Richardson for almost a year, helping him obtain a motorized wheelchair and developing a deep friendship with the older vet, whom he called a “true patriot.” Richardson fought at the Battle of the Bulge and was one of only three in his platoon to survive the experience. He wrote a book about his experiences in the war called *Blood and Candles*.

Richardson died at age 94 on Patriot’s Day. At the service in Richardson’s memory, his executor, Charlton Smith, presented Heels with the American flag displayed by two soldiers during the ceremony.

Heels was overcome by the gesture. “What an honor!” he said of the presentation. Smith praised Heels for playing an important role in maintaining Richardson’s morale during the last year of his long life and said that Richardson eagerly looked forward to Heels’ weekly visits.



Vet to Vet volunteer Thomas Heels receives a certificate appreciation from Peter Ogden, former head of Maine Bureau of Veterans’ Services, at a Vet to Vet awards ceremony in 2015

Photo credit: Sharon Roberts

Vet to Vet Volunteer Recognized by Congress

U.S. Representative Chellie Pingree recognized Vet to Vet volunteer Floyd Hastings in remarks that appeared in the Congressional Record on July 13. Representative Pingree praised Hastings for his “countless hours volunteering with the Southern Maine Agency on Aging’s Vet to Vet program.” In her remarks the Congresswoman noted that Hastings, who received a Myra H. Kraft Community MVP Award in June from the New England Patriots Charitable Foundation, “spends several hours each week talking with a group of veterans at the Sam L. Cohen Center in Biddeford.” She also highlighted the Vet to Vet program and its volunteers in their work to provide companionship to older veterans and those with disabilities.

She ended her remarks by paying tribute to Hastings’s work with Vet to Vet: “I truly admire Mr. Hastings for his incredible service and dedication, and would like to thank him wholeheartedly for the difference he has made in the lives of Maine veterans.”

To read the full remarks, visit <https://www.congress.gov/congressional-record/2016/07/13/extensions-of-remarks-section/article/E1099-5> online.



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