

## Local Veteran Shares Amazing Story

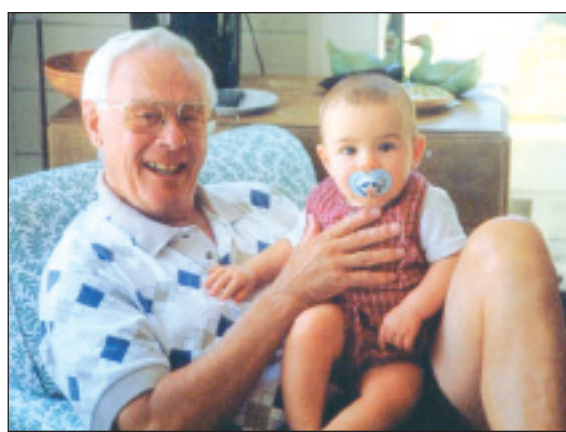
By Rachel Hendrickson

Imagine you are a young electronics technician in 1943 who has been on a “taxi” ship taking you from the West Coast to an unknown destination in the middle of the Pacific Ocean to join your new ship, a destroyer, the USS McKee. Now picture yourself in a bo’suns chair, rigged on a pulley between the tanker and your new ship, halfway between the ships, when the sirens sound and a Japanese Zero begins a strafing run down the alley between those two ships.

It took Jim Robinson persistence and a determination to get into that seat at that point in history. Jim was born in Portland in 1920. He matriculated to the Naval Academy at 17, determined to become an officer in the Navy and serve

his country. In 1939, two years into a concentrated three-year program, his eyes deteriorated below acceptable levels for the Academy, and he was washed out. Still determined to serve the U.S. in whatever way he could, he worked for a Naval gunfire factory in New York City, watching as his whole generation went into the armed services. Finally, he found a recruiter who would enlist

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## A Community of Gardeners Give Food and Flowers

Eileen Whynot,  
Editor, “Senior News”

Jane and Ted Metzler planned to cap off the gardening season a few weeks ago by decorating the tables for the Yarmouth Community Garden’s annual dinner. A generous gardener had offered to supply all the dried flowers they would need, so the Metzlers decided to fill scooped out pumpkins with the flowers. Afterwards, they hatched their final act of kindness for the fall: they made 30 dried flower arrangements for the folks who receive Meals on Wheels.

Imagine the enjoyment created by a bouquet of fresh flowers delivered to your door when you’re homebound. Or, the pleasure of cooking and eating fresh, local produce when you’re an active senior preparing your own meals at home but



**Pam Dyer, left, and her sister Jane Metzler pick flowers for bouquets to go out with Meals on Wheels.**

unable to grow your own veggies.

The Yarmouth Community Garden is a community garden at its very best! The Garden has 10’ x 10’ plots as well as an enormous “community” garden. Anyone who rents a plot also pledges to contribute at least six hours of work to the community garden. As a result, the garden is well-tended and the produce is fresh and wholesome. During

continued on page 5

### Southern Maine Agency on Aging

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## From the Director’s Desk

### Thank you to all of our 2012 Donors

Enclosed in this issue is the 2012 Report of Philanthropy, which lists the names of all the people, foundations and businesses who contributed to SMAA in our 2012 fiscal year. Each year this list continues to grow—just as the need for our many services also increases. I am very grateful to the 1,170 donors who contributed \$575,337 for critical operating support for the many programs and services delivered by SMAA.

I am proud to report that 26,466 people were served through our Agency for the year ending September 30, 2012—more than a 20% increase over last year. Many of the programs and services provided by SMAA experienced huge increases in the number of people being served, especially the Information and Re-

ferral program. This is the service provided on the phone and in the community by our Resource Specialists, to both caregivers and non-caregivers.

Maine Senior Games drew 601 athletes, a 42% increase from 2011.

As we identified during our strategic planning process, the number of people turning 65 will continue to increase steadily. We are honored to be in the position of serving the aging population of southern Maine.

### Medicare Open Enrollment

Each year we recommend that Medicare beneficiaries review their drug plans, because premiums and benefits may change. With 28 plans from which to choose, there are many considerations.

Unless you are willing and able to go to the Centers for Medicare and Medicaid website, key in the medications you take, quantities taken, and your pharmacies, you will be unable

to choose the plan that best meets your needs at the lowest price.

SMAA has trained volunteers and staff to help. Call for an appointment well before December 7th to get the best Medicare D plan for 2013. See the complete list of locations on page 16.

### Collaborating with InterMed

Our Community Services team continues to expand our outreach to reach more people. In 2011, InterMed contracted with SMAA to supply services on site for their patients. Our Resource Specialist AnneMarie Catanzano has been teaching A Matter of Balance and Living Well for Better Health at InterMed along with providing information and referrals for the support patients with chronic disease may need at home.

### Upcoming Event – November 11

Everyone is invited to view the inspiring film, “Age of Champions,”

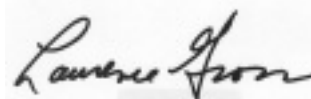
a documentary about senior athletes who have competed in the National Senior Games. SMAA’s Maine Senior Games provides qualifying competition for the national games. Admission is free. See details on page 19.

### Upcoming Event – November 14

Older adults, their family caregivers, volunteers, and those who work with older adults are invited to the Aging Advocacy Summit from 8AM until 2:30PM on November 14. The Summit’s goal is to prepare all of us to effectively participate in the redesign of Maine’s health care system. There is no fee and lunch will be provided. More information is on page 2.

### THANK YOU

We could not accomplish what we do without our committed volunteers, our incredible staff and our dedicated donors. May all of you have a joyous holiday season.



**Laurence W. Gross**  
Executive Director



## Local AARP Chapter Helps the Hungry

**O**n October 1, a pickup truck hauling 870 pounds of non-perishable food and paper goods stopped at SMAA's main office in Scarborough. By 2PM, all of the groceries had been distributed to SMAA dispatch sites. In the following few days, homebound folks

got some needed groceries with their Meals on Wheels deliveries.

Homebound means that these older adults or adults with disabilities cannot on their own get to a grocery store. Some of these same folks may need help buying enough food.

Volunteer members of the

Greater Portland Chapter of AARP had given four hours of their time to collect donations at the Riverside Street and Falmouth Crossings Hannafords and at the Northgate Shaws. The volunteers asked afternoon shoppers to purchase easy-to-prepare, low-sodium foods and groceries that cannot be purchased with food stamps, which today is an EBT debit card.\*

Shoppers donated \$119 in cash and with \$881 from AARP, a donation of \$1,000 was made to help SMAA operate Meals on Wheels.

Special thanks to these AARP volunteers for providing some extra groceries that were delivered with Meals on Wheels.

**Helena Trumble, President**  
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See article about SNAP on page 3.

\*EBT is an electronic benefits card that is used like a bank debit card.



SMAA team members pause before unloading a truck full of non-perishable groceries from AARP's Greater Portland Chapter. From left, Ted Trainer, Jo Ann McPhee, Liz Weaver, Crystal Castro, and Nelson Megna from AARP.

## All Senior News Readers are Invited to Aging Advocacy Summit

### Get Involved in Improving Health Care in Maine

**T**he organizations listed below are hosting a FREE Aging Advocacy Summit on Wednesday, November 14. The Summit is for volunteers, professionals and anyone interested in improving healthcare for older adults in Maine. The purpose of the Summit is to help Maine people prepare to effectively participate in redesigning our health care at the local, state and national level.

Improving quality is critical to improving our health care. Quality drives patient outcomes and cost, yet it varies greatly in Maine. Maine is on the cutting edge of transforming health care. Change is dependent on educating and engaging the public. It is critical for older Mainers to actively participate in the changes to our healthcare system to make sure it works!

Older Maine residents, their friends and family are invited to attend the Summit to gain the skills and tools needed to be effective health care advocates and to be a part of, or better understand, how change will occur.

**NOVEMBER 14, 2012**  
**8:00AM - 2:30PM**  
**AUGUSTA CIVIC CENTER**

ADMISSION IS FREE and lunch is provided. Register online and learn more at [www.maine4a.org](http://www.maine4a.org) or call Jessica Maurer, Esq., Maine Association of Area Agencies on Aging at 207-592-9972 to register.

Sponsors include Maine's Area Agencies on Aging, AARP, Maine Veterans' Homes, Maine Gerontological Society, Alzheimer's Association of Maine, Maine Quality Counts, Eastern Maine Health Systems, Consumers for Affordable Health Care, the Maine Nurse Practitioners Association, SeniorsPlus-EIM, Maine Community Action Association and Bridges Home Care.

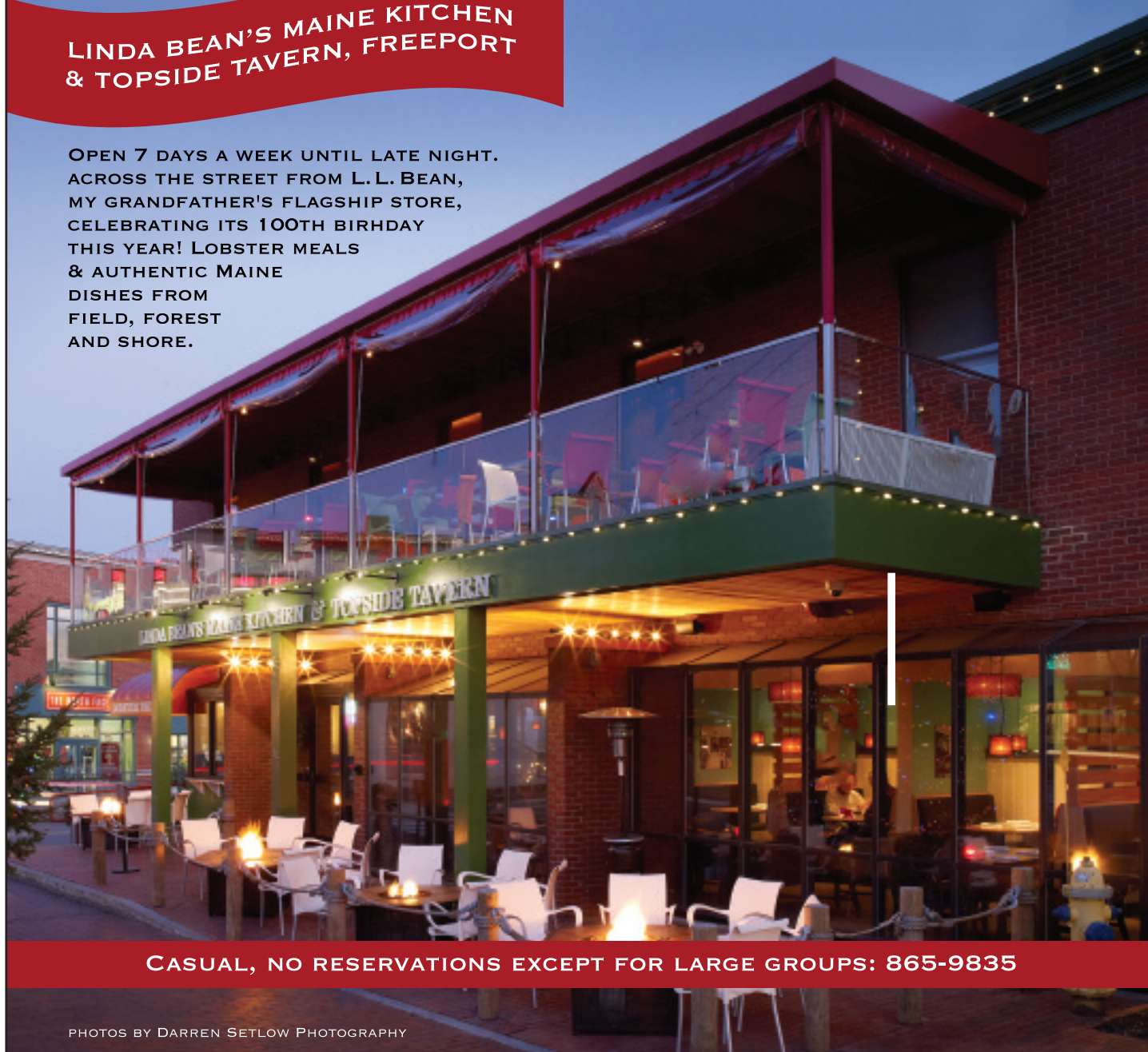
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“Canadians, with tight banking regulations, a graduated tax system, and a ‘socialist’ government that provides single-pay universal health care, are now individually richer than U.S. citizens (average household net worth: \$363,302 versus \$319,970.)”

Many thanks to Rodney Quinn of Westbrook, a former Maine secretary of state, who gave us permission to print this quote from his newspaper column in the *American Journal*.

Editor’s Note: Rodney Quinn passed away three days after giving his permission to be quoted here. His exact answer, “Pleased—by being quoted, I achieve fame.” I’m guessing he wanted to join his beloved wife Melba who died in early October of this year. May they both Rest in Peace. My condolences to the Quinns’ family and friends.



## Maine’s Supplemental Nutrition Program (SNAP)

Participants in SNAP use an electronic benefits card (EBT) that looks just like a bank debit card. The card is used to purchase food or garden seeds, to make voluntary contributions at senior meal sites, for donations for Meals on Wheels or for meals in designated restaurants.

Eligibility is based on a number

of factors including, citizenship; size of household; whether you are disabled; monthly household income and expenses, including medical expenses; and total assets.

Applications are available at many locations including the Department of Health and Human Services Regional Offices, Town Offices and Area Agencies on Aging.

Applications can be requested by mail or telephone. Applications go to the Office of Integrated Access and Support at the DHHS office nearest you. An older person can be interviewed for eligibility by telephone.

Area Agencies on Aging can help with completing a SNAP application. For more information, call 877-353-3771.

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## Why Not See if You Can Save Money?

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Aging Has Information to Help**

### Live in Biddeford?

SMAA office hours at the McArthur Library in Biddeford are Mondays 11:30-2:30, and both Tuesday and Wednesday 9:30-12:30. Linda has helped many people save money! You may make an appointment to see Linda Sprague-Lambert, a SMAA Benefit Specialist, by calling 776-4759.

### Live in Gorham, Windham or Westbrook?

Make an appointment with a Benefit Specialist in your community by calling 207-396-6500.

Free assistance is available to people 60 and older and to those under 60 with a disability. The community service in the towns mentioned above is made possible by Community Development Block Grants from the City of Biddeford and Cumberland County.

If you live in other towns, call the Southern Maine Agency on Aging at 207-396-6500 or 1-800-427-7411 to make an appointment. Why wait for the heating bills or other expenses to pile up!

"My elderly step-father and I, as his support, needed help trying to navigate the incredibly complicated Medicare Part D world. Luckily, the Southern Maine Area Agency on Aging was available to help us through the process."

**Brenda Peluso,  
South Portland**

**Director of Public Policy at the  
Maine Association of Nonprofits**

## Senior News

is a publication of

SOUTHERN MAINE  
Agency on Aging

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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 Nancy Bloch at 396-6588.

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## Mission Statement

Improve the physical, social, emotional and economic well being of older adults living in southern Maine (Cumberland and York counties).

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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 from the Maine Office of Elder Services. Learn more at [www.smaaa.org](http://www.smaaa.org) or by calling 207-396-6500 or 1-800-427-7411.**

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## Community of Gardeners continued from page 1

the growing season the produce goes to area food banks, senior housing and to the folks who dine at the Southern Maine Agency of Aging's community café at the Masonic Lodge in Yarmouth.

For the last five years, weekly deliveries of produce have helped area seniors obtain some of the freshest vegetables around. Those who are unable to garden love this and look forward to it every week. Some seniors preserve beets or green beans or freeze other crops to eat during the winter.

### Fresh Cut Flowers

For the first time this year, community garden volunteers Jane and Ted Metzler and Jane's sisters, Patricia Cheney and Pam Dyer, assembled beautiful fresh flowers to deliver with Meals on Wheels. The makings for the 30 mini bouquets they created every Thursday morning came through the generosity of an anonymous gardener whose beautiful flowers must be legendary.

Says Jane Metzler, "While in Florida last winter we saw an email about a generous gardener who was looking for a way to share her flowers. Our first thought was, why not deliver flowers to homebound folks who get Meals on Wheels? We checked with Debbie Strachan at SMAA, and she was very support-



All season long volunteers Ted Metzler with Pam Dyer, center, and her sister Jane Metzler, picked and arranged bouquets of flowers for Meals on Wheels recipients.

ive. We deliver on Thursdays, so we arranged to cut flowers in the donor's garden and afterwards we arranged them at our home with one of my sisters before taking the bouquets with us to go out with the meals. Not one volunteer driver said it would be a burden or complained.

It has been clear to us that the generosity of one person was good for everyone involved."

Enough bouquets were made for every household receiving Meals on Wheels through SMAA's Yarmouth location. Flowers were delivered to residents of Yarmouth, North

Yarmouth, Falmouth, Cumberland, Pownal and Freeport. Altogether, 510 bouquets were delivered! Needless to say, the recipients have been thrilled with these lovingly prepared bouquets!

To get out and have a nice meal every Tuesday or Friday at noon at the Masonic Lodge in Yarmouth, call Debbie at 846-6693 to make a reservation.

To sign up for Meals on Wheels or to refer someone, call 800-400-6325 and speak with Jessica.

If you'd like to become a volunteer, call Priscilla Greene at 396-6521 or email [pgreene@smaa.org](mailto:pgreene@smaa.org).

Debbie Strachan, coordinator for the Yarmouth Community Café and Meals on Wheels, was a contributing writer. She works for the Southern Maine Agency on Aging.

Photo credits: Sharon McDonnell.

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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.

## November is National Family Caregiver Month

By Ann O'Sullivan,  
OTR/L, LSW, FAOTA  
SMAA Family Caregiver  
Support Program Coordinator

In November, we honor family caregivers, unpaid family and friends who assist older adults. Family caregivers provide more than 80% of the long term care in the United States. Current estimates are that this care, which is provided for free, would cost more than \$450 billion if paid for.

The goal of SMAA's Family Caregiver Support Program is to help family caregivers continue to assist older adults without becoming exhausted. We look for ways to help reduce caregiver stress and make caregiving easier. SMAA supports family caregivers in a variety of ways including:

**Information and Referral:** Resource Specialists offer assistance by phone or in person to help identify and connect families with resources and services for older adults, including benefit programs, housing, respite, personal assistance or other programs. We also provide health insurance counseling and education, and can assist with accessing benefits such as Medicare.

**Support:** We are happy to talk with family caregivers on the phone, by email or set up a time

to meet in person. We have a number of support groups for people assisting older adults, and we also offer an online support group (see the support group schedule in this issue).

**Classes for caregivers and professionals:** We have a variety of topics, from stress management to planning for eldercare and supporting independence. We are happy to present lunch and learn sessions at workplaces for employee caregivers (a great way for employers to be supportive of their staff). Training is available for professionals to learn about issues faced by family caregivers and strategies to work effectively with them.

**Respite:** We are happy to help

family caregivers figure out ways to get a break from caregiving responsibilities. We have a small amount of respite funding available, and are fortunate that the Federal guidelines allow us to do some creative problem solving about relieving caregiver responsibilities and reducing caregiver stress.

SMAA also offers the Partners in Caring program that provides respite reimbursement for people who are assisting a family member with dementia. The care recipient must meet state financial asset guidelines. There is generally a waiting list for this program, but it is worthwhile to get on the list.

**Kinship Caregivers:** A limited percentage of the Family Caregiver

Support Program funding may be used to assist a different group of caregivers—those who are 55 and over and have full-time responsibility for someone else's minor children.

Please feel free to contact the Family Caregiver Support Program for assistance. And to all family caregivers, "Thank You" for all you do!

### Online Message Board for Caregivers

Our family caregiver online group is now accessible directly from our website. Go to [www.smaa.org](http://www.smaa.org) and follow the links to the Family Caregiver Support Program, and to our support group page. Link in and connect with other caregivers right from home!



**Family Caregivers**  
for all that you do every day!  
We recognize family caregivers during  
National Family Caregiver Month,  
and we support you year round.



Michelle is able to work while her mother Laurette attends SMAA's Adult Day Center in Saco. Laurette participates in activities like one of her favorites, singing and dancing, to keep her engaged in living with a declining memory.

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"Sometimes folks just need a compassionate ear to listen and support them, and I provide that."

— Barbara Pires RN



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## Caregiver Group

### Is Hoarding an Issue?

Are you worried about a family member whose home has become dangerous? Are they refusing to allow anyone in, even for needed repairs or assistance, because of all of their stuff? The Family Caregiver Program is collaborating with Shalom House to offer a short-term, weekly group focused on dealing with someone who is hoarding. This group will give you information and strategies, and will offer a harm-reduction approach to helping. We are looking for people interested in joining! Please contact Kate Fallon at 396-6500 x558 FMI.

## Internet Resources for Caregivers

According to a recent study by the Pew Research Center, 8 in 10 caregivers have internet access, and 88% of those look online for health information. In working to meet the challenge of providing good online information, SMAA offers online resources to help you! We have a page of handouts, fact sheets and links on our own website [www.smaaa.org](http://www.smaaa.org). We offer an online discussion board to connect with others. And, we send out news and updates via our Facebook page. Please check us out! [www.facebook.com/SMAAcaregivers](http://www.facebook.com/SMAAcaregivers)

## 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.

**Biddeford:** For caregivers of people with dementia. 2nd Monday of the month, 3-4:30PM, at Community Partners, Inc. Contact Barbara Alberda at 713-3723.

**Bridgton:** 2nd Wednesday of the month, 1-2:30PM, at the Bridgton Community Center. Contact Ann O'Sullivan at 1-800-427-7411 x 541. Respite care is available on site with prior reservation

**Scarborough:** 4th Thursday of the month, from noon to 1PM at SMAA. Contact Kate Cole Fallon at 1-800-427-7411 x 558.

**Scarborough:** 2nd Monday of the month, from noon to 1PM at SMAA.

Contact Kate Cole Fallon at 1-800-427-7411 x 558.

**York:** Caregiver support group for family and friends assisting an older adult with a chronic condition, 3rd Tuesday of the month, from 1-2 PM, at the Living Well Center. Contact Susan Kelly-Westman at 475-1167.

**Other areas:** Please call Kate or Ann at SMAA's Family Caregiver Support Program if you are look-

ing for a group in another area. 1-800-427-7411.

### Kinship/Grandparent Support Group

**Sanford:** Wee Care, support and discussion for kinship parents and grandparents helping to raise children, 2nd Wednesday of the month, 6-7PM. Supper and child care available. Contact Thea Murphy at Trafton Senior Center at 457-0080.

## Help For People Helping Aging Family Members

### Class Schedule 2012-2013

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

January 10, 17, 24, 31, February 7 and 14, 1:30-3:30PM: **Savvy Caregiver.** Southern Maine Agency on Aging, Scarborough. Contact Ann O'Sullivan at 1-800-427-7411 x541 to pre-register (required).

February 28, March 7, 14, 21, 28 and April 4, 5:30-7:30PM: **Savvy Caregiver.** Windham Adult Education, Windham. Contact Kate Fallon at 1-800-427-7411 x558 to pre-register (required).

May 24, 31, June 7, 14, 21 and 28, 9:30-11:30AM: **Savvy Caregiver.** Bridgton Community Center, Bridgton. Contact Kate Fallon at 1-800-427-7411 x558 to pre-register (required).

May 28, June 4, 11, 18, 25 and July 2, 5:15-7:15PM: **Savvy Caregiver.** Southern Maine Agency on Aging,

Scarborough. Contact Ann O'Sullivan at 1-800-427-7411 x541 to pre-register (required).

July 10, 17, 24, 31, August 7 and 14, 9:30-11:30AM: **Savvy Caregiver.** Southern Maine Agency on Aging, Scarborough. Contact Ann O'Sullivan at 1-800-427-7411 x541 to pre-register (required).

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

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## A Very Good Day

By Michael Torrusio, Jr.

**H**e opened the front door, bent down, picked up the paper. It was one of those crisp October days that occur only in Maine: cold, but not cold, crisp to the point of cutting one's lungs and clear as the proverbial bell. He pulled the crispness deeply into his lungs. It was going to be a very good day.

Back inside he grabbed a filter, shoveled in the requisite amount of ground coffee, filled the bowl and flicked on the coffeemaker. Soon the tantalizing scent of dark roast took command of the kitchen, followed by the comfortable smell and sound of frying eggs and breakfast sausage. It was his turn to cook—a gift to his wife, expressing his appreciation of her years of early morning awakening and breakfast preparation. He glanced out the window, watched the sun's early rays fall softly on the petals of summer's last flowers then, the eggs reaching that hardly ever reached by him "perfection itself" point, called out gently to his wife, "Breakfast." Perfect eggs. By himself in person. It was going to be a very good day.

Breakfast, as most mornings, was an enjoyable event. He and the wife, face to face, reading the papers, each commenting, out loud and perhaps a bit too dramatically, on one story or another, the other listening attentively. Sipping slowly, what

turned out to be very tasty coffee along with perfectly cooked eggs. To paraphrase, "A cuppa joe, a side of sausage, and you—along with perfect eggs, and paradise is now." It was going to be a very good day.

Showering has always, for him, been a quick affair: In. Out. Done. Shaving too, although lately those little annoying nicks appear to come with greater frequency, courtesy of a slightly more shaky hand. He studied the face staring at him. It was a strong face, one might even say an attractive face and, with just the right amount of nicks, a manly face. It was the kind of face that was ready for a very good day.

Chores and preparation to meet-the-world completed, he donned a light jacket—in deference to the morning's earlier greeting and, kissing his wife, stepped out into the October air. It was still crisp. It was still cold, but not cold. It was still a Maine October day, and, it was still going to be a very good day.

*The author invites you to listen to the multi-generational radio show, "Speak Freely," where local and national events that have found their way to the news are discussed from 1:30-3 on Mondays on WMPG 90.9 community radio. Mike is joined by Ray and Adam for discussion and debate. Combine these concepts with funky music as far back as the 80's and right up to current hip hop and R&B artists of today. Mike can be reached at miket@maine.rr.com.*

## Honoring Veterans

SMAA's Adult Day Center



**W**e pause to honor veterans who attend our Truslow Adult Day Center in Saco. A special ceremony on November 7 will honor our veterans for military service to their country.

**Ralph Bouvier** spent three years in Germany with the Army, as a platoon sergeant and lieutenant. Later he served 14 years in the National Guard.

**Joseph Brulotte** served in the Army in Italy at the end of WWII. He also fought and was wounded in the Korean War, receiving the Purple Heart and a Silver Star for his service.

**Charles Busch** was in the Air Force for four years during the Korean War. His medals include National Defense Service and Good Conduct. His most rewarding experience was building a gym for the servicemen in Moulin, France.

**Keith Gerry** enlisted in the Army, serving four years in Panama.

**Normand LaFlamme** was a nuclear inspector at a naval shipyard during his service with the Coast Guard.

**Gerard Paul** trained in the Army for rifleman and truck driving at Fort Blanding. He served in battles in Normandy Omaha Beach D-Day, Northern France, Rhineland and Central Europe. He received the Good Conduct and Victory

Medals, and Ribbons for the European African Middle Eastern Theater Campaign and the American Theater Campaign.

**Elbert Putney** was drafted in 1941 and served in the Army during WWII in the 1st Engineer Amphibian Brigade-286th in Algeria, French Morocco, Sicily, Naples and Normandy. A flag was flown over Iraq in his name for his role in Operation Tiger. He came home to Maine on the Queen Mary.

**John Travers** served as a Navy Electrician's Mate, Second Class EM2C. Vessels and stations include, NTS, Newport, RI; USS Denebola RS, NYD, Philadelphia, PA; USS Piedmont, San Diego, CA; USS Bell Isle (AG-73) and USS Delta (AR-9). He was awarded WWII Veteran Victor medal, American Area Ribbon, Asiatic-Pacific Area Ribbon.

**Edgar Underkofler** served in Navy during WWII, stationed in Hawaii, the Philippines, Japan, China, Spain and Italy. He was involved in combat action in Korea and the China Sea. His medals include Good Conduct; Korean 3 Stars and China Service; Navy Occupation, Asia; and Navy EE WWII Victory.

We also honor a Truslow staff member, **Linda DeLapp**, who served for five years in the Coast Guard. Her crew protected boats in the harbor by retying anchors and rescuing people off their boats. Her medals include, Good Conduct Medal, .45 Caliber Pistol Marksmanship Ribbon, and Coast Guard Meritorious Unit Commendation.

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## SENIOR MOMENTS

by Hunter Howe

### Fake Fanny



Seems like every day the news media bombards us with frightening statistics on the escalating obesity problem in the U.S. Television cameras zoom in on masses of plump people sauntering along sidewalks sucking on straws plunged deep into supersized sugary sweets, tummies bulging and butts swaying like wide-load trucks on highways.

Now, I pride myself on my powers of observation but I've sure missed something. You see, some folks have the opposite problem of a roaming keister; they're fanny deprived, born with a flat, skinny or bony behind. In short, they got a bum rap.

I'm sure most seniors, at this stage of their lives, aren't too worried about adding a new accessory to their bodies in the form of a curvy caboose.

However, with a hidden desire to shore up their derriere, some consider a butt augmentation, to extreme.

I stumbled on this jaw-dropping Associated Press clipping dated November 2011. "Several possible victims have come forward alleging that a woman passing as a Florida doctor and promising buttocks en-

hancements pumped their behinds with a toxic concoction of cement, superglue and flat-tire sealant."

Say what? Sounds like a lube special at Gordo's Garage. I don't know about you, but the only thing I want pumped is gas into my car.

The piece continues, "This woman allegedly used some type of tubing and inserted the toxic chemicals into her patients' backside during a painful procedure... police say this woman performed the same procedure on herself."

What a bummer. Bottom line: what we have here is the classic certifiable nutcase of a fake doctor, fake fanny.

This reminded me of an anonymous quote, "A little nonsense now and then is relished by the wisest of men."

Sure, we're having a bit of fun here, but I don't want to appear insensitive to this issue. Some seniors just might possess a bit of fanny envy, you know, yearning for a rounder rear end. Hey, why not.

Picture an interview with a spry, 98-year-old lady. The reporter asks the appropriate inquiry, "To what do you attribute your longevity?" She answers, "Well dear, I suppose clean living, a shot of Bourdon every day and my butt enhancement at age 85."

As a member of the Skinny Butt Club myself, I thought I'd provide those folks with pertinent information. So, I conducted extensive research into the fascinating world of

butt augmentation. Good news, there are many options to consider.

One website offered fanny enhancements with their "La Curvi Fanny Flattering Padded Brief." I liked this option, no surgery, low cost.

My favorite site touted their "gluteoplasty." I learned that "women are flocking to butt enhancement experts." The firm's own expert from South America has developed the "Brazilian butt lift." He boasts, "When finished your butt will sizzle." I'm not sure I understood the "sizzle" part.

Other sites suggested the use of creams. They called it a butt facial. Huh? It reminded me of the old Brylcreem jingle, "a little dab'll do ya."

Another site boasted, "No injections, butt lifts, or butt implants." You pop a pill. 100% satisfaction guaranteed." Instant gratification.

One site referred potential clients to Tijuana, Mexico—hmm, a butt enhancement and a bull fight. Not bad.

Sorry guys. There didn't seem to be much offered for you in the way of tushie lifts. Fanny discrimination if I ever saw it.

With so many weighty questions to ponder, it's mind boggling. I thought about a senior scurrying to a butt specialist surgeon and shown a row of mannequins on the sale rack, each with a different shaped whoopee cake. Pick one ma'am. "Let me see, aha, I'll take the Brazilian."

I've decided to leave the pursuit of physical perfection to the younger set. I'm going to shop in the Skinny Butt Club's discount store and use part of my Social Security check to purchase a spiffy supple fanny pack. It's a cheap option, non-invasive, no crèmes, pills or fat grafting. It'll hide my hiney and hold my trail mix.

Bottoms up!

*In order to maintain our sanity in the face of reality, we surely need a dash of silliness and a dab of nonsense in our daily porridge, says the author. You may contact Hunter Howe at grayowl@maine.rr.com.*

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## The Affordable Care Act Saves Seniors Money

The so-called “doughnut hole” in Medicare Part D has, from the inception of the program in 2006, been a serious problem for thousands of Medicare beneficiaries. Until 2011 there was no coverage in this “gap.” The Affordable Care Act, however, has changed that. As a result of the Affordable Care Act, over 5.2 million seniors and people with disabilities have saved over \$3.9 billion on prescription drugs. In the first half of 2012, more than one million people with Medicare saved a total of \$687 million dollars on prescription drugs. Coverage for both brand name and generic drugs in the gap will continue to increase over time until 2020, when the coverage gap will be closed entirely.



- In 2010, people with Medicare who hit the donut hole received a one-time \$250 rebate. These rebates totaled \$946 million for 2010;
- In 2011, people with Medicare began receiving a 50% discount on covered, brand-name drugs and 7% coverage for generic drugs in the donut hole. Last year, these discounts totaled over \$2.3 billion in savings;
- This year, 2012, Medicare coverage for generic drugs in the coverage gap has doubled to 14%. For the first six months of the year, people with Medicare have saved \$687 million.
- In 2013, the doughnut hole discount for brands will be 52.5% and for generics 21%!

### Stan Cohen, Bridgton

*Stan Cohen is a Volunteer Medicare Advocate for the Southern Maine Agency on Aging. He is available to help people who walk-in for help with Medicare at Bridgton Hospital, 10 Hospital Drive, every Tuesday from 8:30 to 11:00AM.*

## Coats for Seniors

Drop off your gently worn adult winter coat, parka or rain shell to help older Mainers stay warm and dry this winter. For every coat donated, LL Bean will contribute \$5 to the Maine Association of Area Agencies on Aging to help seniors.

### Drop-Off Locations

Friday-Sunday November 16 - 18 at the LL Bean Flagship Store, Main Street, Freeport.

Monday-Friday, November 26-30 from 9:00-noon at the Southern Maine Agency on Aging, 136 U.S. Route One, Scarborough.

Coats for Seniors is a project of Merrymeeting Bay TRIAD and Maine's Area Agencies on Aging, with the generous support of L.L. Bean and many community partners.

If you are a senior in need of a coat or know someone who is, please contact your local Area Agency on Aging for details 1-877-353-3771.

## Got a minute? Send a Health-e-Card

Want to send someone get-well wishes? Cheer on a friend who's trying to quit smoking or lose weight? Send them a Health-e-Card, a free electronic greeting card you can find on the Center for Disease Control website. The site offers more than 100 cards that support safe and healthy living.

It's easy to use. Just choose the card you want to send and fill out the email address for your chosen recipient. You can even add a short personal message of your own.

To find out more about e-cards, go to [www.cdc.gov](http://www.cdc.gov) and type Health-e-Card in the search box.

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## CATCH Healthy Habits Expanding

### Class of 2012 - Fall Volunteer Training

In early September, lots of laughter could be heard from 14 new CATCH Healthy Habits (CHH) volunteers who were playing the games they are now teaching children in grades K-5. In just two half-days, these newbies learned that one child of every three is now overweight or obese. CATCH volunteers are helping to address this concern by presenting a series of one-hour afterschool sessions starting with a healthy snack. Volunteers then lead a discussion about “Go, Slow and Whoa” foods and round out the hour by playing physically active games.



Our volunteers are all 50 years of age or older. We had retired teachers, ballet instructors, nurses, marketing professionals, career specialists and people in the tourist industry in our latest training. Volunteers commit to weekly sessions for 8-13 weeks. We now have 36 volunteers, surpassing our goal of 32!

### New Sites

We started four new programs this fall. We were invited back to Redbank, a satellite of South Portland Recreation, where we are presenting an 8-week program for children in kindergarten through second grade.

A new partner, Greater Portland Christian School, has an 11-week program for their students in grades 4 and 5.

Another new partner, Westbrook Community Center, is sponsoring two programs, one for students in K-2 and another for third through fifth graders—all meeting for 13 weeks.

We had a goal of presenting CHH at five sites this year. We have had programs at six sites and have served more than 170 children!

### Supporting Afterschool Budgets

We are very pleased to announce that we are able to give all six of our fall partners the opportunity to order \$100 of playground equipment from the nationally known supplier, FlagHouse. Afterschool programs will be able to expand their hula hoops, balls, pinnies, bean bags and other items with which children can be active and have fun.

### CHH at First Annual National “Let’s Go” Conference

Portland, Maine was the site of the first national conference for “Let’s Go,” the initiative promoted by First Lady Michelle Obama to improve the nutrition and physical activity of children. About 125 people from around the country learned

about CHH. We had a presentation board at our booth where our branded fruit and vegetable shaped stress balls were a huge hit. We were the first of the 18 pilot sites in the U.S. to participate in a national event.

### CATCH Gets the Word Out

This has been a busy time for CHH, as we gain visibility. Thanks to volunteer Bill Brown and SMAA’s Communications Director Eileen Whynot, we have appeared in “The South Portland Sentry,” The Natural Foodie Column in the “Portland Press Herald” and The Southern Edition of “The Forecaster.” We worked with WCSH on TV and online promotion and the local newspaper “Parent & Family” is on board to help us get the word out by publishing recipes and letting more parents and schools know about our well-researched curriculum.

CATCH Healthy Habits is a program of The OASIS Institute and funded by the Anthem Blue Cross and Blue Shield Foundation. CATCH is managed by the Southern Maine Agency on Aging and received the 2012 Maine Fitness Award in the Adult Category from the Govern-

nor’s Council on Physical Fitness. FMI about volunteering or to add CATCH Healthy Habits activities to your afterschool programs, contact Sharon Schulberger at 396-6523 or e-mail [ssschulberger@smaaa.org](mailto:ssschulberger@smaaa.org). See us on the web at [www.smaaa.org/catch.php](http://www.smaaa.org/catch.php)

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# The Hidden Hungry

## They're Not Who You Think

By Susan DeWitt Wilder, Planner  
Southern Maine Agency on Aging



In early spring I went out on a Meals on Wheels route with volunteer Bill Mello. Bill has been driving this Monday route for four years, and he considers the people he delivers to his friends.

He carries an old broom and a bucket of deicer in the back of his car, and while I was with him, he swept the walkway for one woman and spread deicer on the sidewalk of another woman, both of whom live alone.

During the drive he told me of another woman on his route who was worried about paying the fee to have her taxes done. He drove her to the Agency on Aging where she had her taxes prepared for free by an AARP volunteer.

Like so many of our volunteers, Bill goes way beyond delivering a

meal. But even if that was all he did, Bill would still be making a huge difference in the lives of the people on his delivery route.

The 300 volunteers of the Southern Maine Agency on Aging deliver Meals on Wheels to nearly 1,800 people in 51 towns in York and Cumberland counties each year. Some receive meals for a short time while they recuperate from a hospitalization or illness; many have been receiving meals for years.



Like so many Meals on Wheels volunteers, Bill Mello helps the people on his route live safer in their own home.

### Living Alone

The average age of people receiving Meals on Wheels from the Agency is 78. Sixty-three percent (63%) live alone. Research shows that those who eat alone are more at risk of malnutrition.

Homebound elderly people who live alone are more likely to become depressed and consequently, eat poorly. Poor nourishment can worsen depression and result in an unbreakable cycle.

In 2011, 20% of the people who received Meals on Wheels told us they seldom or never see a family member or friend in person. For these people, Bill's visit with a nourishing meal makes all the difference. Bill may be the only person they see during the day.

Each person we assess for Meals on Wheels completes a nutritional checklist that is used nationwide to determine high, moderate or low nutritional risk. Of the people assessed last year for Meals on Wheels, 48.5% were at high nutritional risk.

A survey we did last year told us that one-third of our Meals on Wheels recipients eat only one other meal aside from the one volunteers deliver during the day. Seven percent (7%) eat no other meal. The meal we deliver contains, by law, one-third of the daily nutritional requirement for an older person.

One of our most gratifying pieces of Meals on Wheels fan mail was from a daughter who wrote that before her mother began receiving Meals on Wheels she ate only cookies for lunch. Within one week of Meals on Wheels, the daughter saw a tremendous improvement in her mother's energy level and stamina. I happened to be along on the route with the volunteer who delivered

that woman's first meal. I was thrilled to learn the results.

Because we are also concerned about what people are eating (or not) on Saturday and Sunday, we provide extra meals to people who tell us they have no one to help them prepare food on the weekends.

The question for us has been, what are these elderly homebound people eating aside from the meals we deliver? I found one answer when I walked into a kitchen and saw a large bowl filled with packages of ramen noodles. Most ramen noodle packages are about 400 calories, with 14 grams of fat. The noodles are wheat based and deep fried before packaging. They have no fiber and little nutritional value. The seasoning package contains at least 90% of the daily recommended intake of salt or sodium.

### Low-Sodium Menu

This past summer the Agency has been working with its meal supplier Jeanie Marshall Foods on developing and taste testing low-sodium options for Meals on Wheels. Those meals will be available starting in November.

*The average age of people receiving Meals on Wheels from the Agency is 78. Sixty-three percent (63%) live alone. Research shows that those who eat alone are more at risk of malnutrition.*

### The Hidden Hungry

Older homebound people are the hidden hungry, they're not swelling the numbers at the food pantries and they're not applying for a food stamp debit card despite being eligible. Some of them are living alone with Alzheimer's disease and forgetting to eat, others eat only cookies for lunch, because it's too much work to prepare something more nourishing.

And they're not necessarily receiving help from family members. Earlier this year a man told us he no longer wanted to be the emergency contact for his mother who receives Meals on Wheels. We are now relying on a neighbor to be his mother's emergency contact.

Most older people want to remain living in their own homes, no matter how challenging it may become. Meals on Wheels is just one of the services the Southern Maine Agency on Aging provides that helps make that possible.

To sign up, or to refer someone you know for Meals on Wheels, call the Southern Maine Agency on Aging at 800-400-6325. We deliver!

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\$10    \$20    \$30    \$50    \_\_\_\_\_.

Comments: \_\_\_\_\_

Send to: Senior News, Agency on Aging, 136 US Route One, Scarborough, ME 04074



## Local Veteran Shares Amazing Story

continued from page 1

him as an ordinary seaman. His papers from the Academy followed him to training in Newport, RI, where he was made a company commander. Jim says, "No big deal, I knew how to march."

Radar was new on the scene, and Jim decided to specialize in that field. He went to school until he was ready for sea duty as an electronics technician, and found himself sitting in the bo'suns chair, swinging over the ocean, as the sirens wailed. He made it to the deck of the McKee and was told to get off the deck and find his station. And so his war began.

His service time on the McKee alternated between intense action and numbing boredom as the McKee steamed the thousand miles between engagements. The order of the fleet had the destroyers sailing about 15 miles ahead of the main task force as its eyes and ears, warning the fleet against attacks by the kamikaze pilots that followed the U.S. pilots back to their carriers. If the Japanese pilots couldn't hit the aircraft carriers or larger ships, the lighter ships such as the destroyers became their targets in a deadly game of dodge 'em. Twenty-nine destroyers were lost in the Pacific, 13 of them to kamikaze attacks.

For two year, between boredom and action and an occasional return to California for refit, the McKee with Jim aboard island-hopped up the Pacific. Jim said the sailors didn't know where they were going or why, but in the Navy, he had a bed to sleep on and three meals a day—better than the soldiers had. During that time, the McKee took part in the landings on Rabaul in the Solomons, provided cover for the landing ships off Tarawa, Guadalcanal, and Eniwetok, provided supporting fire for the 3rd Marines as they landed on Guam. In the Leyte Gulf and Samar, the McKee provided the covering fire that destroyed camouflaged barges and ammunition dumps. Jim's job was to use

radar to hone in on Japanese radar to determine whether the Japanese facilities had sighted in on the US ships, and to provide advance notice if an attack was likely.

During preparation for the Okinawa landings, the McKee's fleet was attacked by kamikazes, and the McKee rescued U.S. pilots from the ocean and conducted depth charge runs on lurking submarines. Four planes made runs on Jim's ship—one overshot and crashed into the USS Hunt, the McKee splashed one, damaged another, and while Jim watched, the Japanese pilot visible in the cockpit, the fourth crashed 50' off the bow.

On May 28, 1945 Jim's ship joined Halsey's 3rd Fleet as it prepared for the invasion of Japan. Eight days after it joined, a typhoon with winds of 110 knots struck the fleet. In a typhoon the prior year, three destroyers had capsized with the loss of 790 men. This time, the fleet had been warned, and escaped with minor damage, due, according to the records, to "superior seamanship." To stabilize the ship, Jim's captain had the crew below moving from side to side as living ballast.

The McKee's job—and Jim's job—in preparation for the invasion was to sight in on factories near the coast. The McKee with six other destroyers sailed into Suruga Wan on Honshu and shelled an aluminum plant and rail yards. Jim was on deck when he saw a great billow of smoke rising in the sky. Although he didn't know it then, he was seeing the mushroom cloud from the Hiroshima bomb.

And, just like that he had orders to sail for home, through the Panama Canal to Charleston, South Carolina. Twelve days later he was discharged and put on a train to Maine, holding a big white stuffed teddy bear for the one-year-old daughter he had never seen. He got a job at the Pontiac dealership owned by the father of a friend who had been killed on Iwo Jima. Jim heard about that new invention, television, and became an announc-



er on Maine's first TV station. Jim and his wife had nine children and he now has ten grandchildren. He says his life has been a happy one. Today, he enjoys beautiful paintings, and his only regret is that he can't climb Hacker Hill the way he used to.

Jim mused about the world of the service then and now. "Everybody went through what I did. If you were in New York City and called a restaurant, you'd be asked 'Will you be in uniform, sir?' If so, you could get in.

It was our world." He said that "today's soldiers are just as brave as we were." His generation didn't understand there was going to be a war until Pearl Harbor. His generation had a clear reason for war, something he's not sure succeeding generations have had. He sees Vietnam as a waste of life and Iraq and Afghanistan as "part of the politics of our country." He concluded, "I was in the right generation at the right time. I lucked out. We were the winners, and the country loved us for that."

The McKee was awarded 11 Battle Stars. It was decommissioned in 1946 and sold for scrap in 1970.

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**MEDICARE**

**Time to Review and Chose a Medicare Prescription Drug Plan for 2013**

**Medicare Open Enrollment Ends December 7th**

Mainers on Medicare are advised to make an appointment with their local Area Agency on Aging to review their options for 2013, because premiums and benefits may change. The Southern Maine Agency on Aging provides unbiased help with making decisions about Medicare, because Maine's five area agencies on aging do not sell insurance.

The complexity involved in choosing drug plans with deductibles, co-pays, and falling into the coverage gap, the so called "donut hole," is time consuming and may involve many steps, including using the Centers for Medicare and Medicaid website.

Any changes to Medicare Drug Plans or Medicare Advantage Plans need to be made during Medicare's Open Enrollment period, which ends December 7, 2012.

Appointments are filling fast in the 22 locations offered by the Southern Maine Agency on Aging (SMAA).

Below is a list of the SMAA's Open Enrollment sessions. An appointment is required, except at Bridgton Hospital. From Portland telephone exchanges or your mobile phone call 396-6500, or statewide, toll-free 877-353-3771 to make an appointment.

**Biddeford, McArthur Library** – Call Linda Sprague-Lambert at 207-776-4759; Appointments every week, Mondays 11:30AM-2:30PM; Tuesdays & Wednesdays, 9:30AM-12:30PM

**Bridgton Hospital** – Tuesday, November 13, 20, 27, December 4, 8:30-11AM, no appointment necessary

**Bridgton Community Center** – Thursday, November 8, 15, 29, December 6, 10AM-1PM

**Falmouth Memorial Library** – Tuesday, November 15, 10AM-1PM

**Freeport Community Library** – Thursday, November 8, 15, 29, December 6, 10AM-1PM

**Gorham, St. Anne's Church** – Thursday, November 15, 29, December 6, 9AM-2PM

**Kennebunk Senior Center** – Thursday, November 15, 9am-3pm

**Kennebunk, St. Martha's Church** – Friday, November 9, 9AM-4PM

**Limington Town Office** – Wednesday, November 14, 9:30AM-12:30PM

**Long Island** - Appointments are scheduled as requested.

**Naples Library** – Tuesday, November 13, 20, 27, December 4, 10AM-1PM

**Portland, Woodfords Church** – Wednesday, November 14, 21, 28; December 5, 9AM-3PM

**Portland, Salvation Army** – Thursday, November 15, 10AM-NOON; Call SMAA at 396-6500 for more dates.

**Parsonsfield, Town Office** – Wednesday, November 28, 9AM-NOON

**Saco Community Center** – Wednesday, November 7, 14, 21, 28, December 5, 9AM-1PM

**Scarborough, Southern Maine Agency on Aging (SMAA)** – Tuesday, November 13, 20, 27, December 4, 9AM-4PM; Thursday, November 8, 15, 29, December 6, 9AM-4PM

**Sanford, Goodall Hospital** – Tuesday, November 6, 13, 20, 27, December 4, 9AM-4PM

**South Portland Community Center** – Friday November 2 and 16, 9AM-3PM

**Wells Ogunquit Senior Center** – Dates TBD.

**Westbrook Community Center** – Wednesday, November 7, 14, 21, 28, December 5, 9AM-2PM

**Windham, Our Lady of Perpetual Help** – Tuesday, November 6, 13, 20, 27, December 4, 10AM-4PM

**York Middle School** – Thursday November 1, 8, 15, 29, 8:30AM-12:30PM. Contact the Community Health Connection of the York Hospital at 361-6988 to make an appointment.

**2013 AT A GLANCE**

- 28 prescription drug plans from which to choose
- 13 plans have increased their premiums
- 11 plans have decreased their premiums
- 4 plans will end
- 4 new plans will begin

**Note: If you have one of the 12 Medicare Advantage Plans, your prescription drug benefits or premiums may change.**

**Medicare Homework**

Each Fall, there's Open Enrollment for Medicare's prescription drug plans. In addition, many people choose a Medigap or Medical Advantage health plan.

These decisions are important, the process confusing and fraught with pitfalls. This is not a time to make a mistake because you failed to do your homework.

Several years ago, I took SMAA's three-day Medicare training program for volunteers. Next, I sat in on seven sessions observing SMAA's seasoned volunteers work with Medicare beneficiaries seeking help. Since then, I've met with two different staff members to discuss my own situation. Finally, I've attempted to read through Medicare information both in print and online.

The more I learned, the more I realized that I needed to tread carefully through this complex maze.

In October, I considered "opting out" of my wife's company health care coverage. In one day, I had extensive telephone conversations with a health representative in my wife's company, a counselor at Social Security and a licensed representative in Maine to discuss a Medigap plan. Fortunately, all three sources were professional, knowledgeable and patient. On another day, I attended a two-hour informational seminar with one of the plan companies I was considering.

Then, I organized my copious notes including putting together a cost summary of estimated costs and another overall To Do/Process checklist. This led to other questions.

Get the picture? This is tricky stuff. I realized that even though I had a relatively good grasp of the process and pitfalls, I needed a final sounding board. So, I called SMAA to make an appointment. The service is free and unbiased and SMAA is not in the insurance business. The good folks at your local Agency on Aging just want to assist you. Remember, it never hurts to talk.

I urge you to do your homework and ask for help. It's the smart thing to do.

**Hunter Howe**  
Volunteer writer  
for the Senior News

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## Here's Why Seeing a Medicare Specialist Pays Off

Dear Readers,

**M**rs. B, a widow, has been paying about \$175 a month for a Medicare Supplement plan (Plan J – which is no longer offered). She also has a Part D plan, which costs her about \$32 each month (premium) – plus co-pays of about \$60 more for her drugs. And, of course, she didn't know that she has also been paying approximately \$100 a month for Part B, which is deducted from her Social Security benefit before it is deposited to her checking account.

A friend of Mrs. B suggested she come to see me because her only income is the Social Security benefit plus a very small pension. The health coverage costs were eating up her meager resources.

It was a struggle to extract the information cited above from Mrs. B because, like so many elderly people whose spouses were the primary managers of their health insurance, she had never paid much attention to these details.

I was able to quickly determine that Mrs. B is eligible for Qualified Medicare Beneficiary (QMB), one of the three categories of the Medicare Savings Program (known as the "buy-in" in Maine DHHS parlance). I helped her fill out an application, copied her Medicare card for her to mail with the application, and addressed an envelope to DHHS for her. I explained to Mrs. B that I could not guarantee that she would be awarded QMB status but that based on my experience and the information she gave me, she would very likely be given this benefit. I asked her to let me know when she received a response from the MaineCare office so that we could choose a new Part D plan for her.

Once she has been awarded QMB, Mrs. B will not need her Medicare Supplement plan. She will not have to pay a premium for her Part D plan, will not have the Part B premium deducted from her Social Security Check, and Mrs. B will pay very small co-pays for her medicines. She will save about \$350 a month!

Please, don't delay, call the Southern Maine Agency on Aging for an appointment to review your Medicare benefits and especially Medicare D. I see people in the Lakes Region; however, there is someone near wherever you live! Call 1-877-353-3771 from anywhere in Maine.

Stan Cohen  
October, 2012

VISIT OUR WEBSITE  
[www.smaa.org](http://www.smaa.org)



## Meals on Wheels Volunteer Drivers and Kitchen Help Needed

### Portland and Westbrook

We are seeking volunteer drivers to be dispatched from the Community Center in Westbrook. Volunteers should be willing to serve as back-up drivers and also drive regular routes in both cities. Call Kristin at 878-3285.

### South Portland and Cape Elizabeth

We could use a driver on Tuesdays to deliver in the Redbank area of South Portland and a Thursday driver for the Meetinghouse Hill area of South Portland. We also need a driver on Thursday for the very scenic Cape Elizabeth route. Call Liz at 767-2255.

### Windham

Two people are needed for about 1 1/2 hours to help in the kitchen preparing for the transport of food. Need one person for Monday and one person for Friday. Call Virginia from 9:30 to 1:30 at 892-3891.

## All are Welcome for a Noontime Dinner!

### Luncheon in Biddeford

J. Ross Martin Community Center, "Community Café" will have a luncheon and BINGO on November 26 starting at 11AM. To make a reservation, please call Lilly or Chester @ 283-2477. Suggested donation \$5 or \$7 if younger than 60. Please come and join us for lots of fun!

### Luncheons in Eliot

Thursday, December 6 and February 7. Starts at 11:30AM. Eliot Methodist Church, Rte. 236. Suggested donation \$5 or \$7 if younger than age 60. For more info and to make a reservation, please call Renee at 475-7399.

### Luncheons in Westbrook

November 27 at the Community Center, 426 Bridge Street at noon.

For reservations, call Kristin at 878-3285.

### Luncheons in Windham

Windham Community Café will have special catered meals on November 8, December 13 and January 10. Meal is served at noon. Suggested donation is \$5 or \$7 if younger than age 60. For more info and to make a reservation, please call Virginia at 892-3891.

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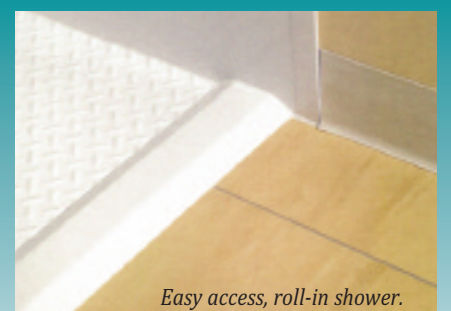


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## From Jo Dill's Notebook

### 2012 Maine Senior Games

The 2012 Maine Senior Games are over and what an amazing journey it was for me both as a participant and as the Coordinator. Every event was special! Congratulations to all who participated! Some facts about this year's games: 601 athletes registered, 63.7% male, 36.3% female, 36.4% of the registered folks were new to Maine Senior Games! Finally, our newest event, Pickleball, had 68 participants! Results of this year's Games can be found on our website. [www.mainesrgames.org](http://www.mainesrgames.org) and all pictures are on the MSG Facebook page. Enjoy the memories.



tional Senior Games Board Member), **Mary Ann Malloy** (Athlete/Healthy Body Fit Mind), **Robin Rutherford** (business owner, Studio 25), **Deb Smith** (Athlete/Not Too Late Basketball Camp), **Kim Williams** (Athlete/Unum) and **Noelle St. Hilaire** (business owner). Thanks to you all for donating your time!

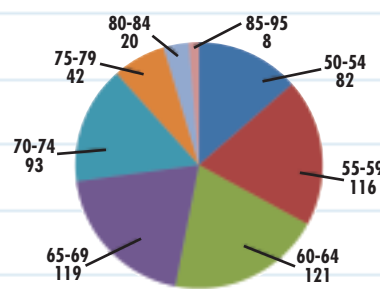
### Sponsors

A special thanks to the following who sponsored MSG for 2012: Lead Sponsor: Martin's Point, Gold Sponsors: Piper Shores and Anthem BlueCross BlueShield; Silver Sponsors: Falmouth Orthopaedic Center and Harvard Pilgrim Health Care; and Bronze Sponsors: AARP and Goodwin Motor Group.



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### 2012 Participants by Age



### Cycling

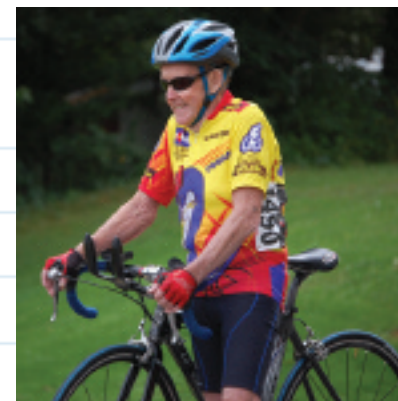
Rain was forecasted, cool temps and no sun but the day turned out to be beautiful with no rain, no hot sun and perfect! A record number of cyclists participated in this year's cycling event held at the Kennebunkport Bicycle Company. A total of 58 cyclists from Maine, NH, MA, RI and Canada participated in the 5KTT, the 10KTT, and the 20K & 40K road races. Great weather, lots of fun, good times and no injuries—a beautiful thing!

### Volunteers

Thanks so much to all of you who volunteered for 2012. You are too numerous to mention for fear of leaving someone out BUT I could not have done it without you!! Folding T-Shirts, passing out medals, checking folks in, being a road marshal, keeping score, holding a tape measure, cheering folks on or whatever your role was...thank you, thank you and thank you!

### MSG Advisory Board

MSG is so fortunate to have such a caring and dedicated advisory board that meets every five weeks to discuss strategies, marketing, development, athletes, volunteers and other pertinent details. Our advisory board consists of staff from SMAA, **Kate Putnam**, Development Director; **Ted Trainer**, Director of Healthy Aging and **Eileen Whynot**, Director of Communications; as well as **Ginny Ketch** (Piper Shores), **Jerry LeVasseur** (Athlete/Na-



The ages of 2012's cyclists ranged from 50-89, with 89-year-old **George Walsh** driving from Jay, ME to participate. What an inspiration!

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— Deb Smith, founder of Not too Late Basketball Camp for Women; board member, National Senior Games; and, advisory board member Maine Senior Games.



## The Southern Maine Agency on Aging and AARP Maine Present A Free Screening of *Age of Champions*

Sunday, November 11th  
Doors open 1PM, Event begins 1:30PM  
University of Southern Maine, Abromson Center, Portland, ME  
Free refreshments and free parking



The Tigerettes, 65+ Women's Basketball Champions.

**A**ge of Champions is the award-winning documentary following five competitors who sprint, leap and swim for gold at the National Senior Games. You'll meet a 100 year-old tennis champion, 86 year-old pole vaulter, and rough-and-tumble basketball playing grandmothers as they discover the power of the human spirit and

triumph over the limitations of age. Age of Champions premiered to a standing ovation at the prestigious Silverdocs Film Festival and has since shown at more than 700 venues around the world. The Washington Post called the film "infectiously inspiring" and its characters have been featured in major media outlets including ABC, CBS, PBS, and NPR.

See the movie trailer at <http://vimeo.com/24026838>



Roger Gentilhomme is the 100-year-old Tennis Champion featured in the documentary.

*"Everyone should see this because it shows that life is a great pleasure and every day is a gift! When I was watching the film I was actually so inspired I had tears in my eyes."*

— Essie, 76 years old

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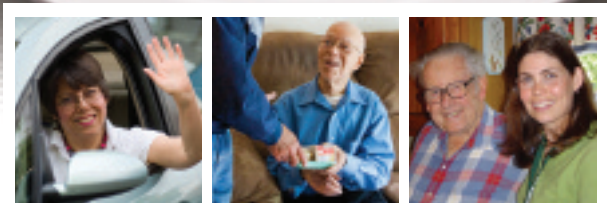
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—Senator George Mitchell

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## When Someone Dies, What is Letting Go?

By Carol Schoneberg

Letting go is a phrase that one hears over and over again in the bereavement support group setting, and many find themselves asking, "What does this mean?" While I think it's one of those questions that can ultimately best be answered by the one who asks it, I know what it means to me to grieve and experience loss.



I find it impossible to give a definition for letting go. All things that are bigger than I am—God, Spirituality, Nature, Love, Death—are hard to give words to, and I place letting go in this category. I feel it, and instinctively I know it, but I can't give it words that truly do it justice.

To me, letting go is a positive thing. It does not come early in my grieving process, and it does not ap-

pear all at once—it takes time to develop and become a part of the new normal I will eventually find as I move closer and closer to healing in the months and years after my loved one has died. It does not mean that I am letting go in the sense of forgetting about or giving up my connection to my loved one who has died. On the contrary, once I have reached the place of letting go, I know they will never be forgotten and that my connection is permanent. I can no longer touch or see my mother standing before me, but

I remember the feeling of her arms around me and can unmistakably feel her presence in my life. She is with me. Letting go does not mean I will ever stop loving or missing her.

I can't let go just because I know it would be good for me. I might have friends or family who think I am holding on to or obsessing on one particular aspect of my loved one's death—perhaps the fact that he died too young, that she was misdiagnosed and might not have died if her cancer had been found sooner, or that we had cross words before he left the house that morning and was killed in a car accident on his way to work.

My well-meaning friends or family tell me, "You need to let go of that. You can't change that now," as if I could wave a magic wand and no longer wrestle with these feelings. They tell me this because they suffer at the sight of my suffering. They want me to look and act like the person I was before my loved one died, but I am simply no longer that person. They don't understand that I'll wrestle with these feelings as long as I need to, until I have worked through them at my own pace, and only then will I be able to move on to the next phase of my grief journey. It is my timetable, not anyone else's.


Because I am committed to facing my grief head-on rather than trying to go around it, I will eventually be blessed with letting go—with knowing and understanding I can't change what happened, but that I can influence what will be in the future. Losing someone dearly loved means that life will never be the same—I will never be the same because this person who occupied so much of my heart can no longer sit next to me—but it doesn't mean life will never again be worth living. I am incapable of understanding this when I'm newly bereaved. If I'm lucky, I will one day be a wiser and stronger version of myself because of what I am choosing to face today.

If I have grown through my grief, I have the possibility of eventually becoming stronger, more certain of who I am, more compassionate, less judgmental, and more appreciative of all forms of life. Life once again can bring meaning and joy. There is a feeling of liberation from the intensity of my suffering, and I suddenly find myself understanding at my core what letting go means.


Carol Schoneberg is an End-of-Life Educator and the Volunteer & Bereavement Services Director at Hospice of Southern Maine.

Hospice of Southern Maine is offering an eight-week bereavement support group—Getting Through the Holidays—for anyone who has experienced the death of loved one in the past year. The group will begin on November 8, from 2 to 3:30PM with the final session on January 3. Location to be determined. Please call Carol Schoneberg at 289-3651 for more information.

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## Free Hearing Screening & Hearing Aid Service

Tuesday November 20,  
9:30AM-1:30PM

The hearing screening will take about 10 minutes and involves checking the ear canals for wax buildup with an otoscope and assessing hearing acuity with an audiometer.

Screening will be held at the main office of Southern Maine Agency on Aging, 136 U.S. Route One, Scarborough. Call Lauren Gdovin at 883-0240 for an appointment.

Please do not call SMAA or stop by the office to make an appointment. You must call Lauren at Maine-ly Hearing.

If you already wear hearing aids, a technician will check them and replace batteries and answer your questions.

## Do You Have the Early Signs of Hearing Loss?

Find out now by answering these questions:

1. Do you experience ringing or noises in your ears?
2. Do you hear better with one ear than the other?
3. Have you had exposure to noise at work, during recreation activities or while in the military?
4. Do you find it difficult to follow conversations in a crowded room or noisy restaurant?
5. Does it seem as if people are mumbling or not speaking clearly?
6. Do you find it difficult to understand the speakers at meetings or religious services?
7. Are you having trouble at work because you sometimes miss key pieces of information?
8. Do you find yourself asking people to speak up or repeat themselves more often than you used to?

9. Do you experience difficulty understanding soft or whispered speech?
10. Do you turn up the volume on the television to the point where it disturbs other people?

If you answered "yes" to three or more of the questions above, it is better to have your hearing tested than to put it off. You may have wax build up that when treated by your health care provider, will restore your hearing.

The American Medical Association recommends that hearing should be tested once per year beginning at the age of 65.

## From the Mail

I just signed the petition, "Medicare: Require providers send a copy of the bill to patients," and wanted to see if you could help by adding your name. WE are the first line of defense against non-existent or overpriced services. You can read more and sign the petition here or email Ann Bainbridge at [annbainbridge@hotmail.com](mailto:annbainbridge@hotmail.com) and she will send you the link.

<https://www.change.org/petitions/medicare-require-providers-send-a-copy-of-the-bill-to-patients>

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# VOLUNTEER CONNECTIONS RSVP

*"An Invitation to Make a Difference"*

## 'Tis the Season to Volunteer!

### Would you like to...

- Enjoy time helping a senior by volunteering to be a grocery shopper. We have a great need for shoppers in Ogunquit and Wells.
- Help a person in Saco make it to doctors appointments by giving a ride.
- Answer a hotline to assist victims of domestic abuse in Sanford.
- Help make a hospital stay more enjoyable by visiting patients.
- Tutor other adults needing literacy or computer skills.
- Become a "Matter of Balance" health educator to help seniors reduce their risk of falling.
- Become a Health Insurance Counselor to help others understand their Medicare choices.

Call Cynthia Bastarache at 800-427-7411, Ext 525 or email [cbastarache@smaaa.org](mailto:cbastarache@smaaa.org) for more information about these and many more opportunities.

## Share Your Holiday Joy by Volunteering!

- Become an important link for new U.S. citizens by learning how to help them improve their English. Help is needed in many facets of the learning process. You have a choice of volunteering day or night.
- Wear the VIP badge by assisting with the many and varied duties of this opportunity to work with local law enforcement. Training is provided and you have a choice of what would best suit your time and abilities.
- Do you love working with children? Name the age group you enjoy, and we will assist you in finding the right fit. Needs exist with infants thru school age.
- Transportation is the leading need for seniors. You'll need a reliable car and have a good driving record to qualify. Everything from grocery shopping and Meals on Wheels to medical appointments are needed. Your help will be so gratefully appreciated.

- If you are a cat lover, a most unique opportunity awaits you. This opportunity exists in the Portland area with sound training provided.

Don't delay; contact Priscilla Greene as soon as possible so you can begin training and volunteering! Please call 396-5421 or e-mail [pgreene@smaaa.org](mailto:pgreene@smaaa.org) for further information.



**Cynthia Bastarache,**  
York County Volunteer Coordinator

## Dear Senior News Readers,

I would like to take this opportunity to introduce myself. My name is Cynthia Bastarache, the new Volunteer Coordinator to set up volunteers and opportunities in York County. I have been a part of the SMAA volunteer team since January, working as the department's administrative assistant. I'm very pleased to continue this work while also getting to know active and potential volunteers and representatives from non-profits and healthcare in York County. I look forward to meeting new volunteers and matching you with some of the great opportunities we have available.

Feel free to contact me if you are interested in becoming a volunteer or if you would like to add to your current volunteer service. My contact information is [cbastarache@smaaa.org](mailto:cbastarache@smaaa.org) and 800-427-7411 Ext 525. Thank You and Happy Holidays!

## Welcome New Volunteers!

Volunteer Connections and RSVP have been busy this fall with new volunteers. In August and September thirty new volunteers joined our ranks!

### RSVP

Patricia Barber  
Nancy Bell  
M. Shelia Brown  
Joyce Cassidy  
Peter Charles  
Richard Chase  
Stephen Dill  
Mary Greenlie  
Melissa Hilliard  
Lucille Janowski  
Elaine Landry  
Leon Libby  
Anne Libby  
Nancy Mansfield  
Marianne Marden  
Peter Patten  
Eva Rubins  
Steve Smith  
Margaret Swartz  
Michael Torrusia, Jr.  
Beverly Wyse

### Volunteer Connections

Paula Birmingham  
Summer Christian  
Kayla Finch  
Mike Fleming  
Linda Haberern  
Polly Juneau  
Staff from Living Innovations  
David Osborne  
Debbie Pepper-Dougherty

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## 'Tis the Season to be Jolly

### Find an endless supply of seasonal activities on the Internet

By Michael Torrusio, Jr.

The leaves are still falling. The days are short and pumpkins have sprouted from every porch, window and even some roofs! It's the beginning of that wonderful time of the year when kids are on best behavior and every town and city is loaded with things to do. So join in the fun! Get out and do things. It's easy; let your computer tell you where it's all happening. All you need do is get up and go.

Now, it may seem like a daunting task to find out what is happening around you, but it's not. Here are a few tips to help make it easy to search the "Net" and gather the information you need to decide where to go and what to do.

1) Don't just search by using Google. You'll find Google is a great tool but is more business oriented, so that you need to scroll a bit to find local happenings. Both Yahoo and Bing search engines seem to gather more of the information you'd be looking for, so give these two a try.

2) Get rid of the "10 results" page and cut down on trudging through short-page results. Search results, by default, show a limited number of "hits." This leaves more space for ads. Get rid of this limitation. While each search engine has slightly different procedures, the basic steps are to look on the page for the "advance search" (or some words similar) button and go to that section. On that page you will find a section describing the number of "hits" that are normally displayed. Change that number to 100 per page. Save the change, if required, and Bingo! your search results now display 100 on a page. Makes for an easier life.

3) Type a whole English sentence. Don't bother trying to speak computer. If you want to know where you can pick apples, type, "Where can I pick apples in Maine." Notice that you must specify the state. If you don't, you'll wind up with every state (and country) where you could go apple picking. The computer only uses relevant words, such as "apples" and "Maine" and "pick."

4) Put whatever words you absolutely want to be included in the

search in quotes. So, for this search, you would want "apples" and "Maine" in quotes, which tells the computer that those words must appear in the search results. Doing so will knock out extraneous returns and save you time.

There's a great deal of fun and enjoyment to be had during this fabulous season, and there is no reason for you to miss out on any of the action. So grab your computer and tailor your search entries.

## Variety is the Spice of Life

Susan Gay, Registered Dietician  
Nutrition Coordinator, Hannaford

You may be familiar with the recent reports of arsenic in rice and rice products. Arsenic is a naturally occurring toxic substance found in water, air and soil.

Rice has a high likelihood of containing arsenic because of how it grows. The Food and Drug Administration (FDA) is currently analyzing rice products such as rice milk, rice cereal and rice cakes and the environments where rice is grown. The FDA will make safety recommendations based on the results. At this time, there is no need to avoid this staple food.

However, it is recommended that we incorporate a variety of grains in our meals. By increasing the selection of foods we eat, we are more likely to get nutrients from different sources while decreasing the potential danger from one specific food.

Consider your grocery shopping list. Could it be photocopied and used week after week? Cereal, milk, bread, deli meat, apples, orange juice, chicken, rice, cookies, etc. Ronald Reagan once said, "All great change in America begins at the dinner table!"

Here are some suggestions to mix it up a bit. Cereal is a quick and easy way to start the day. You can add more protein and fiber by mixing other grains like quinoa or barley in with your oatmeal.

By alternating soy milk and regular milk, you'll still get protein and calcium, plus health-promoting phytochemicals from the soy bean.

Rather than the all too common deli meat sandwich, enjoy whole grain rye crackers topped with heart healthy tuna and slice of tomato or hummus and sliver of orange peppers for a light lunch.

Stock the freezer with mixed berries to add to yogurt or cottage cheese for a dose of antioxidants and loads of fiber, at your convenience all winter long. Rather than drinking fruit juice, choose whole fruit for an energy boost at any time of the day!

Chicken again tonight? Consider fish instead with a side of barley. To yield 1½ cups barley, mix ½ cup dry, pearled barley in 1½ cups water or low-sodium stock and bring to a boil. Then reduce heat and cover and cook for 35-40 minutes.

A handful of plump dates make a deliciously sweet treat. Add almonds and you've got a nutrient rich way to complete your meal, rather than a cookie or a lackluster rice cake!

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## Quality Care...Close to Home!



### Do you know about the **Swing Bed Program** at Bridgton Hospital?

When you first came to the hospital you were ill and care was directed at treating your illness. As your condition improves, you need to continue to get well, but perhaps you aren't quite ready to go home. The **Swing Bed Program** at Bridgton Hospital focuses more on getting well after your illness has been treated. Your doctor and the hospital staff will work with you on making this determination.

As one example, if you've had joint replacement in another hospital, we can provide rehabilitation for you close to your home and family, at Bridgton Hospital.

The Skilled Swing Bed Program allows you to receive skilled rehabilitation right here, in your own community, at Bridgton Hospital.

**Why choose Bridgton Hospital for your Swing Bed care?**

- All private patient rooms with private bath, cable TV, free internet access and phone
- Access to the Central Maine Medical Group's extensive network of medical specialists
- Physicians are on-site 24 hours a day/7 days a week
- RN care, around the clock
- Rehabilitation services available 7 days a week
- Lab, radiology (x-ray), pharmacy and other services right on-site

**The Swing Bed Program may include:**

- |                      |                               |
|----------------------|-------------------------------|
| Physical Therapy     | Nutrition Therapy             |
| Occupational Therapy | Psychosocial Support          |
| Speech Therapy       | Comfort Care                  |
| Wound Management     | Longterm Antibiotic Treatment |
| Respiratory Therapy  |                               |

**How is Swing Bed care paid for?**

Swing Bed care is often covered by Medicare, Medicaid and many private insurances. Bridgton Hospital's social worker or case manager will discuss your coverage prior to your transfer from the acute care setting to the Skilled Swing Bed program.

For further information about this program we encourage you to contact Kathleen Wohlenberg, LSW, Director of Guest Relations and Case Management, at 207-647-6149.



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