



## From Megan's Desk

I hope the warm sunny days of summer gave you all a little break from the undo stress of living in this new COVID-19 reality. Getting outside and soaking in the sunshine does wonders for boosting mood and optimism. My greatest hope is that Maine will continue to see a decline in COVID cases this fall, an effective vaccine will be available soon and we will begin to experience the return of some normalcy to our lives.



## Charting the Future

SMAA welcomed more than 350 viewers to our virtual Charting the Future: Aging in a COVID-19 World event on September 10. It was an amazing production featuring Dr. Nirav Shah, Director of Maine's CDC and Judy Johanson from Massachusetts Alzheimer's Disease Research Center. Both speakers gave compelling talks about the challenges older adults face when dealing with the pandemic. But they also offered HOPE for the near future as we get closer every day to finding an effective vaccine. This year's event raised more than \$50,000 to support older adults in southern Maine through critical programs and services provided by SMAA. A very special thank you to the SMAA Board of Directors, close friends and supporters of the Agency's who issued a fundraising Challenge Match to the greater community. Because of their combined generosity, we were able to match all new gifts to SMAA in support of the event—effectively doubling the value of each gift. BRAVO! I also want to publicly thank all the Charting the Future sponsors for their support of our annual

continued on page 10

## Charting the Future Goes Virtual

More than 380 people registered to virtually attend the Southern Maine Agency on Aging's 3rd Annual Charting the Future event on September 10. This year's theme, "Aging in a COVID 19 World," featured Dr. Nirav Shah, the Director of Maine's Director of Center for Disease Control, and Judy Johanson, Clinical Ambassador of the Mass. Alzheimer's Disease Research Center at Mass. General. Although they spoke about their own areas of expertise, both Dr. Shah and Ms. Johanson offered great advice for older adults struggling with the social isolation that we all are dealing with during these challenging days—ask for help when you need it and most importantly, remember to take care of yourselves.

Both speakers acknowledged the toll that isolation has on individuals who are doing their best to keep safe and healthy. Dr. Shah reminded the audience that it is absolutely possible to stay safe while still staying in touch with our primary care physicians and keeping on top of on-going or newly realized healthcare concerns. He also urged all of us to get our flu shots this fall—sooner versus later!

After speaking with nearly 1200 patients and caregivers who are living with Alzheimer's Disease on top of dealing with the elevated challenges of COVID 19, Ms. Johanson was astounded by the resiliency of these already exhausted caregivers. "Almost to the person, at the

Southern Maine Agency on Aging presents

## CHARTING THE FUTURE

*Aging in a COVID-19 World*



conclusion of my conversation with them, each would ask how I was coping. They were experiencing increased isolation without any relief in sight, yet they were concerned about how I was doing." The pandemic has necessitated that many resources and programs for caregivers

continued on page 11



## Celebrating 30 Years of the Americans with Disabilities Act

On July 26, 1990, President George H.W. Bush signed the Americans with Disabilities Act into law; this landmark civil rights law affirmed the inherent dignity of every person, regardless of disability. This sweeping legislation protects prohibits discrimination by local and state governments, provides stan-

dards for privately owned businesses and commercial facilities, against discrimination in the workplace, and ensures equal access to healthcare, social services, transportation, and telecommunications. Since its enactment, our country has taken great strides toward the ADA's promise of true inclusion, and Americans with and without disabilities increasingly live, learn, work, play and contribute side by side.

To celebrate the 30th anniversary, the Administration for Community Living (ACL) and the Office for Civil Rights (OCR)—both at U.S. Health & Human Services (HHS)—partnered to create a website that tells the story of how the ADA came to be, showcases some of the progress we have made as a country

## ADA2020

CELEBRATING 30 YEARS OF THE  
AMERICANS WITH DISABILITIES ACT

toward achieving the ADA's promise of true inclusion, and illustrates some of the work being done within HHS and across government, to continue to remove the barriers to inclusion people with disabilities often face. Most important, through short video interviews, you can hear from people with disabilities about how the expectations for access and inclusion created by the ADA have affected their lives.

Visit [www.acl.gov/ada](http://www.acl.gov/ada)  
to learn more.

Have questions about Senior News?  
Call 396-6594 or email [seniornews@smaa.org](mailto:seniornews@smaa.org)

Southern Maine  
Agency on Aging  
136 U.S. Route 1  
Scarborough, ME 04074

## Zoom Tutorials Help You Stay Connected

Connecting with services and maintaining our social supports can be a challenge during COVID-19, but it's more important than ever. With so much of life happening "virtually" these days, SMAA is helping folks get connected by offering Zoom tutorials.

### What is Zoom?

Zoom is a web-based video conferencing service that allows you to host or join a meeting or gathering through your computer, smartphone or tablet device. You can even join a Zoom meeting just with your phone, by dialing a phone number.

### Why Should I Use It?

We all have reasons that we want or need to connect with other people: socialization with friends and family, participation in services, education, or programming, even healthcare appointments. Zoom offers a way to engage in these activities so that you can see people's faces via your screen rather than just hear voices over the phone. This option can be so helpful in allowing us to take good care of ourselves physically, mentally, and socially while still observing physical distancing. Zoom can also help overcome some barriers like transportation, as it allows you to access a variety of needs without leaving your home!

### What About All the Security Stuff?

You may have heard reports in the media about security issues associated with Zoom. Here at SMAA we take your safety and security seriously, and take several steps to keep our Zoom-based meetings and programs safe.

- We don't publish meeting access details publicly. All access information is sent directly to

participants who have "signed up" to attend in some way.

- We use built in security features within Zoom that help us manage safety on each call. These include things like a "Waiting Room" feature that allows us to review who will be let in to the meeting, requiring meeting passwords, and the ability to remove someone from the meeting who isn't meant to be there.

### How to Get Connected

Taking the leap to try a new technology service can be scary! And it's important to us to provide some support to our clients and communities to access the many options now available via Zoom, here at SMAA and beyond.

### Welcome to Zoom Tutorials

This one time session reviews the basics of Zoom, like how to manage your audio and video, chat, share your screen, and more. A great class to practice the various features and controls in a guided class.

### Intermediate Zoom Tutorials

This one-time session is a great next step for those who are comfortable with the basics but want to learn how to set up their own account, start their own meetings, and other essentials for the Zoom "host".

Find all of our upcoming listings, including Zoom tutorials, on our calendar (<https://www.smaaa.org/wellness/agewell-calendar.html>). We hope you'll join us and see how many doors Zoom can open for you!

SMAA programming available via Zoom:

- Medicare services (seminars and 1:1 Counseling Appointments)
- Family Caregiver Support Group & Educational Sessions
- Wellness classes: Guided Relaxation, Gentle Exercise, and social programs

Other great resources for technological assistance:

#### Zoom Help Center

<https://support.zoom.us/hc/en-us>

#### National Digital Equity Center

<https://digitalequitycenter.org/>



## Surprise!

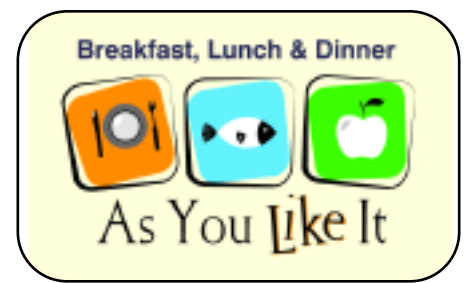
By Deb Folsom, Sanford Meals on Wheels Site Manager

I've written a couple stories now about my many wonderful volunteers. This latest is an absolute panic!

While delivering to a client couple in Alfred, Barbara Bourassa jumped out of her car and left the door open. When she returned to her car, she found she had a new co-pilot.

The clients say she belongs to the folks in the house across the driveway. The goat comes to visit every day and gets up on their porch couch quite often. Barbara says to her great relief the goat didn't mess in her car and was very sweet and gentle.

Doesn't it make you want to volunteer to deliver Meals on Wheels?



## As You Like It Location Updates

Many of our As You Like It locations have updates their hours of operation due to COVID-19. For more information visit [www.smaaa.org](http://www.smaaa.org).

### Biddeford

J. Ross Martin Community Center, 189 Alfred Street, Biddeford, Tuesdays and Thursdays 11AM to 1:30PM. Please call 283-2477 ahead of time to schedule pickup

### Kittery/Eliot

Eliot Methodist Church, 238 Harold Dow Highway, Eliot, Mondays, Tuesdays and Thursdays 8AM to Noon. Please call 475-7399 – Curbside pickup only

### Sanford/Springvale

Shain's of Maine, 1491 Main Street, Sanford, Tuesdays, Wednesdays and Thursdays 9AM to Noon

### Westbrook

Westbrook Community Center, 426 Bridge Street, Westbrook, Tuesdays and Thursdays 8AM to 2PM. Please call 878-3285 to schedule pickup

### Windham

Unity Gardens, 124 Tandberg Trail, Windham, Tuesdays and Thursdays 9AM to 1PM. Please call 892-3891 to schedule pickup

### Wells

Wells-Ogunquit Senior Center, 300 Post Road, Wells, third Wednesday of every month, 11:30AM to 1PM

### Scarborough

We will be adding a curbside pickup location November 1. More details to come

York Hospital location has been temporarily suspended



**YOUR 1ST STOP FOR ANSWERS**  
**1-800-427-7411**  
**[www.smaaa.org](http://www.smaaa.org)**



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**MEDICARE**

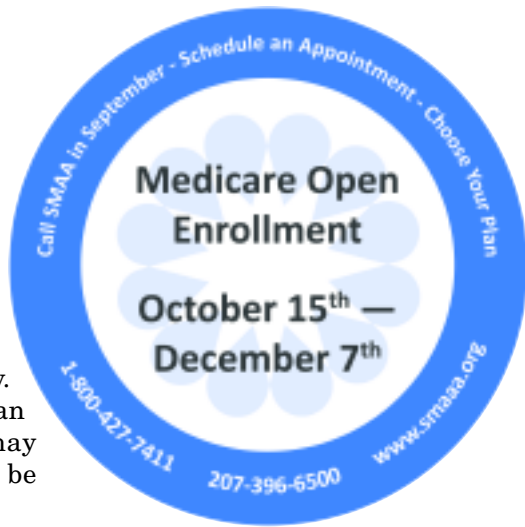
**Medicare Open Enrollment Starts October 15**

**M**edicare Open Enrollment is the time to review your Medicare Drug Plans or Medicare Advantage plans because premiums and benefits can change annually. Prescription formularies can change every year, so what may be covered one year may not be covered the next.

**If you are new to Medicare** the first step is to attend a Welcome to Medicare Seminar over Zoom or watch our online seminar at any time at (website).

**If you're already on Medicare**, 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. Please note there is now an additional Medicare Advantage Plan only enrollment/disenrollment period from January 1 to March 31. This means that if you already have a Medicare Advantage Plan (MAP) during this three-month period you can switch to a different MAP or return to Original Medicare.

As the COVID-19 pandemic continues to pose safety risks for our community, SMAA will be offering Open Enrollment appointments over the phone and via Zoom. As in other years, there are a limited number of counseling appointments available during the Medicare Open Enrollment period. Appointments can also be requested by completing a request form on our website or by calling 207-396-6500.



SMAA is a nonprofit that relies on donations in order to meet its mission. While there is no charge for SMAA's 1-on-1 Medicare Appointments, donations are welcome and are greatly appreciated. With programs like SHIP facing potentially large cuts in funding on the national and local levels, your donation will help to ensure that SMAA is able to continue providing unbiased information for many open enrollment periods to come.

**Other Medicare Resources**

Our appointments can fill up quickly, but you can find many helpful resources on our website: <https://www.smaa.org/resources/medicare.html>

Have you heard of the Medicare Plan Finder? This helpful online tool allows you to compare Part D Drug Plans and Medicare Advantage plans to find the best fit for you. (<https://www.medicare.gov/plan-compare/#/?lang=en&year=2020>)

You can reach out to Medicare directly for questions and reviewing your options, 1-800-633-4227 or learn more at [www.medicare.gov](http://www.medicare.gov).

**New Medicare Virtual Learning Opportunities**

**T**his fall, SMAA and the Windham Adult Ed program are teaming up to offer two new Medicare virtual learning opportunities. These one hour classes are being offered for free—donations are accepted. Registration is required. All classes will be held via ZOOM. Please call 892-1819 for more information.

**Medicare Basics— What You Need to Know**

Do you or a loved one need help understanding your options with Medicare? Did you know there are two ways to get your Medicare: Original Medicare and Medicare Advantage? When should you take Part A, Part B? Do I need a Medigap (supplement) Plan, a Prescription Drug Plan (Part D)? How do Marketplace Plans work with Medicare? Are you already enrolled in Medicare and want to better understand your choices for switching plans and potentially saving money during the Annual Open Enrollment Period beginning in October? If you have answered YES to any of these questions, then this session is for you. Sponsored by SMAA our highly trained SHIP Counselors offer current, relevant, and unbiased information so that you can use to

make an informed decision about your health insurance.

Three classes available. You only need to attend one class.

October 6, 6-7PM

November 3, 6-7PM

December 1, 6-7PM

**eMedicare – Medicare Plan Finder: How to Navigate Medicare.Gov and the Medicare Plan Finder Websites**

Are you someone who is comfortable going online to shop, or bank, or do your own research when making a purchase? Did you know that indications are that many Americans will spend more time researching a product or service than they will understanding their HealthCare Insurance option? If you are new to Medicare or, if you are considering looking for a more effective and appropriate Medicare Plan for yourself or a loved one, this course is for you.

This course will focus primarily on navigating the Medicare.Gov website. This session will also show you how to create your own MyMedicare account and will have an in-depth review of the features and functionality of the Medicare Plan Finder. This will allow you to do your own personalized search for plans that best meet your Medicare insurance needs.

Three classes available. You only need to attend one class.

October 20, 6-7PM

November 17, 6-7PM

December 15, 6-7PM

**2020 Medicare Open Enrollment Dates**

**DATES AND DEADLINES YOU NEED TO KNOW**

**October 15, 2020 – Open Enrollment Begins**

This is the first day you can enroll for 2020 health coverage or make changes to your 2021 plans.

**December 7, 2020 – Open Enrollment Ends**

This is the last day you can enroll for 2020 health coverage or make changes to your 2021 plans.

**January 1, 2021 – First Date Coverage Can Start**

Even if you enroll in Medicare or make changes to your coverage during open enrollment these changes won't go into effect until January 1, 2021.

**January 1, 2021- March 31, 2021 – Medicare Advantage Plan Only Enrollment/Disenrollment Period**

One can change to a different Medicare Advantage Plan or switch back to Original Medicare with or without a Part D plan once during this time. These changes will be effective the first of the month after the plan gets your request.

**A MEDICARE NUGGET**

**Nugget #648**

**from Stan Cohen**

**T**here are several medical services that Original Medicare does not cover. They include:

- Alternative medicine
- Cosmetic surgery
- Most care you receive outside of the United States
- Most dental care
- Eyeglasses
- Hearing aids
- Non-emergency transportation
- Personal or custodial care (unless you also need skilled nursing care)

The rules may be different if you're in a Medicare Advantage plan and some Medicare Advantage plans partially cover some of the services listed above.

For services that Medicare does cover under Part B, there's usually a 20 percent coinsurance that you or your supplemental insurance (Medigap) must pay. There is no coinsurance or co-pay, however, for a large number of "preventive" services like colonoscopies or mammograms.

**NEED HELP?**

Get some unbiased advice by calling 1-800-427-7411

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



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## Help Save a Life: Make a Gift Today

### Dear Friends,

Edith believes the Southern Maine Agency on Aging saved her life.

Edith recently fell in her home, needed medical attention, but could not get up to reach the phone. On a routine Meals on Wheels delivery, Candy, a volunteer who has delivered meals to Edith for 8 years, knew something was wrong when Edith didn't come to the door. Candy called 911 and Edith was brought to the hospital where they performed life-saving measures.

**Because of COVID-19, Edith hadn't been seeing family members or friends. Without her regularly scheduled visit from Candy, she doesn't know if or when she would have been found.**

Friends and donors like you make it possible to deliver SMAA's services during these difficult times – **you can save a life by making a donation today.**

If you make a donation before September 31, we will DOUBLE YOUR DOLLAR! Every dollar donated in response to this letter will be matched through the *Friends and Board Charting the Future Challenge Match*. Don't miss this opportunity to double your impact by making a donation TODAY.

From the increased likelihood of developing more dangerous cases of COVID-19, to the terrible effects of social isolation and loneliness, older adults are bearing the true brunt of this crisis.

For many of us, summer has meant a break from the realities of the pandemic—spending time outdoors, exploring Maine's natural resources and getting to know our own back yards. But for high-risk seniors, 2020 has meant only more social isolation, fear and anxiety, and limited access to support and resources on which they rely.

**Even as our communities begin to "reopen", seniors remain at high-risk.** We must ensure that, as we adapt to a new or different "normal", vulnerable seniors are not left behind.

**You can help us write more success stories like Edith's.** With your donation today SMAA will:

- Deliver meals, well-being checks, and important human interaction to isolated older adults.
- Provide web-based support groups, advocacy and guidance to overburdened caregivers.
- Help seniors and families in crisis identify resources and support.
- Serve seniors and caregivers through our Adult Day Center program.

Thank you for considering a donation during these unprecedented times.

Sincerely,  
**Megan Walton**  
Chief Executive Officer

PS. You can make a gift today by visiting [www.smaaa.org/giving](http://www.smaaa.org/giving)

### Senior News

is a publication of



136 U.S. Route One,  
Scarborough, ME 04074-9055

Telephone: 207-396-6500

Toll-free: 1-800-427-7411

e-mail: [info@smaaa.org](mailto:info@smaaa.org)

Web site: [www.smaaa.org](http://www.smaaa.org)

Editor: Kate Putnam  
[kputnam@smaaa.org](mailto:kputnam@smaaa.org) or  
207-396-6590

Advertising & Article  
Submission: Jessica LeBlanc  
[jleblanc@smaaa.org](mailto:jleblanc@smaaa.org) or  
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For details on advertising in "Senior News," log on to [www.smaaa.org](http://www.smaaa.org) and see Senior News on home page and/or send an e-mail to [seniornews@smaaa.org](mailto:seniornews@smaaa.org). You may also reach "Senior News" representative Janet Bowne at 396-6533.

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

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### Mission Statement

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

### Commitment to Reasonable Accommodation:

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

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

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



**Yes, I would like to support seniors in need and make a gift to the Southern Maine Agency on Aging!**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: (\_\_\_\_) - \_\_\_\_ - \_\_\_\_\_ Email: \_\_\_\_\_

Check for \$ \_\_\_\_\_ payable to Southern Maine Agency on Aging enclosed

Credit Card No.: \_\_\_\_\_

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**(207) 396-6588 • (800) 427-7411**

**[seniornews@smaaa.org](mailto:seniornews@smaaa.org)**

# Make Each Step Count

Walk with us on October 3

Each year, Hospice of Southern Maine cares for more than 1,800 patients and their families. Participate in this year's inaugural Hike for Hospice event and support Hospice of Southern Maine's mission to provide compassion, care and comfort through end of life.

Hike for Hospice is an all-inclusive, community-wide, accessible 5K walk on the Eastern Trail or a 1-mile stroll along a paved route. Walk with us as an individual, team, or a family in remembrance of someone who was touched by Hospice of Southern Maine, or to honor someone who provides care to our patients.

Sign up and start your fundraising at [www.HikeforHospice.org](http://www.HikeforHospice.org).

## Event Details

**Date:** Saturday, October 3, 2020

**Location:** State Manufactured Homes, Inc., 126 US Route One, Scarborough, ME 04074



Our hybrid approach allows the first 200 registrants to participate in person on the day of the event in small groups of 50 with staggered start times. All other registrants are invited to participate virtually by walking a route of their choice. Fundraising will continue through October 31.

As we continue to plan Hike for Hospice within the current COVID-19 environment, the health and well-being of our community are our first concerns. The Centers for Disease Control (CDC) and state guidelines will be carefully monitored and precautions will be exercised in response.

For more information and updates on this event, please visit [www.HikeforHospice.org](http://www.HikeforHospice.org).



## Are You Concerned About Your Parents or Loved One Living Alone?

Advantage Home Care is the perfect solution for aging adults who aren't ready to leave their homes.



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## From Jo Dill's Notebook

### Maine Senior Games

As you may or may not know, Maine Senior Games is no longer a part of the Southern Maine Agency on Aging. We thank SMAA for the many years we were a part of their organization. As a result of this departure, we are working hard to form our own non-profit and hope to be up and running for the 2021 season.

A special thanks to the board



members who rather than being an advisory board are now taking on leadership roles. Thanks also to Martin's Point, Bangor Savings Bank and Humana for their sponsorship as we move forward.

A wonderful crew of volunteers came to help MSG move all of our equipment and supplies to a facility at Martin's Point.

We hope to have our new website up and running sometime late Fall.



### Keep the Flame Burning



For many years the Maine Senior Games has delivered high quality and vital wellness and athletic events under the auspices of the Southern Maine Agency on Aging (SMAA) to adults aged 45+. SMAA recently responded to the unique challenges due to the COVID-19 crisis by narrowing their focus to the delivery of those services under the Older Americans Act. As a result, they eliminated a number of programs that don't fall under their new focus, including the Maine Senior Games.

The Maine Senior Games is committed to supporting healthy

lifestyles and providing avenues that allow athletes the thrill and camaraderie of competition. To continue this mission, the Maine Senior Games is diligently working toward becoming an independent non-profit organization.

Whether you're one of the over 600 participants in the Games, one of the over 75 volunteers, or a family member or friend of an athlete or volunteer, we need your help to succeed. With your support we can keep the Maine Senior Games alive and thriving in Maine.

Make a gift online at [maine-seniorgames.org](http://maine-seniorgames.org) or by mail: Maine Senior Games, PO Box 513, Scarborough, ME 04070

Please note that because we are not currently an established tax-exempt organization, your donations are not eligible for tax deductions.

## A meal, and so much more.

"One of the largest volunteer networks in southern Maine delivers 800 meals to homebound seniors struggling with hunger. Along with those meals, they deliver dignity and compassion. Please join me in making a gift today for Meals on Wheels so that no senior goes hungry."

—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 1-800-400-6325 or (207) 396-6583





## Virtual Fall Programming

As we continue to navigate our world during times of COVID-19, we want to keep our communities safe while offering ways to stay active, maintain and reinforce social connections, and manage stress. All Agewell programs will be offered via Zoom. Registration is required. Please view our most current schedule and register at <https://www.smaaa.org/wellness/agewell-calendar.html>. We can also be reached by calling 207-396-6578.



*Our virtual Agewell programs are generously sponsored by the Harvard Pilgrim Healthcare Foundation, and are offered at no cost to participants.*

### DROP IN CLASSES

Registration required, and join us any time as your schedule allows.

#### Guided Relaxation – Mondays 2-3PM

Deep relaxation and mindful breathing help us reduce stress and live our lives in a calmer, more focused way. This class explores a variety of relaxation strategies and tools including breath-focus, body scans, muscle relaxation, mindfulness and meditation. No experience needed.

#### Yoga for Healthy Aging – Wednesdays 11-12AM

A “real-world” yoga program with a modified series of traditional poses, which can be done by almost anyone—of any age or ability. We’ll place special emphasis on “bone-safe” yoga, balance, and fall prevention. The class is a combination of seated and standing poses, but all of the poses may be done seated.

#### Laughter Yoga – Select Wednesdays 1-2PM

Laughter Yoga is based on scientific evidence that our bodies cannot distinguish the difference between real and “practiced” laughter. Some major benefits include boosting your immune system, reducing stress, elevating your mood, and feeling socially connected. Bring an open mind and the willingness to laugh!

#### Gentle Exercise – Thursdays 10:15-11:15AM

This guided exercise program includes a full body routine of movements to gently warm-up your joints, stretch and strengthen your muscles, and practice your balance. The program includes both seated and standing exercises, but a seated option will be demonstrated for all exercises.

#### Qigong – Thursdays 2-3PM

Qigong, based on the wisdom of traditional Chinese medicine, helps you feel clear, relaxed, and energized through gentle movement, conscious breathing, and meditative visualization. No experience needed.

#### Let’s Talk – Fridays 10:30-11:45AM

Join us in a series of thought-provoking, theme-based discussions. If you enjoy thinking and talking about big ideas, learning from others, and meeting new people, this program is a must for your to-do list!

### SCHEDULED PROGRAMS

Registration required. Programs have a specific start and end date, and it’s recommended that you attend as many sessions as possible.

#### Tai Chi – Intro

- September 29 - November 19  
Tuesday/Thursday 9-10AM

#### Tai Chi – Deepening

- September 28 - November 25  
Monday/Wednesday 9:30-10:30AM
- September 29 - November 19  
Tuesday/Thursday 9-10AM

#### Balance and Fall Prevention

- September 29 - November 3  
Tuesdays 10:30-11:30AM

Our sense of balance is like a muscle that needs to be exercised to stay fit. Join us for a guided 6-week session of Balancing Act, a program developed by the University of New England. The program has many physical and mental benefits, and is designed for anyone who would like to improve balance and reduce the risk of falls.

### SPECIAL EVENTS

#### American Bone Health presents a three-part Bone Health Series

##### Stepping Out Strong – October 6, 2-3PM

Join us for a presentation on bone health and tips for fall prevention, along with simple exercises focused on strength and balance. You will assess your balance, learn simple exercises to build into your daily routines to improve strength and balance and leave with ways to identify fall risks, everyday exercises and a goal for balance improvement.

##### Freedom from Fractures – October 28, 2-3PM

This presentation covers fracture risk, prevention and bone health. If you want to learn more about how to achieve optimum bone health or have a loved one that you want to help avoid bone fractures, then this program is for you!

##### Eating for Healthy Bones – 11/17 2-3PM

Are you one of the 75% of Americans who don’t get enough calcium every day? Learn the best sources of dietary calcium, vitamin D, magnesium, protein and other important nutrients and how to make bone-healthy food choices for you and your family.

## You Have the Power to Prevent a Fall

If you’ve noticed changes in your balance, or had a recent fall, join us for this presentation to learn more about risks and the steps you can take to prevent a fall from happening. We’ll talk about medications, home safety, our own habits and behaviors, and more.

- September 24, 1-2PM
- October 21, 1-2PM

### Healthy Body, Healthy Brain

- December 2, 2-3PM

A healthy brain is vital to our daily activities, and as we strive to keep our bodies healthy and fit, we often forget to attend to our brain health. Join us a virtual presentation where we’ll explore the main functions of the brain, changes that can occur as we age, and learn about ways we can increase and maintain the health of our brains.

## Prevent Falls with Seven Steps

By Elizabeth Vezeau,  
Agewell Tai Chi Volunteer

The early morning air has a bit of a nip, and here and there a leaf or two can be seen in a hue other than green. Can it be that fall is creeping in? Could it be that a fall is lurking somewhere in your future? While fall may be heralded by many as a relief from the hot and hectic summer days, a fall is never pleasant, and can be devastating.

According to the Center for Disease Control and Prevention, “1/4 of Americans age 65 and over fall each year. Every 11 seconds, an older adult is treated in the emergency room for a fall, and every 19 minutes, an older adult dies from a fall.” The a National Council on Aging states, “Falls, with or without injury, also carry a heavy quality of life impact. A growing number of older adults fear falling, and as a result, limit their activities and social engagements. This can result in future physical decline, depression, social isolation and feelings of helplessness.”

While the autumnal equinox is inevitable, most falls are preventable. Here are SIX TIPS FOR FALL PREVENTION from the NCOA and the Mayo Clinic:

1. MAKE AN APPOINTMENT WITH YOUR DOCTOR - A previous fall or episodes of dizziness or imbalance can suggest a medical condition or reaction to a medication which must be addressed. And don’t forget to keep up with regular eye exams. Be aware that any changes in prescriptions can take some getting used to and may require a little more concentration in judging distances. Remember walking down stairs wearing bifocals for the first time?

2. KEEP MOVING - Physical activity can go a long way in fall prevention. Walking, water workouts and Tai Chi are excellent examples

of low-impact, joint-friendly exercises that promote better balance and muscle tone, as well as provide a gentle workout for heart and lungs.

3. REMOVE HOME HAZARDS - Look around your home for loose mats and rugs, unsecured long cords or wires, clutter on the floor that could be stored on a shelf or table, or possibly even discarded. Keep commonly used items in easily accessible places. In the bathroom, use a non-slip mat in the tub or shower and consider installing grab bars to hold on to when stepping in and out.

4. LIGHT UP YOUR LIVING SPACE - Make sure that the lighting in your home illuminates all the areas in which you move about. Nightlights that come on automatically in dim areas or after “lights out” can greatly reduce the risk of tripping over an otherwise unseen object.

5. USE ASSISTIVE DEVICES - A walker, rollator or cane can provide stability and a sense of security when moving independently. Hand rails and grab bars can be placed along hallways and beside doorways. A raised toilet seat can be helpful as well.

6. WEAR SENSIBLE SHOES - Being aware of your footwear can be a major step in preventing a fall. When it comes to the question of fashion vs. function, opt for the latter. High heels, floppy slippers and slick soles can all put you at risk. I can hear a hearty, “Amen to that!” from a friend who tried to climb a ladder in her garage while wearing flip flops. And as for myself, an enclosed shoe would have kept my dog’s cable from slipping between my heel and the sole of my sandal as he ran after the tennis ball I had just thrown.

7. BEWARE OF YOUR BELOVED COMPANION - Pet ownership in the United States is increasing in proportion to the rising population of older adults. A study in the Journal of Safety Research shows that dog and cat related injuries send an estimated 87,000 people to the emergency room every year and the injury rate is highest in adults over 75. Falling or tripping over your animal companion comprises nearly a third of all pet related falls, with 66.4% being tumbles over Tabby, and 31.3% flops over Fido. Statistics show 26.4% of dog related falls occur while walking, while 21.6% involve being pushed or pulled by a dog. The study also cites 8.8% of injuries can be related to falling over a pet related item. Women are 2.1 times more likely to be injured in a pet related fall.

If you have a pet here are a few tips: don’t chase after him/her and be mindful of who might be lurking underfoot. If you have a dog, consider some obedience lessons to minimize behaviors that could increase your risk of falling.

NATIONAL FALLS PREVENTION DAY “falls” on September 22, 2020. Find more information about falls prevention classes in our Agewell section and register for programs at <https://www.smaaa.org/wellness/agewell-calendar.html>.

## Self-Care During Stressful Times

Self-care encourages you to maintain a healthy relationship with yourself. It means doing things to take care of your mind, body, and soul by engaging in activities that promote well-being and reduce stress. Stress doesn't just affect the mind, it effects you're entire body (see chart below).

We asked our volunteers and program participants how they're practicing self-care and managing stressful times during COVID-19 – try incorporating some of these tips and tricks into your own routine!

*"I remember that feelings and circumstances are transient, just like clouds that temporarily obscure the sun and then move on, and I do some of the deep breathing/relaxation exercises that I learned from the SMAA relaxation group."* (Agewell participant)

*"Be as kind to yourself as you would be to others in these difficult times. Or in other words- cut yourself some slack!"* (Agewell Volunteer)

*"What has been most important for my survival during the Pandemic has been social connections!! Zoom, email, calling friends and helping others along with outdoor/distanced activities with friends"* (Agewell Volunteer)

*"Exercise! Especially getting outdoors walking, biking, hiking or paddle boarding does wonders for stress I feel."* (Agewell Volunteer)

*"I read fun novels. It quiets my anxiety and depression about the political and socio economic state of our country. And, I can travel anywhere I want and meet many different people while maintaining my social distancing"* (Agewell Volunteer)

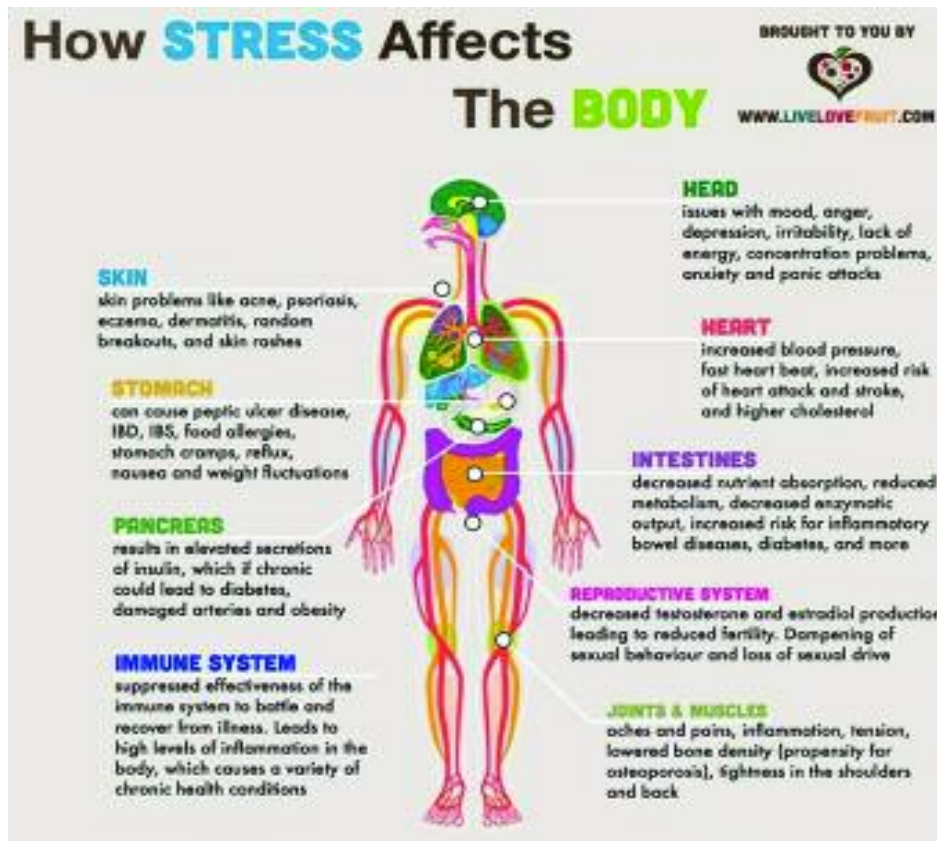
*"When I need to de-stress, I turn the volume down on everything and head outside alone. No matter what the natural setting, when I can quiet the noises in my head, everything starts to make sense again. Listening to the bird song or the wind rustling through the trees is so soothing."* (Agewell Volunteer)



*"In addition to physical activity, my favorite music is helpful for leaving the COVID-19 world behind."* (Agewell Volunteer)

*"My go-to stress management strategy is prayer. It's been something I can do anywhere and at any time"* (Agewell Participant)

*"I find that breathing practices give me a greater sense of mental clarity and presence. They can help lift my spirits, help me relax, and yet make me feel energized, all at the same time"* (Agewell Volunteer)





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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.

## Caregiving and the Coronavirus: Tips for Caregivers

**D**uring the ongoing infection-prevention measures associated with the novel coronavirus, family and friend caregivers should take extra precautions to keep themselves and those they care for healthy.

### Plan and Prepare

- Create a list of local organizations you and your family can contact in case you need access to information, health care services, and resources.
- Contact the doctor to request several weeks' worth of medications or sign up for medication delivery through the pharmacy.
- Choose a room in your house that can be used to separate sick household members from others.

### Take Preventative Steps

- Wash your hands frequently, especially before and after helping your loved one and when bringing in groceries.
- Avoid touching your eyes, nose, and mouth. Cover your cough. Remind others in your house to do the same.
- Sneeze into your elbow or a tissue. If you use a tissue, throw it in the trash.
- Use germ-killing wipes and cleaner to disinfect frequently touched objects such as door-knobs, mailboxes, microwaves, and TV remotes.

- Limit close contact with others. This includes avoiding hugs, kisses, and handshakes with others.

### Watch for Symptoms

- Stay home and speak to a health care provider if you or the one you care for develops any of these symptoms: fever or cough or shortness of breath.
- If you or the one you care for develops emergency warning signs for COVID-19, get medical attention immediately.

### Those at Higher Risk of Severe Illness

- As much as possible, stay at home and away from crowds.
- When you go out in public, wear a face covering or mask. Keep away from those who are sick. Limit close contact with others. Maintain at least six feet of distance.
- Always practice good hand hygiene.

**LEARN MORE:** For a continually updated list of related caregiver resources, visit [bit.ly/2UteVXa](http://bit.ly/2UteVXa). For more information on caregiving services, resources, and tips visit [www.caregiver.org](http://www.caregiver.org)

*Prepared by the Family Caregiver Alliance: National Center on Caregiving using information obtained from the CDC's Coronavirus Disease Checklist at [bit.ly/2wN2FaW](http://bit.ly/2wN2FaW).*



## Planning for Elder Care

Tuesday, November 10th, 2020 1-2pm via Zoom

Where do you begin the process of helping an older family member plan for the future? What concerns need to be addressed? How do you find out what resources are available when help is needed? All of these questions will be discussed in this one-hour class.

Please call 396-6541 and leave your name and email address, or go to [www.smaaa.org](http://www.smaaa.org) by 11/9/20 to preregister. You will then receive an email with the Zoom log-in information.



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## Upcoming Family Caregiver Support Events (via Zoom)

### Family Caregiver Support Group:

Thursday, September 17, 4-5PM  
Tuesday, October 6, 1-2PM  
Thursday, October 15, 4-5PM

Peer support, open to anyone helping an older adult or a person with dementia. Pre-registration not required, but please call 396-6541 or email [lcampbell@smaaa.org](mailto:lcampbell@smaaa.org) to receive the Zoom log-in information for this group.

### FCSP Class: Understanding Cognitive Loss: Basics For Family Caregivers

Wednesday, September 23, 2-4PM

This two-hour class will include basic information about cognitive changes and dementia in older adults. We will also discuss some helpful strategies to communicate with someone with cognitive loss. Call 396-6541 or go to [www.smaaa.org](http://www.smaaa.org) by September 22 to register for this class and receive the Zoom log-in information

### FCSP Series: The Savvy Caregiver

Wednesdays, October 7-November 18, (no class 11/11/), 1:30-3:30PM

This 12-hour, evidence-based training program is geared to family caregivers of people with a diagnosed dementia who are still living in the community. We explore the effects of dementia on the person and their family, and practical strategies to make it a "better day" for everyone. Call 396-6541 by October 5 for more information and to register for this series.

Sponsored by the University of New England, Aging ME Program: *This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number U1QHP33080-02-00,, Geriatrics Workforce Enhancement Program, Year Two-total award amount \$754,907.00. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by, HRSA, HHS or the U.S. Government.*

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[oceanviewrc.com/legacy](http://oceanviewrc.com/legacy)



**From Megan's Desk**  
continued from page 1

event. We welcomed Hannaford, the Boulos Company and Berry Dunn as new 2020 sponsors, further enhancing the significance of Charting the Future in the greater community.

**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. This year, to minimize risk and maximize safety for clients, volunteers and staff due to COVID-19, SMAA will be providing assistance via phone and on-line ZOOM appointments with our experienced SHIP volunteers. You can sign up for an appointment on our website, [www.smaa.org](http://www.smaa.org), or by calling our main office in Scarborough (207-396-6500 or toll free 1-800-427-7411). There are a limited number of appointments available, so please sign up as soon as possible to sched-

ule an Open Enrollment review of your Medicare coverage. You can also find helpful information on our website or at [www.medicare.gov](http://www.medicare.gov).

**National Falls Prevention Awareness Day**

With the first day of fall September 22, this month is also a time to recognize falls prevention awareness. Did you know that, according to the U.S. Centers for Disease Control and Prevention, every 11 seconds, an older adult is treated in the emergency room for a fall; or that in 2015, the total cost of fall injuries was \$50 billion? The true cost of a fall isn't just measured in dollars, it can mean the loss of independence and lead to other health issues. Here at SMAA, providing programming to help minimize the risk of a fall, and empower people to stay active is an important part of the work we do. Throughout the season look for several events that will help you stay active and learn more about preventing falls. See our Agewell section in this issue of Sr. News to find more information.

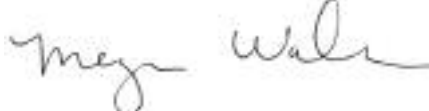
**SMAA COVID-19 updates**

SMAA nutrition sites have been operating since the pandemic hit, and new and returning volunteers stepped up to allow us to continue delivering an average of 5,000 meals a week to our Meals on Wheels clients. For the time be-

ing, Congregate dining sites, traditionally a key component of SMAA's nutrition program, will remain suspended. In lieu of congregate dining, SMAA is offering home-delivered meals, "meals-to-go" events where seniors can drive-by and pick up meals at a particular location and time, and "As You Like It" tickets, which give seniors a voucher for a nutritious meal at local restaurants. If you are interested in finding out more information about upcoming Meals-to-Go events, please check out the calendar on the SMAA website.

Additionally, our Scarborough office will continue to be closed to in-person visitors. We feel this is the right decision to make in the best interest of maximizing health and safety for all clients, staff and volunteers. As we keep our eye on local, national and global health and safety best practices, like the availability of an effective vaccine, we will continue to re-evaluate our policies in the coming months.

As the days get shorter and temperatures cooler, I hope you will still find ways to get outside and stay active. Stay safe and healthy!!



**Megan Walton**  
Chief Executive Officer

**Meals to Go in Scarborough**

Scarborough Community Services and Southern Maine Agency are working together to offer a Meals to Go Program. If you are 60 or older, you can get three pre-cooked freezer meals to enjoy when you need them for a suggested donation of only \$10! If you are under 60, and would like the meals, the cost for the three meals is \$15.

Drive-thru pick up for meals will be at the Scarborough High School Lower Parking Lot from 10AM to 11AM on August 4 and 25. Registration is required. You can register for one or more days by calling 207-730-4173. Please leave a message, and someone will get back to you. Note: If you are not registered with SMAA, we will need you to fill out a form over the phone.

Deadline to sign up for August 4 meals is July 27, by 4PM.

Deadline to sign up for August 25 meals is August 17, by 4PM.

For questions or more information, please call 207-730-4173.





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COMMUNITY SERVICES  
*Southern Maine Agency on Aging*



ship state health insurance assistance program  
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LOCAL HELP FOR PEOPLE WITH MEDICARE

## Charting the Future Goes Virtual

continued from page 1

be virtually accessible—actually broadening the scope of services available for many caregivers. Johanson urged caregivers take advantage of on-line support groups, classes and self-care programs to help alleviate some of the loneliness that social isolation presents.

Charting the Future is SMAA's largest fundraising event each year. The funds raised from the event go to support critical programs and services for clients in Southern Maine. This year, the event raised nearly \$63,000, thanks in part to a Challenge Match issued by the SMAA Board of Directors and several friends and supporters of the Agency. The Challenge will match any gift donated to SMAA until the end of September, making it possible for any gift, no matter the size, to be doubled. There is still time to participate by going to the SMAA website, [www.smaa.org](http://www.smaa.org) and selecting the **GIVE NOW** option.

If you were unable to join the livestream of The Charting the Future: Aging in a COVID 19 World event on September 10, the video recording is still available for viewing. You can watch the event by going to the event page at [www.smaa.org/chartingthefutureevent](http://www.smaa.org/chartingthefutureevent) and selecting the link to join the event.

### Charting the Future BEHIND THE SCENES



## 3 Tips to Live Pain Free with Arthritis

By Dr. Phil Finemore, PT, DPT  
Owner/Founder WorkFitME, LLC

**A**rthritis is something that almost all of us will deal with at some point in our lives. By definition, arthritis means inflammation of the joint. This is a natural process that occurs over time. Believe it or not, arthritis alone does not equal pain. Here are three tips that will help improve and prevent pain from arthritis so you can live a happy, healthy, and wealthy life with your loved ones!

### Tip #1 Motion is Lotion

Movement in general will keep the joints more lubricated and less stiff. Stiff is one of the reasons an arthritic joint has pain. If you have pain in your joints (especially the knees and hips) try not to sit or stay stationary too long. Any movement is good movement.

### Tip #2 Walking or Running Will NOT Make Things Worse

Now this isn't to say everyone with arthritis should go run a 5k. But if you are a runner it won't make your arthritis worse. Research (<https://www.jospt.org/doi/full/10.2519/jospt.2017.0505>) has shown that recreational runners are less likely to develop arthritis than people who are more sedentary. So if you are a runner, keep running. If you aren't, starting a walking program is perfectly fine and safe! If you have pain, only walk as far as you can before pain increases. As you go, that can get better!

### Tip #3 Strength is a Must

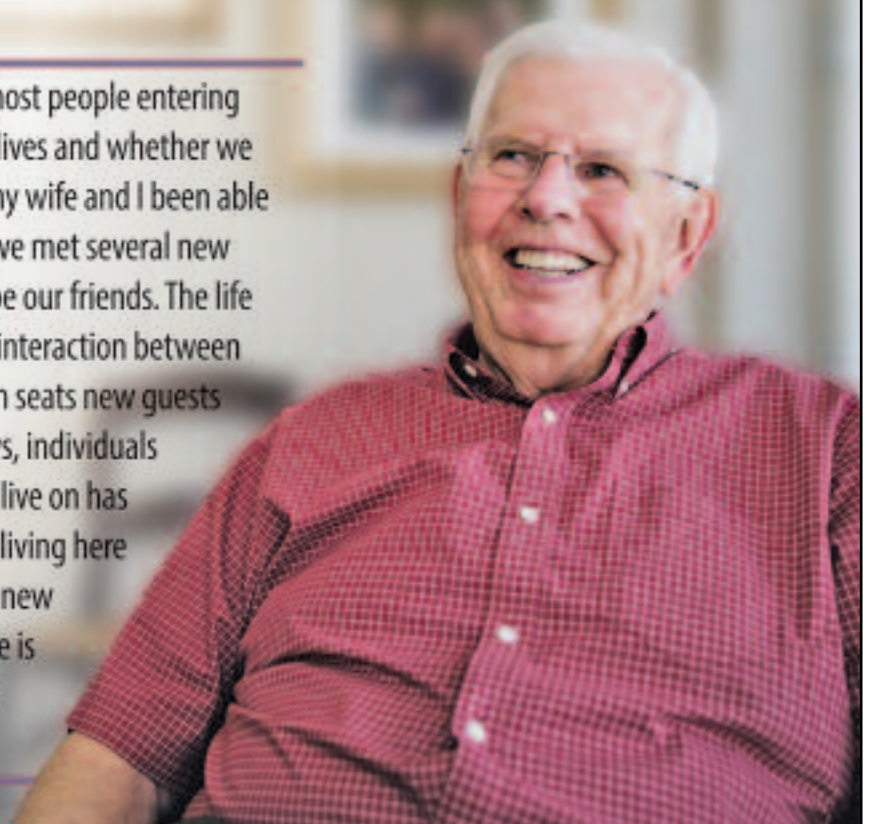
Movement alone will not do the trick to take all of the stress off of joints with arthritis that actually leads to the pain. Certain muscle groups have to be

strong to support the joints with arthritis and make sure they aren't too stressed which can lead to pain. The exercises you need really depends on the joint but standing up and sitting down from a chair 30 times a day is a great way to get a little exercise for some key muscle groups! Hold onto the arms of the chair for support if you need to!

If you want to prevent or decrease pain from arthritis try these three tips. If you need help getting started because you have pain, physical therapy is always a great resource to help you get moving without pain! Here's to helping you living a happy, healthy, and wealthy life!



“ I had some concerns, as I suspect most people entering senior living may have, regarding our social lives and whether we would develop friends here. Not only have my wife and I been able to maintain existing relationships but we have met several new people here . . . people we now consider to be our friends. The life enrichment program is designed to nurture interaction between people. The hostess in the Main Dining Room seats new guests with compatible table mates and within days, individuals become neighbors and friends. The floor we live on has become our new neighborhood. The people living here seem to understand that all of us have been new to The Park Danforth at some point. Everyone is so friendly here. My wife and I could not feel more at home. ”



## Are you Considering Senior Living?

The Park Danforth has been providing quality senior housing since 1881. Situated in the lively community of Portland, The Park Danforth offers active seniors the choices and options that they deserve. Life at The Park Danforth includes attractive apartments and flexible meal plans. Independent Living Residents are not committed to three meals each day. Also included is an engaging wellness program, theater, bistro, pub, auditorium, salon, market and 24-hour emergency staff. Call for more info.



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[www.parkdanforth.com](http://www.parkdanforth.com)





## VOLUNTEER SERVICES & RSVP

*"An Invitation to Make a Difference"*

### SMAA Tech Pal Program

SMAA has received a small grant from the Maine Community Foundation and has partnered with the National Digital Equity Center's (NDEC) Maine Digital Inclusion Initiative. SMAA will receive up to 20 tablet computers (on loan from NDEC) to be used in a pilot project for clients who currently do not have access to the internet. These tablets are designed to provide access to common applications such as video conferencing with family/friends, email, on-line tools, telemedicine services, etc. The primary purpose of this initiative is to connect older adults, through the internet, to promote health and well-being and combat social isolation.

Not only will this pilot project address the access/cost issues related to connecting to the internet, it will also very importantly address another major barrier, which are the challenges relating to learning how to use current technology. Many older adults find the technology to be too complex and confusing, which is why SMAA is focusing on training interested volunteers to be

"Tech Pals". These trained volunteers will work remotely with the clients once they have received the tablet computers to assist in overcoming the complexities and becoming familiar with the technology. The goal is for older adults (age 70 or older) who live in York or Cumberland Counties, and who have a need or desire to learn enough about the technology in order to reduce social isolation, use telehealth services, online shopping, banking, distance learning and even completing applications for assistance.

SMAA volunteers are being trained by NDEC to assist the clients remotely in learning how to use the device and built-in applications. Each volunteer spends time with the participant via Zoom, usually a few hours per week at the beginning. This is a great way to connect with SMAA's clients while helping them get comfortable using technology.

If you have an interest in helping older adults get connected, please contact Doug Wilson (dwilson@smaaa.org).

### Value of Volunteer Time

Did you know that every hour you volunteer for Southern Maine Agency on Aging and RSVP is valued at \$24.21 (Independent Sector, Maine 2019)?

Last year, 582 SMAA volunteers contributed 38,252 hours of time, talent and energy in our communities which equates to a monetary value of \$926,080.92!

Tracking volunteer hours is just one way for us to demonstrate the contributions our volunteers have made in our communities. Your volunteer hours are a form of support for the grants SMAA writes. When reported, your hours turn into grant dollars for the Southern Maine Agency on Aging.

We would like to acknowledge and thank our incredible volunteers who willingly dedicate their time, talents, and energy towards making a difference in our communities!

Please contact us at volunteer@smaaa.org if you need assistance reporting your volunteer hours.

### Want to Volunteer from Home? SMAA has you Covered!

As we continue to navigate through the unpredictable wake of COVID-19, SMAA Volunteer Services recognizes the importance of providing safe, meaningful, opportunities for volunteers who want to give back from the safety of their own homes. Working closely with clients, current volunteers, and RSVP stations has allowed us to create and further develop programs that benefit our community—while also ensuring that those involved stay healthy. These options are listed below:

- **Phone Pals:** Support Meals on Wheels clients by providing companionship over the phone. Volunteers are matched with clients by interest, and schedule 1-3 calls a week. Training is provided for all volunteers.
- **Tech Pals:** Connect with older adults, through the internet, to promote health and well-being. Help coach clients as they become familiar with tablet computers and internet based services.
- **TeleSocial Call Volunteer:** Working in conjunction with Saint Joseph's College, volunteers are paired with home-bound individuals who are at high risk for COVID-19, and asked to make check-in calls once a week.
- **Academic Elder:** Volunteers will work collaboratively with Saint Joseph's students on specific course related assignments and projects, and help them practice interviewing and assessment skills. All work will be done virtually.

If you are interested in any of these home-based opportunities, please don't hesitate to contact Volunteer Services at volunteer@smaaa.org or 207-396-6525.



*"Their love and care for my parents was amazing. Their timely notification of issues and news allowed us to relax in the knowledge that my parents were under the best care imaginable."*  
— Donna

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## Is That 'Contact Tracer' Really a Scammer? **HOW TO TELL**

**Scammers are trying to take advantage of confusion over COVID-19 contact tracing. Here's how to keep yourself safe.**

By: Bev O'Shea

If you're contacted about possible exposure to the coronavirus, make sure it's legit. Scammers are masquerading as contact tracers, and it's smart to verify calls or texts before giving out any information.

A tracer's job is to help contain the pandemic by reaching out to people who may be spreading the coronavirus. You could be called because your test was positive. Or perhaps someone who tested positive named you as someone they'd been in contact with, and now you need to be tested.

### Fraudsters follow the news

Scammers read the news, too, and are trying to capitalize on tracing campaigns. They've even made calls appear to come from the U.S. Department of Health and Human Services. And yet actual tracers can't do their work if we won't pick up the phone.

There's no centralized testing for the United States, and procedures and names of agencies doing tracing vary by state. You might be contacted by a state or county health department, by phone or text — there's no single way that a genuine contact tracer will try to reach you. As a result, it can be difficult to know if a contact is legit.

### First, simply pause

A call or text informing you that someone has "important health information to share" can be upsetting. And we don't do our best thinking when we're afraid, says Eva Velasquez, president and CEO of the nonprofit Identity Theft Resource Center.

Velasquez advises pausing rather than responding automatically. You don't have to talk to the caller at that moment.

Take time for due diligence, Velasquez suggests. If a caller says they're a contact tracer from a county or state health department, take their name then hang up and call the department yourself to verify the information. Velasquez recommends looking up the number online; don't rely on information provided in the initial contact. If the

call seems to come from a legitimate source, you can talk to them when they call back.

Assistant Special Agent in Charge Nenet Day of the HHS Office of Inspector General says extra care is needed any time you receive an unsolicited communication. A healthy skepticism can help you recognize if something is amiss. If you were tested, feel free to ask the contact tracer when and where. They should be able to tell you, Day says.

According to the Federal Trade Commission, a legitimate tracing text would simply inform you to expect a call. Don't click on links in texts: Some scammers send bogus texts with a link that installs malware if you click it.

### Know what to expect

#### A legitimate tracer may ask:

- For your name and address.
- For your date of birth—but Day suggests countering with your age, rather than giving out that key piece of identity data.
- For your whereabouts on certain dates, errands you ran, stores or businesses you visited, etc.
- Questions about your health and whether you've experienced any symptoms.

#### But a legitimate contact tracer will not:

- Ask for your Medicare, Medicaid or insurance policy number.
- Inquire about your immigration status.
- Ask for your Social Security number.
- Ask for a financial account number or request payment.
- Tell you who among your contacts has tested positive for COVID-19.
- Threaten you.
- Ask you to fill out an online application to be a contact tracer, too.

Shameka Walker, an attorney with the FTC's Bureau of Consumer Protection, advises hanging up and reporting the call if you have reason to believe it's not legitimate.

### Help loved ones be less susceptible

Day advises being protective of any elderly people in your life, particularly if they may not be discerning about who they give information

to. She says she's especially proud that her 90-year-old mother hasn't fallen victim to scams. But her mother knows what to watch for—Day says the key is talking about it with those who might be targets.

If someone has dementia or is unlikely to remember what you've told them about identifying scammers, you may be able to limit their incoming cell phone calls to known contacts. That helps protect them, without cutting off communication with friends and family.

### Other COVID-19 scams to watch for

Sadly, contact tracing scams aren't the only coronavirus scams around. Day says some of the others have involved offers of:

- Additional Medicare coverage for a fee.
- A coronavirus test for use at home.
- Testing that requires payment in advance of a "contactless" copay on a credit card. Facilities may be elaborate fakes, with masked "medical personnel" using Q-tips to administer bogus tests, or the address given may not exist.
- Cures or preventive measures that turn out to be worthless.

### How to report a scam

If you believe that a contact tracing call is bogus, you should report it to your state attorney general's office or health department, Day says.

If you realize you mistakenly gave out personal data, here's who to contact:

- Health insurance, Medicare or Medicaid numbers: Call the insurer. Medical identity theft can result in life-threatening mistakes from mixed records if someone else uses your credentials to get medical care.
- Social Security number: Report it on [identitytheft.gov](https://www.identitytheft.gov). You can also freeze your credit, which will help keep your Social Security number from being used to establish new credit.
- Credit card number: Alert your card issuer.

If you bought something, like a test or a treatment, you can also report that to the FTC, Walker says.

*Reprinted from <https://www.nerdwallet.com/article/finance/contact-tracer-scams>*

*About the author: Bev O'Shea writes about credit for NerdWallet. Her work has appeared in the New York Times, Washington Post, MarketWatch and elsewhere.*

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## Shop Wise and Eat Right to Age Well in a COVID-19 World

As we navigate through an ever-changing COVID-19 world, it can feel odd to think back to when things felt simple and easy. Grocery shopping, for example, has seen a dramatic change in how people shop, the frequency of visits to the store, and the types of foods consumers are focusing on. While the process may look different it is helpful to remember that the goals of nutrition have remained the same.

Let’s review some of the key nutrients for the older adult and look at ways to meet these needs during a time when store visits are less frequent, and every dollar spent counts more than ever.

Calcium and Vitamin D are important nutrients which aid in reducing the risk for osteoporosis as we age. Milk, cottage cheese and yogurt are all great ways to incorporate both as they are a natural source of calcium often fortified with vitamin D.

Fiber helps support regular bowel movements while aiding in healthy cholesterol levels. Shelf stable sources of fiber offer nutrition while saving you money. Canned beans and lentils are an easy way to incorporate ready-to-eat fiber sources that also offer protein. Try adding either to spaghetti sauce, on top of salads, or mixed in soups.

Potassium is an important mineral that helps your body eliminate excess sodium through your urine and ease tension on blood vessel walls. These two factors can contribute to heart health. Use canned tomatoes on

tacos, in shepherd’s pie, or stirred in to a warm Fall minestrone soup.

No matter what your focus, we can all agree that saving money is important. Keep the following strategies in mind to save on food costs.

- Shop in season: When it comes to produce, prices are lowest when supply is ample. By shopping in season, you guarantee lower prices and best flavor.
- Frequent the flyer: Your grocery store weekly flyer is your best resource for lower prices.
- Vary your produce: A cost comparison shows that when shoppers opt to buy a mix of fresh, frozen, and canned vs all fresh, they can increase their daily one-cup portions of vegetables from 9 to 11 per day and one-cup servings of fruit from 6 to 7 portions per day for every \$10 spent.

The key to a healthy body is consistency and variety. Incorporate the suggestions above to keep focused on both throughout the Fall and beyond.

**Anne L’Heureux, RD, LD**  
Hannaford Dietitian  
E: [dietian@hannaford.com](mailto:dietian@hannaford.com)

References:  
<https://www.eatright.org/health/wellness/healthy-aging/special-nutrient-needs-of-older-adults>  
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## Connect with Horses at Senior Social

By Denise LaFrance

Located in Scarborough, Bill and Vickie Gelinas founded Solid Ground Equine Assisted Life Coaching in 2016. Their desire was to provide a safe space for people to experience self-discovery and healing, using the magic of horses.

“Horses are mirrors to our emotions. People with disabilities, veterans, individuals experiencing PTSD, and those who just need to de-stress, have found wonderful benefits in working with our horses. I’ve seen breakthroughs in managing anxiety and depression, building self-confidence, working on boundary issues and so much more,” explains Vickie. “My job is to support people in healing themselves. For some people, it’s a great alternative to conventional therapy or medication”.

In addition to life coaching, Solid Ground hosts several public events every month, with the hope of building community and sharing the peace and joy found when spending time with horses.

One of the monthly events they offer is a Senior Social. This is open to people 60+, and utilizing their large indoor arena, they are able to provide a safe, relaxing space for seniors to spend time with other seniors, observe, groom and lead their horses and mini donkey. “We keep our costs low, hoping that more seniors will take advantage of the experience. Even if you’ve had no exposure to horses, we work with you to make sure you feel comfortable.” Gelinas explains.

Vickie has witnessed the transformation that happens after time spent at Solid Ground. There is often a lifting of spirit and sometimes even a physical benefit. “Working with seniors is something we just love,” says Vickie. “Spending time with a horse brings us fully into the present moment, and let’s face it, we can all benefit from letting go of outside influences for an hour!”

Senior Socials are scheduled for the 3rd Monday of the month, from 6-7pm, and tickets are \$15.00. You can purchase tickets through their website at [www.solidgroundlc.com](http://www.solidgroundlc.com) or call Vickie at 207-883-3085.

Bill and Vickie Gelinas both received their life coaching certifications in 2016. Additionally, Vickie has numerous equine & healing certifications.



*L to R: Jack, a quarter horse, Stanley, a mini-donkey and Franklin, a Norwegian Fjord have the perfect temperaments to work with seniors.*



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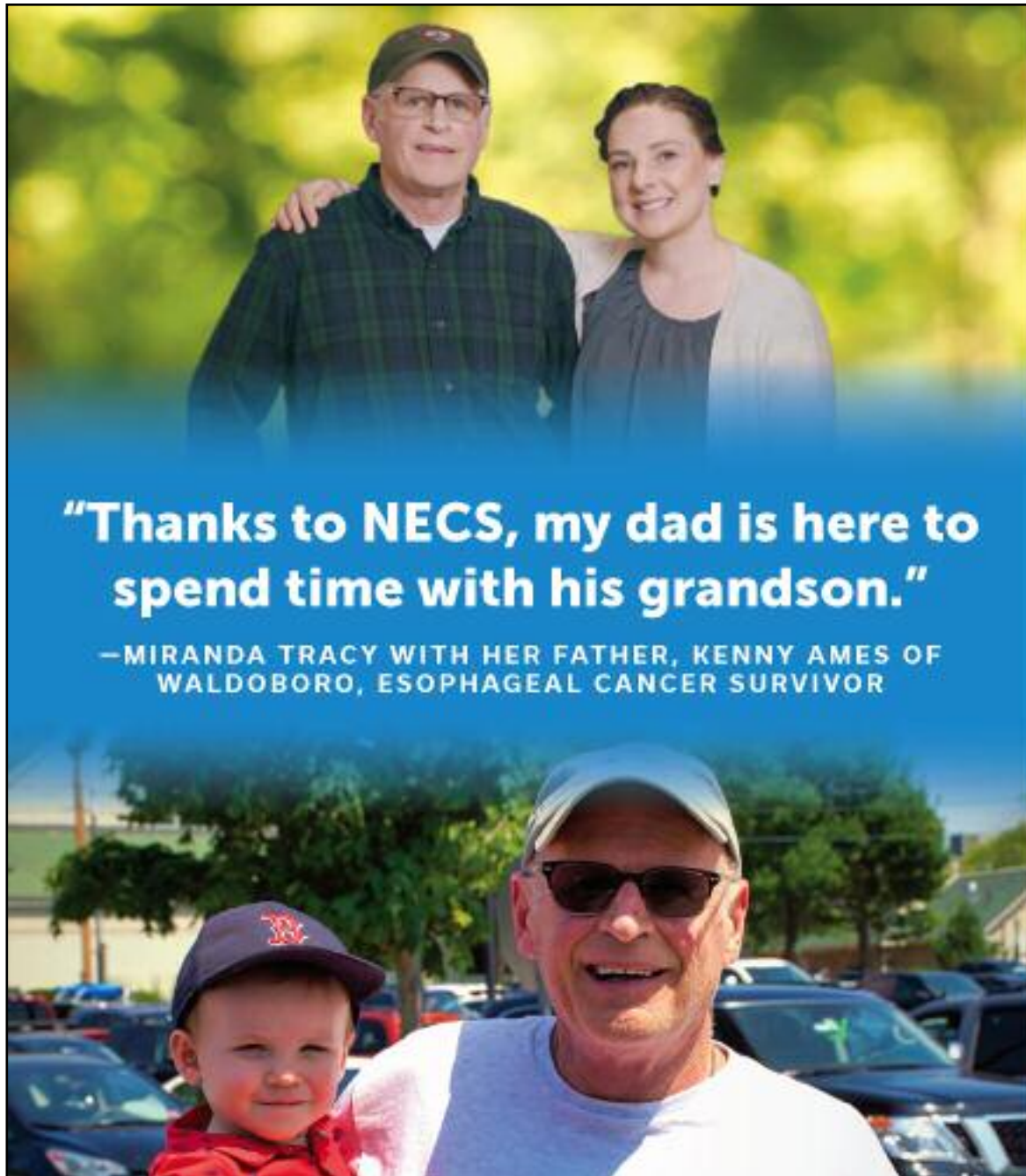
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