



From the Director's Desk

Thank you to all our Donors

As this season of thanksgiving and celebration commences, I want to thank each of the 2,007 donors who contributed more than \$573,000 in critical operating support for the many programs and services delivered by the Southern Maine Agency on Aging during our fiscal year 2013. Enclosed in this issue of Senior News is the 2013 Report of Philanthropy, which lists the names of all the individuals, foundations and businesses who contributed to SMAA from October 1, 2012 through September 20, 2013. I am happy to report that our agency served more than 21,000 people living in Cumberland and York counties during that time period.



Coping with the effects of the federal sequestration and with reductions in state funding, the financial challenges to provide the same level of critical services and information to an increasing number of older adults are greater than ever before. Without the continued support of the greater community, those challenges would be insurmountable. Thank you for keeping the Southern Maine Agency on Aging a priority in your philanthropic plans for the year. We truly could not do what we do without your generous support.

WCSH6 Agency of Distinction

The Southern Maine Agency on Aging has been named the WCSH 6 Who Care 2013 Agency of Distinction. The award was announced at a gala ceremony on October 21. WCSH 6 created a wonderful video, highlighting many of the programs and services SMAA provides to older adults in southern Maine. The video will be shown throughout the coming year on WCSH 6 and will also be available to view at www.wcsh6.com. An award of this stature is a testament to the outstanding dedication of nearly 1000 volunteers and 100 staff members who work tirelessly on behalf of SMAA's clientele. I hope you will tune in to the primetime special on WCSH 6 on November 9 to see the ceremony.

Medicare Open Enrollment

Each year SMAA recommends that Medicare beneficiaries review their Part D drug plans dur-

continued on page 5

Meals on Wheels Volunteer Ends Seven Month Trek Across the US in Maine

Phil Cihwsky, recent recipient of a volunteer award from President Obama, ended a seven month trek to raise awareness and funding for Meals on Wheels across the United States on October 4. Meals on Wheels supporters from New England, and beyond gathered at the finish line. Cihwsky began his trek in the Pacific Ocean in San Diego on March 4 and ended his trek in the waters of York Harbor on October 4 at exactly 10:04AM.

A 59 year-old recent Colorado retiree and avid year-round "weekend walker", Cihwsky has always wanted to walk across the country. Upon learning that Cihwsky's journey would start in San Diego, Cihwsky's friend and long-time supporter of Meals on Wheels of Greater San Diego, Rob Dunn,

suggested that he use his journey to bring awareness to the need to fight senior hunger and isolation.

Cihwsky has visited many Meals on Wheels programs and supporters along his way. Meals on Wheels recipients have even offered their yards as a safe camping spot for him to sleep in. In addition to the Presidential honor, Cihwsky has been named the Meals on Wheels Association of America's 2013 Volunteer of the Year.



Phil approaching the finish line

"Tiring..." may have been the first word out of Cihwsky's mouth after crossing the finish line, but the smile on his face said more. Cihwsky's wife Sharon, and daughters ran out onto the sand to greet their father. Family from Connecticut and northern Maine were also there to share in the moment.

After visiting family in northern



Phil, his wife, and his daughters

Maine, Cihwsky and his wife Sharon will begin the drive back to their home in Colorado where Cihwsky will retire or possibly plan his next adventure!

"It was great to be a part of Phil's epic journey. There are a lot of places on the East Coast that he could have ended at—it's an honor that our area was chosen."—Ted Trainer, Director of Healthy Aging at Southern Maine Agency on Aging.

Southern Maine Agency on Aging is grateful to have been able to be a small part of this terrific journey. We are thankful to the Town of York, York Hospital, and Jessica Ennis "The Cake Girl" for their support in helping to make this event a success.

SMAA Awarded WCSH 6 2013 Agency of Distinction



SMAA Executive Director, Larry Gross, and Deputy Director, Debbie Carr

Each year six adult volunteers and one non-profit agency in Maine are honored by WCSH 6, the United Way of Greater Port-

land, and TD Bank for their impact on the community. This year SMAA was chosen as the Agency of Distinction for being a good steward of human and financial resources, for showing respect and recognition for the work of our volunteers, and improving the well-being of older adults in the community. The 6 Who Care honorees and the Agency of Distinction were selected by the Board of Governors from nominations submitted by individuals and service organizations throughout the WCSH 6 viewing area.

On October 21, SMAA and the 6 Who Care honorees were recognized at a reception and awards ceremony held at the Portland Museum of Art. It was a wonderful evening to cele-

continued on page 16

Medicare Open Enrollment has Begun

Medicare open enrollment runs from October 15 through December 7, 2013. This is the time of the year when you can make changes to your health and prescription drug coverage for 2014. Since Medicare now covers more preventative services—such as screening and counseling for depression, cardiovascular disease, obesity, and more—now is a good time to learn if your coverage is meeting your needs.

continued on page 15

If you no longer want to receive the paper, please contact Bonnie at 396-6526 or 1-800-427-7411 x526 or bcraig@smaa.org.

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

NON-PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
PORTLAND, ME
PERMIT NO. 493



Embrace



Assisted Living Specializing in Memory Care
OPENING FALL 2013
SALES OFFICE NOW OPEN

Introducing Avita of Stroudwater:

We know many of you have made the promise that you will always be there to care for family members you love, even in times of need. At Avita, you can have peace of mind knowing we are here to help you fulfill that promise.

- SMALL HOME-LIKE NEIGHBORHOODS
 - SAFE, SECURE SETTING
 - 24 HOUR CARE STAFF
- INNOVATIVE AND HOLISTIC PROGRAMS

Now Accepting Reservations
Call Liz Leonard today at:
207.857.9007

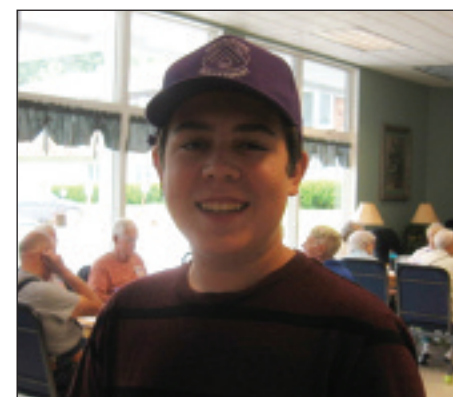


320 Spring Street • Westbrook, ME 04092 • www.avitaofstroudwater.com

One Person Can Make a Difference

For the third summer in a row, campers from the Saco Parks and Recreation Department have spent time with members of the Truslow Adult Day Center in Saco.

Under the direction of Kevin Lombard, Parks and Recreation Program Director, and Kaitlin Oddy, a summer camp coordinator and 2013 graduate of USM's Therapeutic Recreation Program, campers come to the center regularly. One camper in particular, Ollie, remembers how he got his start at Truslow with the program.



Ollie, now a sophomore at Thornton Academy, regularly volunteers. When asked what he gets from the experience, he stated, "Everyone here is very nice. I enjoy coming back each summer and seeing some of the same people knowing that they recognize me. I've made some good friends and I just really enjoy coming." No longer part of the recreation program, this generous young man gives willingly of his time and he makes a real difference here.

Ollie's mother, Angela, called the center shortly after his first summer to report how much her son liked visiting. "Ollie takes his volunteering very seriously and he is so confidential when speaking about his experiences. He could be playing videos or hanging out with his friends but instead he sometimes chooses to do this and I think it's very admirable of him."

Ollie's mother isn't the only one impressed with how giving he is – the members and their families are grateful for his contributions. It is volunteerism such as this that helps to bridge the generation gap and make our program very holistic for all that participate.



Fall at Truslow Day Center wouldn't be the same without apple crisp. Our apple peelers include members: Rejeanne, Nancy, Pauline and Laurette and staff members Julie and Wendy.

LOOK

at our *EXPERTISE...*

- RETINAL AND VITREOUS DISEASES
- OCULOPLASTIC SURGERY
- PEDIATRIC OPHTHALMOLOGY
- ADULT STRABISMUS
- CONTACT LENSES & OPTICAL SHOP

- CATARACT AND ANTERIOR SEGMENT
- CORNEAL AND EXTERNAL DISEASES
- GLAUCOMA MANAGEMENT
- ROUTINE EYE CARE
- iLASIK AND PRK SURGERY



Northern New England's Most Comprehensive Eye Specialty Practice



Richard Bazarian, MD, FACS



Jeffrey Berman, MD



R. Samuel Cady, MD



Peter Hedstrom, MD



Natan Kahn, MD



Curtis Libby, MD



Erin Lichtenstein, MD



Jeffrey Moore, MD



Charles Zacks, MD



Nirupama Aggarwal, OD



Jill Amundson, OD



Matthew Thees, OD



John Walters, OD



Richard McArdle, CEO

Lowell Street Campus
15 Lowell Street
Portland, ME 04102

Stroudwater Campus
1685 Congress Street, 3rd Floor
Portland, ME 04102

207-774-8277 • www.MaineEyeCenter.com

SMAA CALENDAR OF EVENTS

BIDDEFORD/SACO/OOB

Adult Day Center – Kimball Health Center, Saco, Mon - Fri, 7:30AM-5PM 283-0166

Community Café – JR Martin Community Center, Biddeford, Mon, Tues, Thurs, and Fri at noon, 283-2477

Family Caregiver Support Group – Community Partners, Biddeford, 2nd Mon, 3-4:30PM, 713-3723

Free Information & Assistance – McArthur Library, Biddeford, Mon, Tues, Wed, call for appt, Linda Sprague-Lambert, 776-4759.

FALMOUTH

Medicare 1-on-1 Appointments – Falmouth Library, 3rd Thurs, 10AM-1PM., 396-6524 for appt.

FREEPORT

Free Information & Assistance – Freeport Library, 2nd Tues, 1-4PM, 396-6524 for appt.

GORHAM

Free Information & Assistance – St. Anne's Catholic Church – Rte 25, Thurs, 9AM-2:30PM, 396-6500 for an appt.

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

Community Café – Peoples Methodist Church, South Portland, Thurs at noon, Reservations: 767-2255

Community Café – Westbrook Community Center, Westbrook, Last Tues at noon, Reservations: 878-3285

Free Information & Assistance – Portland Hope Gateway Church, 4th Tues, 12-1PM
Salvation Army, 2nd Wed, 10AM-12PM
Woodford's Church, 3rd Mon, 1-3PM
396-6500 for an appt.

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

Medicare 1-on-1 Appointments/Free Information & Assistance – Westbrook Community Center, 2nd and 4th Wed, 9AM-12PM, 396-6524 for appt.

KENNEBUNK/WELLS

Community Café – Park Street School, Kennebunk, 1st Fri at noon – 12/6, Ham dinner and gift (\$5 or less) exchange Reservations: 985-2588 or 329-5400

Community Café – Ross Corner Woods, Kennebunk, Mon, Tues, Thurs, and Fri at noon, Reservations: 985-2588

Medicare 1-on-1 Appointments – Kennebunk Senior Center, 3rd Wed, 12PM-3PM, 396-6524 for appt.

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

Community Café – Eliot Methodist Church, Eliot, Thursdays at noon. Reservations: 475-7399

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

Family Caregiver Support Group – Heart Health Institute, York, 3rd Tues, 1-2PM, 475-1167

Medicare 1-on-1 Appointments – York Hospital 2nd Thurs, 9AM-4PM. 396-6524 for appt.

Welcome to Medicare Seminar – York Hospital, Schedule TBD, 396-6524.

KEZAR FALLS/HIRAM

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

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

Family Caregiver Support Group – Bridgton Comm. Center, 2nd Wed, 1-2:30PM, 1-800-427-7411

Medicare 1-on-1 Appointments – Bridgton Hospital, Every Tues 8:30-11AM. Walk-in first come first serve basis.

PARSONSFIELD

Free Information & Assistance – Parsonsfield Town Office, 3rd Mon, 9AM-12PM. 396-6500 for appt.

SANFORD

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

Medicare 1-on-1 Appointments – Goodall Hospital, Sanford, 1st Tues, 9AM-4PM, 396-6524 for an appt.

Welcome to Medicare Seminar – Goodall Hospital, Sanford, 1st Tues, 2-4PM, 490-7606

SCARBOROUGH (SMAA Main Office)

Family Caregiver Support Group – 4th Thurs, 12-1PM, 1-800-427-7411 x558

Medicare 1-on-1 Appointments – 2nd and 4th Mon and 1st and 3rd Thurs, 9AM-4PM, 396-6524 for an appt.

Putting the Puzzle Together: Getting Ready to Offer Support to Older Adult Family and Friends, Jan 8, 15, 22 and 29, 5:15-7:15PM. 1-800-427-7411 x541

Savvy Caregiver, Jan 7, 14, 21, 28, Feb 4 and 11, 2-4PM. 1-800-427-7411 x541

Welcome to Medicare Seminar – Mon and Thurs, Call for days/times, 1-800-427-7411

SCARBOROUGH

Blue Point Congregational Church Luncheon, 3rd Mon, noon, Reservations: 510-4974

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

STANDISH

Free Information & Assistance – Standish Municipal Center, Every Wed, 9AM-3PM. 396-6500 for an appt.

WINDHAM

Community Café – Unity Gardens, Catered luncheons on Nov 14 and Dec 12 at noon, Regular meals on Mon, Tue, Thurs, and Fri at noon. Reservations: 892-3891

Free Information & Assistance – Our Lady of Perpetual Help Church, 396-6524 for an appt.

“Made in Maine” Christmas Fair - Our Lady of Perpetual Help Church, Dec 7, 8AM-3PM and Dec 8, 11:30AM TO 1:30PM.

Medicare 1-on-1 Appointments – Our Lady of Perpetual Help Church, 1st and 3rd Tues, 9AM-noon, 396-6524 for appt.

Welcome to Medicare Seminar – Our Lady of Perpetual Help Church, Windham, 1st and 3rd Tues, 10AM-12PM

YARMOUTH/NORTH YARMOUTH

Community Café – Masonic Lodge, Yarmouth, Tues at noon. Reservations: 846-6693

Free Hearing Screening & Hearing Aid Service

Wednesday, November 20, 10AM-12PM

Your free 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.

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

Screenings are held at Southern Maine Agency on Aging, 136 US Route One, Scarborough.

You must call Lauren Gdovin at Maine-ly Hearing, 207-883-0240, for an appointment. Please do not call SMAA or stop by the office to make an appointment.

Creamy Cauliflower Soup

Ingredients:

- 1 cup onion, chopped
- 1 medium head of cauliflower, roughly chopped
- 2 1/2 cups reduced-sodium chicken broth
- 1/2 cup fat-free milk
- 2 oz. Cabot® Sharp Light Cheddar, grated
- 1 Tbsp. McCormick® Dill Weed

Directions:

1. Coat a large saucepan with cooking spray; add onion and sauté over medium heat until tender (about 3 minutes). Add cauliflower and continue cooking 2 additional minutes.
2. Add broth and milk to pan and bring to a boil. Reduce heat and simmer, covered, for 30 minutes or until cauliflower is very tender.
3. Remove from heat; puree soup in a blender in batches. Return to pan over medium-low heat. Whisk in cheese and continue stirring just until melted. Sprinkle with dill and serve.



Recipe adapted from the farm families who own Cabot Creamery

“Vitamin D helps support bone health and can help avoid broken bones from falls. The vitamin D requirement for seniors is three servings of fortified low-fat or fat-free milk products daily. Some research is showing adequate vitamin D levels help support our immune system, especially during the winter months here in Maine! Stay warm with this Creamy Cauliflower Soup, rich in Vitamin D and flavor but without the extra calories!”

Nutrition Tip from Susan Gay, RD, LD
Portland Hannaford Dietitian

Talk to a Hannaford Dietitian for FREE!

To see a complete list of stores offering FREE nutrition services, view their monthly in-store schedules of events, or send your nutrition question in a private message to our online registered dietitian, please visit hannaford.com/dietitians.



“Even small accomplishments can lead to big changes.”

Michele D.
Occupational Therapist
Certified in LSVT BIG™
a treatment program
for Parkinson's disease
and other movement disorders.

Occupational, Physical and Speech Therapists



We can come to you -
call us at 207.767.9773
or visit us at any of our
4 locations:
Falmouth, Scarborough,
Cape Elizabeth
or Kennebunk

★ coastalrehab.me Medicare Part B and all major insurances accepted.

At MedCOR, we treat our customers like family.



MedCOR is dedicated to your health and successful recovery.

A family owned, Maine-based company, we specialize in high quality home medical equipment and rehabilitation supplies.



152 US Route One, Suite 7
Scarborough, ME 04074
888-633-2674 toll free
207-222-2828 office
207-221-9622 fax
www.medcorpro.com

- We offer:**
- Exercise and Rehabilitation Supplies
 - Crutches / Canes / Walkers
 - Splints / Supports
 - Rollators
 - Knee Walkers
 - Manual Wheelchairs
 - Aids to Daily Living
 - Bath Safety
 - Compression Stockings

- At MedCOR, we promise to:**
- Provide you with personal, respectful service
 - Handle Medicare and insurance claims for the covered items we sell
 - Offer self-pay options and rent-to-own payment plans

ATTENTION: Snowbirds

Before you fly away, please let us know your winter mailing address. If the Post Office informs us of your change of address, it costs us more than \$3! If you want the "Senior News," we want you to receive it. To update your address or to be taken off the mailing list, contact Bonnie Craig at bcraig@smaaa.org or leave a message at 207-396-6526 or 1-800-427-7411 x526. Be sure to specify the date of your expected return to Maine. Happy reading!

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
Web site: www.smaaa.org
Editor: Kate Putnam
kputnam@smaaa.org or
207-396-6590

Advertising: Nancy Bloch
seniornews@smaaa.org or
207-396-6588

Article Submission: Jessica LeBlanc
jleblanc@smaaa.org
or 207-396-6520

Mailing List: Bonnie Craig
bcraig@smaaa.org or
207-396-6526

Design: Becky Delaney

Printing: Sun Press, Lewiston

Senior News is published six times per year in January, March, May, July, September and November.

"Senior News" is mailed free for the asking. If you would like to receive "Senior News," call Bonnie Craig at 207-396-6526 or send your name and mailing address to bcraig@smaaa.org.

Circulation: Mailed directly to 15,000 households and 7,500 are delivered to public places from Kittery to Bridgton and Brunswick. Another 500 are distributed through Agency on Aging events and locations. Total: 23,000

For details on advertising in "Senior News," log on to www.smaaa.org and see Senior News on home page and/or send an e-mail to seniornews@smaaa.org. You may also reach "Senior News" representative Nancy Bloch at 396-6588.

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!

Disclaimer of Endorsement: We appreciate the loyal support of our advertisers who make the publication of "Senior News" possible. The appearance of these advertisers does not constitute or imply an endorsement, recommendation, or favoring by the Southern Maine Agency on Aging (SMAA). Advertisers are not permitted to use the name of SMAA, its employees or volunteers for marketing or product endorsement purposes.



BOARD OF DIRECTORS 2013-2014

- PRESIDENT
David Smith, Falmouth
- VICE PRESIDENT
Terry Bagley, Cape Elizabeth
- SECRETARY
Kathleen Wohlenberg, Bridgton
- TREASURER
Norman Belair, Biddeford

BOARD MEMBERS

- E. Michael Brady, Ph.D., Gorham**
- Thomas Gruber, Cumberland Foreside**
- Francis "Bud" Guthrie, Cape Elizabeth**
- Jud Knox, York**
- Betsy Mead, Yarmouth**
- Kristine Sullivan, Scarborough**
- Cynthia Swift, MS, RN, CPHQ, Windham**
- Daniel Whyte, York**
- Martin C. Womer, Esq., Saco**

Mission Statement

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

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 from the Maine Office of Elder Services. Learn more at www.smaaa.org or by calling 207-396-6500 or 1-800-427-7411.

VISIT OUR WEBSITE
www.smaaa.org

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.

Kennebunk Savings Bank Gives Largest Gift in History to State-of-the-Art Adult Day Centers



Brad Paige, President and CEO of Kennebunk Savings Bank and Laurence Gross, Executive Director of SMAA

The Huntington Common Charitable Fund for Seniors at Kennebunk Savings Bank contributed \$200,000 to the Campaign to Create a Better Day. This gift is the largest in the history of Kennebunk Savings Bank and the Huntington Common Charitable Fund for Seniors. It is a tremendous honor to have SMAA and our two new adult day centers as the recipients of this generosity.

"We're very proud to be able to make such a substantial contribution to this innovative project. The

campaign for 'A Better Day,' an adult day center, will have a beneficial impact on our community for years to come." – Brad Paige, President and CEO of Kennebunk Savings Bank

"The new Center will have a transformational impact for people living with dementia and their caregivers—offering invaluable respite for caregivers and evidence-based therapeutic programs for those with dementia in a state-of-the-art building." – Laurence Gross, SMAA Executive Director

From the Director's Desk continued from page 1

ing Open Enrollment, because premiums and benefit levels often change from year to year. With 27 plans from which to choose in 2014, your selection will affect your out of pocket expenses.

For many people, the Center for Medicare and Medicaid Services (CMS) website offers a self-guided option for answers. For many others, navigating the website is a complicated ordeal with unfamiliar terms and unrecognized financial implications. SMAA has 54 specially trained volunteers as well as staff to help you sort through your options. Open Enrollment runs from October 15

through December 7. During those eight weeks, our trained volunteers and staff will assist more than 3,000 people at 23 sites throughout Cumberland and York counties. Call for an appointment well before December 7 to get the best Medicare D plan for 2014. The complete list of locations is printed on page 15.

THANK YOU

We could not accomplish all that we do without our committed volunteers, our incredible staff and our very dedicated volunteers. I wish you all a healthy and joyous holiday season.

Laurence Gross
Laurence W. Gross
Executive Director



New England
Family Healthcare

We
Understand
Family

Reliable, Affordable Senior Home Care

We can help you with the following so that you can continue living independently in your home:

- Personal care (bathing/dressing)
- Grocery shopping
- Meal preparation
- Companionship
- Light housekeeping
- Transportation



We do criminal background checks, take out all taxes, and bond all of our caregivers.

CALL FOR A BROCHURE
OR MORE INFORMATION

125 Presumpscot St., Portland, ME 04103
207-699-4663 / www.homehealthcaremaine.com



When you've made the right decision, you know.

Even though we knew it was time, moving to an assisted living community was one of the hardest decisions we've ever had to make. But I knew we'd made the right choice when we decided to come here.

I never dreamed it would feel so much like home. And it's good to know we won't have to move again if our financial situation changes.

We looked at a lot of places. The moment we decided on the Inn at Village Square, we knew we'd made the right choice.

Inn at Village Square
AN ASSISTED LIVING COMMUNITY



123 School Street, Gorham, ME | 207-839-5101 | www.innatvillagesquare.org

Life's most meaningful sounds...




happen everyday.

A quiet conversation over tea or an afternoon spent on the lake with someone special are moments that are easily missed for those living with hearing loss. How much are you missing?

Marty Layne Hearing offers the expertise, superior care, and the latest technology that will help you enjoy all of the moments of your day – no matter how quiet they may be.

Call today for a complimentary screening and demonstration provided by our select team of audiologists that deliver a level of care that has satisfied thousands of patients.

Appointments will be limited – call us today.

Marty Layne
HEARING

LIMITED TIME OFFER:

\$300 OFF

a pair of digital hearing aids



Expires 12/31/2013. Not to be combined with any other offer. Patients must bring a copy of the ad with them in order to get the discount.

397 Western Avenue
South Portland, ME 04106
877-372-9135
martylayneassociates.com

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.

Finding the Rewards in Caregiving

Kate Cole Fallon, MS, LCPC,
Caregiver Specialist

If it's November, it must be National Family Caregiver month! And once again, let's take a moment to thank all family caregivers and to consider the many positive aspects of providing care for a friend or family member.

Those of us who work with families providing care never cease to be awed and inspired by family caregivers. They demonstrate incredible inner strength over and over, in the face of illness and the complex health care system and the crises of everyday life. They advocate for their family member while caring for them, managing a household or two, perhaps holding down a job. These are people of resilience and fortitude. They are often people with

a robust sense of humor that helps them through their toughest days.

The experience of caregiving is often an opportunity for personal growth on many levels. It tests one's priorities, and often raises awareness of what is really important in life. It's truly a lesson in letting go of the little things. It's not unusual for caregivers to experience a shift in their own spirituality. Whether through facing adversity or going on an end of life journey with a loved one, caregiving has the capacity to open people's hearts as well as their spirits.

Providing hands-on care for someone is very intimate, and may

deepen the connection people feel with each other. Even when caregiving doesn't involve this level of care, it is an opportunity to reconnect, and sometimes to reconcile some of the differences that have created

difficulties in the relationship for decades. The caregiver-care recipient structure demands that relationships shift, which can open families up to creating a new way of relating that's more intentional and appreciative.

As part of the Savvy Caregiver Program, we ask people to consider what their "salary" is for caregiving. What are the rewards in this role? For some, the sole reward is

simply the sense of doing the right thing. Others feel tremendous satisfaction at providing a safe place and

a loving environment in the final stages of life. This may involve a rare glimpse into one's own inner strength, wisdom and character, acknowledging that one is far more capable than ever suspected. It may also be helpful to consider writing a caregiving "mission statement". No venture can move forward without clear goals. The journey of caregiving is long. Being aware of your goals and your purpose will keep you steadily on course.

Sometimes caregivers feel stuck; they say they have no choice. It is vitally important for people to always believe they have a choice. Without choice, there is no power and no hope. Developing awareness about the rewards of caregiving and its associated mission statement will highlight the choices involved. Once again, even if it's simply the sense of doing the right thing, or wishing to have no regrets, caregivers demonstrate their strength and commitment by choosing to provide care even when no one else is willing to step in.

Whether through facing adversity or going on an end of life journey with a loved one, caregiving has the capacity to open people's hearts as well as their spirits.

Deering Pavilion

Come see our bright, new, energy-efficient lobby!

Located on seven wooded acres.

Age 62 or physically handicapped.

*Rent is based on 30% of adjusted gross income, including all utilities.**

Short Wait for Studio Apartments

Many Amenities

Optional noon meal • Grocery store on site

Library with Internet access

797-8777

**Income limits apply*



— Deering Pavilion —

880 Forest Avenue, Portland, Maine

www.deeringpavilion.com

The Financial Organizer, LLC

Providing assistance with day to day financial management and organization.



Services:

- Systematize bill payment
- Balance checkbook
- Resolve billing errors
- Negotiate with creditors
- Develop household budget
- Organize financial/legal documents and tax records
- Help applying for long term care benefits
- File health insurance claims/track reimbursement

Free initial consultation

Jennifer T. Minkowitz, J.D.

(207) 841-3711

jtmink@maine.rr.com

Guidelines for a Caregiver Mission Statement

Here are some points to stimulate your thinking about your role as a caregiver, and to identify your purpose and plan for self-care. Make note of your answers, and revisit regularly to help you stay on track.

- I am a caregiver because:
- My goal in providing care is:
- I stay focused on this goal by:
- Here is how I'll know I need a break:
- My plan for taking a break is:
- This is who I will call when I feel overwhelmed:
- These are my small rewards, given generously:

When times get tough, some caregivers find reassurance in maintaining a gratitude journal. If you are struggling to find your own joy in caregiving, this may be a helpful tool. Every day, write down one thing you are grateful for - just one thing. This list will slowly grow and you will find you have many moments of joy and satisfaction. Each caregiver must define for themselves what the payoff is at the end of this caregiving journey. There are immeasurable rewards to be found. What are yours?

Balancing Caregiving and Holidays

Ann O'Sullivan,
OTR/L, LSW, FAOTA

Holidays are exciting and fun, but they may also be stressful and demanding. It's easy to take on too much. Family caregivers are already expending quite a bit of their limited energy assisting someone, so they may need to make choices about traditions and expectations. When considering celebrations, think about what's most important to you and the people you celebrate with.

Choices and Role Flexibility

Some traditions may be less meaningful and could be adapted, or abandoned, for ease. Suggest family and friends be flexible about these, in the interest of having a celebration that works for everyone. Consider Thanksgiving: one person might make and host the entire traditional meal; perhaps one person could host, while others could bring dishes to share; the holiday could be celebrated in a restaurant; or a cooked meal could be purchased and brought in. If people can focus on the priority—a joyful day together—perhaps the details can be managed in new ways. If people are unable or unwilling to be flexible, the outcome may be an exhausting day or, perhaps, no celebration at all.

Setting Priorities

Consider the many activities you do to prepare for and celebrate holidays. These might include cooking special foods, cleaning, decorating, going to social events...

Then, think about each of these activities:

- Would the holiday feel complete without it?
- Is it something you would like to change?
- Do you do it out of habit, tradition, choice, or obligation?
- Who is responsible for it and might it be shared?
- Do you have fun doing this activity? Does it bring you joy?

Asking For and Accepting Help

Often, people would like to help a caregiver, but they don't know where to start. Sometimes, caregivers are reluctant to seek help, because they aren't sure how to ask. Here are some suggestions that come from other caregivers:

- Ask for time-limited help.
- Accept help when it's offered.
- Be ready with ideas when someone offers to help. Be specific.
- Match the task to the helper. Ask people to do things they enjoy or that use their skills.
- People don't have to help with caregiving tasks. They can also help you with other things to free you up (yard work, making a meal).
- Helpers may not do things exactly the way you would do them, but that's ok.

- Give helpers the tools and information they need to be successful. The goal is for the experience to be positive and repeatable.
- Even people who live far away can help by using online tools, or providing funds or support for you and the person you're helping.
- Be generous with your appreciation.

Making it Work for the Person you are Helping

If you are caring for someone with a condition that involves fatigue, pain, cognitive loss, or other lowered tolerance, it is important to consider their limitations as well. Keep to their routine as best as you can. Help them engage in holiday activities, focusing on their abilities and interests. Be sure they have time to rest, and a quiet place to go when there are visitors. Keep in mind that, for a person with cognitive loss, a lot of visitors at once, noise, and chaos can increase confusion. If you can, have small groups of visitors at any one time, and respect the fact that your person may not be interested in visiting. Communicate this to friends and family before they arrive so everyone's expectations are realistic. Involve your person in ways that work for them, which will limit your stress as well.

Making it Work for you too

Be aware of, and respect your own needs. Rest when you feel tired rather than pushing to get finished. Enjoy without overindulging. Take care of yourself! Enjoy what matters, and let go of what doesn't.

For online support and information,
"Like" us on Facebook!
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. Groups are coordinated by SMAA or the community providers listed.

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, 12:30PM, 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.

Kittery: 1st Thursday of the month, 3-4:15PM, at The Gathering Place. Respite available onsite for a fee; please call ahead to reserve. Contact Jill Larson at 439-6111.

Scarborough: 4th Thursday of the month, 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, 1-2PM, at the Heart Health Institute. Contact Susan Kelly-Westman at 475-1167.

Other areas: Please call Ann at SMAA's Family Caregiver Support Program if you are looking for a group in another area. 1-800-427-7411.

Help For People Helping Aging Family Members

Caregiver Class Schedule 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.

November 5, 5-7PM: **Understanding Cognitive Loss:** Basics for Family Caregivers. Crooked River Adult Education, Casco. \$25 registration fee. Contact Crooked River at 627-4291 to register.

January 7, 14, 21, 28, February 4 and 11: 2-4PM: **Savvy Caregiver.** Southern Maine Agency on Aging, Scarborough. Snow dates February 18 and 25. Contact Ann O'Sullivan at 1-800-427-7411 x541 to pre-register (required).

January 8, 15, 22 and 29: 5:15-7:15PM: **Putting the Puzzle Together: Getting Ready to Offer Support to Older Adult Family and Friends.** Southern Maine Agency on Aging, Scarborough. Snow dates February 5 and 12. 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 Ann O'Sullivan at SMAA (1-800-427-7411) with questions.



Free Clean & Check
of your existing hearing devices
Expires 12/31/13

HEAR FOR THE HOLIDAYS

Call today to schedule a free consultation
207.228.9028

FaganHearing.com
985 Forest Ave • Portland

Caring People Help You Stay Independent in Your Own Home

Advantage Home Care is the perfect solution for seniors who want to remain at home but need some help.

Highly qualified and trained caregivers can assist you and your loved ones with a variety of daily activities such as:

- *Caring companionship*
- *Medication reminders*
- *Meal planning/preparation*
- *Incontinence care*
- *Alzheimer's/dementia care*
- *Assistance with bathing/grooming*
- *Light housekeeping/laundry*
- *Incidental transportation/errands*
- *Overnight and 24-hour care available*



Advantage Home Care

CALL TODAY! (207) 699-2570

www.advantagehomecaremaine.com

550 Forest Avenue, Suite 206, Portland, Maine 04101

Helping aging Mainers enjoy the advantages of staying at home.



NEWS FROM NUTRITION

Volunteer to the Rescue

A 96 year old woman who has been receiving Meals on Wheels for nearly a decade recently had an accident and was found by a volunteer who came to deliver her meal. The family was very grateful for the volunteer who recognized that something might be

wrong and made it into the house to find the woman hurt on the floor. The client had been on the floor for several hours. The volunteer was able to get the client help and she is now back home safe. Thank you to all of our volunteers for playing such important roles in the lives of our clients!

New "As You Like It" Eateries

THREE great restaurants are joining the "As You Like It" family!



Enjoy Italian favorites like Lasagna and Spaghetti with meatballs at Rosa Linda's in Saco, or comfort food favorites like BLTs or Meatloaf at Blast from the Past in East Waterboro. Or maybe you're hungry for a delicious grilled chicken breast dinner or chopped sirloin dish from Blast from the Past Too in Scarborough (Formerly the Rock n' Roll diner).

All three restaurants have almost a dozen lunch and dinner entrees available as well as seven breakfast choices.

"As You Like It" is a voucher dining program that promotes good nutrition with a choice. Meal vouchers are available for a suggested donation of \$5 at SMAA locations. To learn more about "As You Like It" visit us online at www.smaa.org or call 1-800-400-6325.

**\$100 OFF
All Lift Chair Recliners
Plus Free Delivery!**

This holiday season give the ones you love an extra lift with this wonderful gift. These chairs lift and recline and are available in multiple sizes, styles and colors. Hand crafted in the U.S. and backed by the industry's best warranty.

PRESENT THIS AD and receive \$100 OFF your lift chair



GOLDEN technologies



Home Medical Equipment
Medical Supplies

Sports Health Products
Daily Living Aids



275 Marginal Way • Portland • 207-871-0008
www.blackbearmedical.com

Some restrictions apply. See store for details.

Ed Greenleaf Award

Each year the South Portland Meals on Wheels site takes time to acknowledge and honor a Meals on Wheels volunteer who always goes the extra mile.

The 2013 winner is Dr. Lowell Pease, a 20-year volunteering veteran. We are very thankful for our volunteer's unending hard work and dedication. Congratulations and thank you Dr. Pease!



Photo L to R: Liz Engel, South Portland Site Coordinator, Dr. Lowell Pease, and Rebecca Greenleaf.

Blue Point Congregational Church Luncheon

Southern Maine Agency on Aging sponsors a Community Café at the Blue Point Congregational Church 236 Pine Point Road in Scarborough every third Monday of each month. There is a recommended donation of \$5. for seniors 60 and over and a \$7 fee if you under 60. There is entertainment or informational speakers as well meeting friends and socializing. The meals are provided by a local caterer, Al's of Scarborough and hosted by the wonderful volunteers at the Blue Point Congregational Church. For reservations call Pam at 510-4974. Reservations should be made no later than the Thursday prior to the luncheon on Monday.

Bowling for Charity

The Maine Academy of Nutrition and Dietetics (MAND) hosted a charity bowling event at Bayside Bowl in Portland. Our Meals on Wheels program was the lucky recipient of their donations and we are very grateful!

MAND Serves the public through the promotion of optimal nutrition, health and well-being while empowering our members to be leaders in food and nutrition. They help ensure that Mainer's receive quality nutrition advice and care—something every Meals on Wheels advocate supports!



To learn more about the great work that MAND is doing, visit www.eatrightmaine.org.

Life comes

full circle
at
Bay Square

Assisted Living & Memory Care
by Benchmark Senior Living

Who better than the Northeast's largest senior living family to take care of yours? Bay Square is as welcoming as a seaside inn, providing premier senior living just beyond the Royal River.

Discover a happier, healthier, full-circle life at the Square:

- Award-winning dining, from chef performances to our own salt substitute
- Creative Programs, including our award-winning Arthritis Foundation Exercise classes
- Care plans based on need instead of time
- Team of caregivers who love what they do, naming Benchmark Senior Living a Top Place to Work in *The Boston Globe* year after year

Call us today at 207-846-0044 to tour and taste our award-winning dining.

Bay Square at Yarmouth

A Benchmark Senior Living Community
27 Forest Falls Drive • Yarmouth, ME
207-846-0044
www.baysquareatarmouth.com

Thank You to Our Veterans

We are honored to thank the Veterans who have protected and served this country. Thank you from the Truslow Adult Day Center.



Back: Joseph Brulotte, Ralph Bouvier,
Front: Arthur LeBlanc, Keith Gerry,
Joseph Belanger, Lucien Lamontagne
Absent: Donald Doyle and Al McLaughlin



Linda DeLapp, Truslow Staff Veteran,
with dad, Charles Busch, Veteran and
Truslow Member.



Elbert Putney —
Truslow's only
current World War
II veteran.

**Made in Maine
CHRISTMAS FAIR**
12/7, 8AM-3PM & 12/8, 11:30AM-1:30PM
Our Lady of Perpetual Help Church, Windham
"BEST fair around!"

AARP Driver Safety Classes Announced

Class size is limited and registrations will be accepted first-come, first-served while space is available. The registration fee is \$12 per person for AARP members, \$14 per person for non-members. Advance registration is required by calling the numbers listed below.

November 8, 9AM-1:30PM —
PORTLAND 370-9647

November 13, 9:30AM-1:30PM —
PORTLAND 829-4664

November 21, 10AM-2:30PM —
BIDDEFORD 282-5005

December 6, 9AM-1PM —
PORTLAND 829-4664





Recognized as the best in
bringing your healthcare *Home!*



- ♥ Nursing Care
- ♥ Rehabilitative Therapies
- ♥ Diabetes Education
- ♥ Counseling
- ♥ Philips Lifeline

15 Industrial Park Rd., Saco, ME 04072
1-800-660-4867 | www.homehealth.org

A life's worth of memories
is worth caring for.



His strong hands and bad jokes. The way he always took care of *you* and made you feel safe. Caring for a loved one with memory loss can be so tough it can seem impossible. The reality is you may no longer be able to handle this on your own. Cape Memory Care specializes in Alzheimer's disease and other memory impairments. We go beyond just meeting basic needs and get to know each of the residents in our care, learning what makes them feel good and making sure we avoid what causes frustration and anxiety. Now, you can have a partner in taking care of *him*.



A WOODLANDS SENIOR LIVING COMMUNITY

To learn more, please visit our website, capememorycare.com.

126 Scott Dyer Road • Cape Elizabeth, Maine • 207.553.9616

SMAA Volunteer wins Molina Medicaid Solutions of Maine's Community Champions Award

SMAA Volunteer, Stan Cohen wins this year's Molina Medicaid Solutions of Maine's Community Champions Award. "Celebrating unsung heroes" – the annual Community Champions Awards was established to honor the memory of Molina Healthcare's physician founder, Dr. C. David Molina. Dr. Molina believed in community partners working



together to create programs that would help care for those in need. The event honors the unsung heroes who work in our communities and inspire others through their selflessness, extraordinary service and contributions, which positively affect the lives of those around them.

Congratulations Stan!

KEVIN COYNE REALTOR®, Senior Real Estate Specialist®

When the time is right for you to make a move, I am here for you as a REALTOR® and advocate. Let me put my decade of experience in the Southern Maine real estate market to work for you.



Contact me for a complimentary, no-obligation consultation or to discuss your real estate needs.

53 Baxter Boulevard | Portland, Maine 04101
O: 207-773-1990 ext 146 | C: 207-831-9386
E: Kevin.Coyne@NEMoves.com

www.NewEnglandMoves.com

©2010 Coldwell Banker Real Estate LLC. Coldwell Banker is a registered trademark licensed to Coldwell Banker Real Estate LLC. An Equal Opportunity Employer. Equal Housing Opportunity. Owned and operated by NRT LLC. RE2013 12/10



RESIDENTIAL BROKERAGE



Is Illness Impacting Your Life?

SolAmor Hospice Can Help.

At SolAmor Hospice, we believe that by managing symptoms and pain, patients can continue to enjoy the things that matter most to them. By listening to our patients and their families, we help make every minute count. Our experienced team—from specially trained physicians, nurses, hospice aides and chaplains to social workers, grief counselors and volunteers—is here to help each step of the way.

To learn more about SolAmor Hospice, contact (207) 761-6967 or visit www.solamorphospice.com.



From Jo Dill's Notebook

2013 Maine Senior Games

The 2013 Maine Senior Games are over and what an incredible journey it was for me. As the Coordinator I had a wonderful time at each and every event.

I met some amazing athletes who are facing unbelievable obstacles but still compete. Their courage is overwhelming. Congratulations to all of you who competed from age 45-90!

Some facts about this year's games: 426 folks registered, 65% male, 35% female and 26% of the registered were new to Maine Senior Games. Results of this year's Games are located on our website, www.mainesrgames.org

Volunteers

Thanks so much to all of you who volunteered for the Maine Senior Games. 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! Special thanks also to my basketball team the Pioneers who volunteered for days on end, whenever I needed them, at events, helping lug boxes, paperwork at the office and continuous encouragement throughout all the events.

Photographers

Special thanks to our volunteer photographers, Marjorie Manning Vaughan (774-3440)



and Dennis Sheehy (773-3260) for their beautiful work. All of the pictures are on Facebook. They captured what I could never have done and I am so grateful for both of them for covering the events.

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 information. Our board consists of staff from SMAA: Jessica LeBlanc, Ted Trainer and Kate Putnam as well as Julie Moss (civic volunteer), Ginny Ketch (Piper Shores), Jerry LeVasseur (athlete/National Senior Games Board member), Mary Ann Malloy (athlete/Healthy Body Fit Mind), Robin Rutherford (Business owner), Deb Smith (athlete/Not Too Late Basketball Camp), Noelle St Hillarie (volunteer) and Patsy Wiggins (Maine Television journalist). Special thanks to Kim Williams who served on the board for many years until her recent move to Florida!

Sponsors

Thanks ever so much to our sponsors who make the games possible.

Lead Sponsor: Martin's Point, Platinum Sponsor: Anthem Blue Cross Blue Shield, Gold Sponsor: Piper Shores, Silver Sponsor: Goodwin's Motor Group and Bronze Sponsors: Aging Excellence, the Vitamin Shoppe and Falmouth Orthopaedic Center.

Athlete Profile: George Walsh

By: Jo Dill

When George Walsh was in his 70s he was the holder of 13 National records and the winner of numerous championships in Whitewater rafting. George had just basically done it all and decided it was time to try another sport – and cycling it was!

George recently turned 90 and he is still cycling after starting the sport 23 years ago. George has always been active, from the time he was a little boy. I recently asked George what his secret was. He replied, "Keep going, keep moving and stay active." His other tip, "I have had the same thing for breakfast for 50 years. Raisin Bran Cereal, 3 prunes, 1/2 banana and black coffee." He currently cycles 12-15 miles, four days a week.



George is an active participant in the Maine Senior Games and last summer won gold medals in the 5K and the 10K at the National Senior Games in Cleveland, Ohio. And, yes, he did have competition!

I asked George what his goals were for the next ten years. He smiled and said, "To stay alive and compete in at least one more Nationals." That would be 2015 in Minneapolis and my guess is he will be there!

MemoryWorks presents The Economics of Aging in Maine



time. Maine is already behind the timeline for addressing the impact of the Silver Tsunami." Join us on Thursday, November 21 from 9AM to 4:30PM at the Abramsom Center and Hannaford Hall on the USM

Portland Campus. FMI and registration, visit <http://goo.gl/b71XWM> Vendors display tables are available to businesses that support the effort to prepare for the Boomer generation.

YOUR 1ST STOP FOR ANSWERS
1-800-427-7411
www.smaa.org

MemoryWorks presents **The Economics of Aging in Maine**—a conference and expo for individuals and businesses who want to learn more about the economic impacts of the coming “Silver Tsunami”.

The “Silver Tsunami” will have the most significant impact on Maine’s economy for the next 30 years. It will impact our workforce, strain our healthcare and elder care dollars, and impact the lives of caregivers who struggle to balance their time and caregiving, and more.

Speakers include:

- Julie Fralich, Muskie School – Demographics of the baby boomer wave in Maine
- Pam Villarreal, National Center for Policy Analysis – trends in spending as Boomers move from paychecks to retirement checks
- Lynn H. Peel, Beach Glass Transitions – The Impact of Eldercare on your Workplace and your Bottom Line
- Judith B. Clinco, R.N., B.S., Caregiver Training Institute in Arizona – upcoming shortages of direct care workers in Maine
- Brenda Gallant, Maine’s Long Term Care Ombuds-woman – efforts to ensure quality long-term care for our elders
- Dr. Jytte Fogh Lokvig, Initiator of the Alzheimer’s Café in America – Discussing Memory Cafes and their role in identifying seniors in need as early as possible in the dementia care paradigm

"This conference is a start. It is the first in a series," says MemoryWorks founder Ken Capron. "We need to bring a lot of awareness to a lot of people in a very short span of

SIGHT IS PRECIOUS.

center of excellence

TREAT YOUR EYES TO THE CARE THEY DESERVE.

You don't want to trust your eyes to just anyone. The latest advancements in eyecare are everyday practice at EMG.

Our experienced ophthalmologists offer a full range of eyecare services

- Cataract surgery
- Vitreoretinal care and surgery
- Glaucoma evaluation, treatment and surgery
- Corneal care and surgery, including transplantation
- LASIK vision correction

Eyecare Medical Group
Tomorrow's eyecare today.

HAVE QUESTIONS?
 Just call our friendly staff at:
828-2020 • 888-374-2020

Find us on Facebook!

 Bruce Cassidy, MD	 Robert Daly, MD	 Samuel Solish, MD
 Scott Steidl, MD, DMA	 Jordan Sterrer, MD	 Jackie Nguyen, MD
 Ravi Shah, MD	 Aaron Parnes, MD	 Elizabeth Serrage, MD Emeritus
 William Holt, MD Emeritus	 Ruth Stevens, OD, MBA	 Clement Berry, CEO

53 Sewall Street Portland, Maine 04102
www.eyecaremed.com www.seewithlasik.com

For a free email subscription to our Eye Health Updates, visit us at www.eyecaremed.com.

A reverse mortgage could help you live more comfortably.

Call me to learn more about this important financial option for seniors 62 and older.

Steve Eastman
 Maine & New Hampshire
 207-657-2459
 800-416-4748
www.mainereversemortgage.net

SECURITY 1 LENDING
 Specializing in Reverse Mortgages

NMLS 485909

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

— Barbara Pires RN

When you need care at home, the choice is clear. VNA Home Health Hospice is Southern Maine's nationally recognized premier provider. Now introducing LifeStages, our new division helping elders stay independent at home. For more information, contact us today!

Ask for VNA HOME HEALTH HOSPICE

www.vnahomehealth.org
 (207) 780-8624

In partnership with Mercy Hospital



Tai Chi For Better Balance Comes to Maine!!

SMAA's Agewell Center has been asked to work in partnership with the Innovation Labs at Aetna to offer an exciting six-month Tai Chi for Better Balance Pilot Program in York and Cumberland counties. The program includes 8 Tai Chi movements that emphasize weight shifting, postural alignment, and coordinated movements; including general warm-up activities, core Tai Chi movements, and cool-down exercise.

Starting in mid-November, trained volunteers from around Maine will lead twice-

weekly classes in sites throughout Portland, South Portland, Scarborough, Old Orchard Beach and Biddeford for 24 weeks following the Tai Chi for Better Balance curriculum. Classes will consist of 10-15 people, meeting for 60 minutes twice a week.

Geared towards people aged 70 and older, Tai Chi for Better Balance helps people to:

- Improve balance, strength, and physical performance
- Improve confidence in conducting daily activities
- Improve social and mental well-being
- Reduce falls
- Maintain independence and improve quality of life

All exercises can be done seated, moving, or with chair assistance.

Southern Maine Agency on Aging is excited to be involved in this innovative and beneficial pilot project for Maine's seniors! Pending the successful conclusion of the project, SMAA is looking forward to including Tai Chi for Better Balance in our selection of evidence-based programs at our Center for Agewell Programs!



Falls Prevention Awareness Day 2013

Preventing Falls One Step at a Time

Maine is part of the national Falls Free® Initiative, which includes more than 40 states and 70 national organizations, professional associations, and federal agencies across the country dedicated to reducing fall-related injuries and deaths among older adults.

This year, Governor LePage recognized the importance of fall prevention, writing

I would like to recognize September 22, 2013 as "Falls Prevention Awareness Day". In 2010, 64 Maine citizens, ages 65 and older died from injuries related to unintentional falls. The State of Maine is home to the oldest residents in the United States, ages 65 and over, per capita. Falls among this age group are the leading cause of outpatient emergency department visits and hospital discharges. Many of these falls are preventable. Programs that are evidence-based continue to show promise in decreasing falls and facilitating cost effective interventions. Examples of prevention techniques include conducting comprehensive clinical assessments, exercise programs to improve balance and strength, management of medications, correction of vision and home safety assessments and removal of hazards. It is critical to raise aware-

ness about the role we all can play to help older Mainers be safe.

—Excerpted from Gov. LePage's letter supporting Falls Prevention Awareness Day 2013

To commemorate this effort, Southern Maine Agency on Aging worked in partnership with MaineHealth to present some fun events to help spread the word about the impact of falls on Maine's seniors and what they can do about it.

Our big event was at The Maine Mall on Sunday, September 22, where staff from HomeHealth Visiting Nurses, Maine Medical Center, students from UNE's Department of Occupational therapy, and others joined SMAA to present information about fall prevention resources in Maine. Curious bystanders had a chance to win fall prevention "kits" made up of flashlights, reflective tape, workout dvd's, and other fall prevention-related items all donated by SMAA, Oak Hill Ace Hardware in Scarborough and Foss Farms of Albion ME.

Tuesday, September 24, staff from SMAA, MaineHealth and volunteers spent their lunch break working out in Monument Square in downtown Portland to present a FlashMOB—a fun presentation of exercises from the Matter of Balance program, designed to reduce the fear of falling for older adults.

We want to thank The Maine Mall, all of our partners and the local businesses who donated raffle items for helping to make this year's Fall Prevention Awareness Day events a big success! We are looking forward to making next year's events even better!

Volunteer Training Opportunities

Chronic Pain Self-Management Leader Training

January 16, 17, 23, and 24,
8:30AM-4:30PM
MaineHealth Learning Resource Center, Scarborough

Registration is required. Contact Crystal Castro at 1-800-427-7411 x 529 or 207-396-6529, email: ccastro@smaaa.org

Living Well for Better Health

April 2, 3, 9 & 10, 8:30AM-4:30PM
Maine Health Learning Resource Center, Scarborough

Aging...let us help you and your family make the most of it.



We offer evaluations in the following specialties:

- Memory Issues
- Geriatric Assessments
- Fall/Balance Concerns
- Eating/Swallowing Concerns

Call for an appointment and additional information, (207) 662-2847



MMC Geriatric Center
66 Bramhall St., Lower Level, G-1 ■ Portland, ME 04102

Upcoming Classes and Workshops

A Matter of Balance

January 8 - February 26, 10AM-12PM
Holy Trinity Church, Portland

January 9 - February 28, 1-3PM
Biddeford YMCA

January 10 - February 28, 1-3PM
Paul Hazelton House #2, Saco

Chronic Pain Self-Management

February 7 - March 14, 9-11:30AM
Paul Hazelton House #2, Saco

March 6 - April 24, 1-3:30PM
Biddeford YMCA

March/April TBD
Pineland YMCA, New Gloucester

Living Well for Better Health

January 7 - February 18, 1-3:30PM
Casco Bay YMCA, Freeport

March/April TBD
Holy Trinity Church, Portland
Portland YMCA, Portland

FMI or to register (required), contact Emily Weston at 1-800-400-6325 x 583 or 207-396-6583, eweston@smaaa.org

Matter of Balance — Flash Mob in Monument Square

On September 24, people walking through Monument Square in Portland were surprised to see people doing exercises in chairs.

The flash mob was organized by the Southern Maine Agency on Aging's Center for Agewell Programs. The event was one of the activities held at the start of fall in recognition of Falls Prevention Awareness Day, which was established to raise awareness about the issue of falls in older adults.

This year a U.S. Senate Resolution proclaimed September 22 Falls Prevention Awareness Day. Senator Collins and Senator King both supported the resolution, and Governor LePage signed a letter showing his support as well.

The good news is that evidence-based programs like A Matter of



Balance can help people get active and reduce their risk for falling. An eight week program designed to reduce the fear of falling, A Matter of Balance workshops help older adults learn about the physical risk factors for falls, changes they can make to remove fall hazards around the home, and promotes increased physical activity levels so that individuals can take charge of their fear and reduce their risk for falling.

A Matter of Balance workshops are offered by the Southern Maine Agency on Agency in community settings in York and Cumberland counties.

Upcoming Workshops:

November 7 - December 19, Thursdays 1-3PM, Pineland YMCA, New Gloucester Community Building-381 Intervale Road, New Gloucester

January 8 - February 26, Wednesdays 10-12PM, Holy Trinity Greek orthodox Church, 133 Pleasant Street, Portland

January 10 - February 28, Fridays 1-3PM, Paul Hazelton House, 7 Smith Lane, Saco

January - TBD, Biddeford YMCA, 3 Pomerleau Street, Biddeford

To learn more about A Matter of Balance or to sign up for a workshop, call SMAA at 396-6583 or 1-800-427-7411.

The National Council on Aging (2012) reports:

Every 29 minutes, an older adult dies from a fall; every 15 seconds an older adult is treated in an emergency room for a fall-related injury.

"In addition to pain and suffering, and the high cost of rehabilitation, 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,

often self-limit activities and social engagements. Resulting limitations can result in further physical decline, depression, social isolation, and feelings of helplessness".

Info received from: NCOA: <http://www.ncoa.org/improve-health/center-for-healthy-aging/falls-prevention/falls-free-initiative.html#falls%20free%20coalition>

In-Home Senior Services

Southern Maine and New Hampshire's Home Care Agency
207-856-1212 • 800-689-4311 Since 1994



Services:

Activities of daily living

- Medication reminders
- Bathing
- Dressing
- Incontinent Care
- Range of Motion Exercises

Meal Preparation

- Prepare and freeze
- Check food expiration

Respite for Caregivers

- Transportation
- Appointments
- Grocery Shopping

Homecare

- Light Housekeeping
- Change Linens
- Ironing
- Dusting
- Water Plants

Social Activities



We help keep you at home!

Honor & Respect



TRUSLOW ADULT DAY CENTER

333 Lincoln Street, Saco

Located in Saco, the Truslow Adult Day Health Center provides therapeutic activities, personal care, snacks and a noon meal, and entertainment for adults who need physical and emotional support during the day.

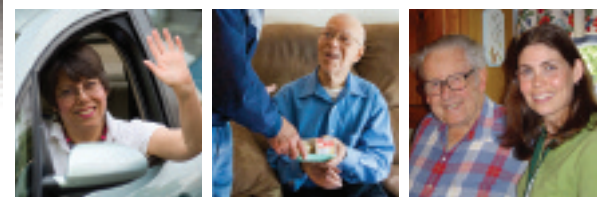
For a complimentary visit

Call 207.283.0166

- For Adults with Alzheimer's, other dementias, and the cognitively impaired
- Respite care, caregiver support
- Recreation activities
- Transportation provided or arranged
- Veterans covered by VA benefits
- Non-veterans may be covered by third-party payment

The Truslow Adult Day Health Center is a state-licensed, Adult Day Health provider for VA, MaineCare and Office of Elder Services.

A PROGRAM OF
SOUTHERN MAINE
Agency on Aging



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 or call 1-800-400-6325 or (207) 396-6583

WE ARE
Meals On Wheels
so no senior goes hungry.

SOUTHERN MAINE
Agency on Aging
mission driven—donor supported

SOCIAL SECURITY

Share A Social Security Tip With Your Wise Elders

By Robert Clark, Social Security Representative

While the baby boom era is behind us, the effects will live on. The number of people reaching the autumn season of life is higher than ever. In

fact, the World Health Organization reports that there are around six hundred million people aged 60 and older living in the world today. That number is expected to double by 2025—a short 12 years from now—and is expected to reach about two billion by 2050.

In the United States, 10,000 people reach retirement age every single day.

The elders of a community are often known as wise sages that younger people go to for advice; older people have the life experience and reflection that younger people lack. But given the fast-paced changes the world now experiences, with new technologies becoming outdated in a matter of years or even months, there may be some helpful insights you can share with your elders.

For example, if you know someone who is nearing retirement age, tell them about www.socialsecurity.gov. They may not be aware of the helpful and easy-to-use tools available to them. It's no exaggeration to say that even someone who does not use the Internet on a regular basis can easily plan their retirement or even complete their retirement application online in a matter of minutes—much less time than it would take to drive to a local Social Security office.

The best starting place for anyone thinking about retirement is Social Security's *Retirement Estimator*. Use it to get an instant, personalized estimate of future retirement benefits in a matter of minutes. Spend a few more minutes plugging in different information, such as different projected future wages and different retirement dates, to help make a wise decision on the best retirement date. The *Retirement Estimator* is available at www.socialsecurity.gov/estimator.

Then there's the online retirement benefit application. In as little as 15 minutes, a person can apply for Social Security benefits and submit their application online. In most cases, once one submits the application, there is nothing more to do but wait for the first payment. It's really that simple. And, if one decides they'd like to double-check some information before submitting the application, that's fine too. The appli-

cation can be paused and then restarted at any time during the process. It's all available at www.socialsecurity.gov/applyonline.

It makes sense to go to our elders for advice and guidance. But in this technology-driven world, we may be able to offer a little advice to the sages as well. A good bet is to tell the older adults in your life about www.socialsecurity.gov.

Beware Of Identity Thieves Seeking To Redirect Your Social Security Benefits

The Inspector General for the Social Security Administration (SSA) is warning the public to be aware of fraud scams that target personal information. Criminals use phone calls, emails, and other methods to obtain personal information, then use it to commit identity theft.

In a recent scam, identity thieves obtain the personal information of Social Security beneficiaries and use that information to attempt to open a 'my Social Security' account on SSA's website. If successful, they then use that account to redirect the beneficiary's direct deposit benefits to an account controlled by the thief.

This should in no way discourage people from using SSA's 'my Social Security' feature, which enables the public to view their earnings history and estimated benefits, and allows beneficiaries to obtain a host of services online; in fact **establishing your account eliminates the risk of a new account being opened by an identity thief.**

If you receive information from SSA indicating that you have opened a 'my Social Security' account, and you did not open an account, contact Social Security immediately by visiting or calling your local SSA office or by calling 1-800-772-1213. Deaf or hearing-impaired individuals can call Social Security's TTY number at 1-800-325-0778.

Identity thieves obtain personal information in any number of ways. They may pose as Government officials in an attempt to convince you to provide personal and financial information. They may also claim that you have won a lottery or other prize, but you must provide personal information or even send money to pay "fees," "taxes," or other expenses before you can claim your winnings.

Protect your personal information as you would any other thing of value:

- **NEVER** provide your personal information when receiving unsolicited calls or contacts
- **NEVER** agree to accept pre-paid debit cards or credit cards in another person's name



GORHAM HOUSE
A COMPREHENSIVE LIVING CENTER

Come See the Fresh Face of Gorham House

We offer Peace of Mind, Helpful Staff, Independence... all under one roof.

24/7 Nursing Staff - Flexibility of restaurant style meals or full kitchens - diverse programming.

- Independent Living
- Independent Plus
- Assisted Living
- Renovated Rehabilitation

Phone: 207.839.5757 • 50 New Portland Rd, Gorham, ME
info@gorhamhouse.com • www.gorhamhouse.com



HOME CARE SERVICES

BBB

Joint Commission
National Quality Approval

Sales • Service • Rentals

- ▲ Long & Short Term Rentals of Wheelchairs & Hospital Beds
- ▲ Customized Orders
- ▲ Oxygen & Portable Oxygen System

24 HOUR EMERGENCY SERVICE

774-4201

1-800-498-4201

Medicare • Medicaid
We Bill Insurance Companies Directly

Retail Store • 650 Main St., South Portland



- **NEVER** agree to send or wire money to an unknown person
- **ALWAYS** contact your local SSA office if you receive a call from a person claiming to be from SSA, and that person asks you to provide your Social Security number or other information.

To verify the legitimacy of a caller who claims to be an SSA employee, call your local SSA office or 1-800-772-1213. If you find that someone has stolen or is using your personal information to open credit accounts or for other non-SSA-related purposes, you should report that to the Federal Trade Commission at www.ftc.gov/idtheft or 1-877-ID-THEFT.

Medicare Open Enrollment continued from page 1

SMAA Can Help you Save Money on your Medicare

Making sure that you have the coverage you need at a price you can afford is a challenge for us all. Let SMAA staff and our Volunteer Medicare Advocates help assist you with decisions and questions about health care bills and understanding health insurance.

Open enrollment just started and we've already helped clients save over \$30,000 on their coverage combined!

Call today to setup a Medicare 1-on-1 appointment: 207-396-6524 or 1-800-427-7411.

Medicare 1-on-1 appointments are available at the following locations:

- Bridgton Hospital - every Tuesday between 8:30-11AM. Walk-in first come, first serve basis.
- Falmouth Library - 3rd Thursday of the month, 10AM-1PM.
- Goodall Hospital, Sanford - 1st Tuesday of the month, 9AM-4PM.
- Kennebunk Senior Center - 3rd Wednesdays of the month, 12-3PM.
- Our Lady of Perpetual Help Church, Windham - 1st and 3rd Tuesdays, 9AM-noon.
- Southern Maine Agency on Aging - 2nd and 4th Mondays and 1st and 3rd Thursdays, 9AM-4PM.
- Westbrook Community Center - 2nd and 4th Wednesday of the month, 9AM-12PM.
- York Hospital - 2nd Thursday of the month, 9AM-4PM.

Five Questions to Ask Your Doctor Before You Get Any Test, Treatment or Procedure

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

2. What are the risks? Will there be side effects? What are the chances of getting results that aren't accurate? Could that lead to more testing or another procedure?

3. Are there simpler, safer options? Sometimes all you need to do is make lifestyle changes, such as eating healthier foods or exercising more.

4. What happens if I don't do anything? Ask if your condition might get worse – or better- if you

don't have the test or procedure right away.

5. How much does it cost? Ask if there are less-expensive tests, treatments or procedures, what your insurance may cover, and about generic drugs instead of brand-name drugs.

Use these five questions to talk to your doctor about which tests, treatments, and procedures you need—and which you don't need. Some medical tests, treatments, and procedures provide little benefit. And in some cases, they may even cause harm. Talk to your doctor to make sure you end up with the right amount of care—not too much and not too little.

Brought to you by **Choosing Wisely®** - an initiative of the **ABIM Foundation** to help physicians and patients engage in conversations about the overuse of tests and procedures and support physician efforts to help patients make smart and effective care choices. To learn more visit: <http://www.mainequalitycounts.org/page/896-882/maine-choosing-wisely>



MAINE CENTER for ELDER LAW LLC
Crisis MaineCare Planning and Applications

MARTIN C. WOMER, Esq. • BARBARA S. SCHLICHTMAN, Esq.
3 Webhamet Place, Suite 1 • Kennebunk, ME 04043 • (207) 467-3301 • www.mainecenterforelderlaw.com



Looking for the right fit?

Thornton Hall
Assisted Living

Call today to schedule a tour

(207) 373-4656

www.thorntonhallatmidcoast.com



38 Alfred St.
Biddeford, ME 04005
207-282-5100

info@maineestatebuyers.com

Web: MaineEstateBuyers.com

IT SHOULDN'T HAVE TO BE LIKE THIS!

Are you having trouble maintaining your home in this unstable economy? If so, have you thought about downsizing, but don't know where to start? **We have a solution.**

It can be as easy as calling Maine Estate Buyers. We purchase single items or entire estates.



We specialize in Antiques, Coins, Gold, Silver Jewelry & Collectibles.

With Cash in hand you can invest, take a vacation, enjoy your grandkids or just enjoy life!

SENIOR MOMENTS

by Hunter Howe

Rescue Me

My buddy Bert had suffered through a tough time. Like many of us, he'd fallen into a briar patch.

One morning, we met for breakfast at Becky's Diner on the Portland waterfront. After debating sports and politics, Bert got right to it. "Hunter, now that I'm alone, my house is not a home anymore. I feel lonely and I'm concerned about my physical and emotional health. I need a pick-me-up."

I appreciated his honesty, that he'd open himself up to me. I thought of another Bert, Bert Bacharach, whose lyrics say, "That's what friends are for." Deciding to lighten the moment, I asked him if a martini or magic anti-depressant pill would help?

Thud. Bert threw me a disapproving look. "Bad idea, Hunter. I don't need that kind of high; I just need to get high on life again. I need to get out and about, meet people, exercise more, engage in old-fashioned conversation." His eyes searched my face. "Asking for a lot, huh?"

I avoided his prying eyes and gathered my thoughts, like a minister does when asked a difficult question. "Ok, my friend. You ask and you shall receive."



"Receive what?"
"A dog."

Bert gagged on his coffee. The waitress passing by asked if he was alright? He responded with his usual retort, "I've never been alright." She glanced at me and skedaddled. Trapped, I waited for another Bert cynical treat. "Dogs do poo."

"They poo outside, no toilet paper required; they don't go to college either. That's quite a savings over the years—seniors like keeping their expenses low." I discerned that Bert didn't appreciate my lack of sensitivity over dog poo. But, I'd anticipated his confiding in me. I reached into my pocket and withdrew a crinkled up piece of paper.

"Oh no, not one of your famous quotes," he said.

"If someone else has said it better than I can, why not. Listen up, Bert. Dr. Deborah Wells stated in the *British Journal of Health Psychology* that, "The ownership of a dog can lead to increases in physical activity and facilitate the development of social contacts which may enhance psychological human health in a more direct manner."

Bert rolled his eyes. "Well, I hope that old Dr. Wells loosened up the Brits with that hip-hip, pip-pip piece. Balderdash, that's Brit speak for nonsense. Besides, I hear the Queen's dogs are trained to use poo poo pads."

I took a deep breath. "Bulldog Bert, it's a well-known fact that dogs lead us toward a healthier,

happier, and more productive life. You'll be a better person, more patient, committed, less selfish—you'll be focused on the moment."

Bert toyed with his home fries. "Thank you Dr. Phil for those inspiring words. So, you think I need to be a better person?"

I threw up my hands. "Hey snarl face, muffle it. Stop pawing at me too. You need to wag your tail more."

Bert grimaced. "I hate dancing."

I turned my paper over. Bert closed his eyes. I read, "Someone once said, 'The more people I meet, the more I like my dog.'" Bert opened his eyes and sniffed the air. I continued, "And that rascal Andy Rooney said, 'The average dog is a nicer person than the average person.'"

"That doesn't say much about average folk, Hunter. I wouldn't bring that up at cocktail parties—you might get some strange looks." He dabbed at his sausage. "I can see it now, me, Mr. Snarl Face, my dog, and my lawn, full of poo."

"Not so fast. You'll have somebody to love, somebody to love you back, and somebody to talk to. That is, if you can find a doggie to match your wonderful disposition." I couldn't resist that barb.

"Somebody to love me, eh. Sounds like a Johnny Mathis song."

"Ok, Bert, here's my last shot. Get a dog, take a walk, mix and mingle, meet a lady. Then, cuddle."

"Cuddle, the lady or the dog?"

"Both, Bert. It's a win-win." He pondered that.

"So where do I get this dog?"

"Lots of rescue groups right here in Maine. We'll start there. Most of the dogs have been thoroughly examined, had their required shots, and been spayed or neutered. Generally, the price is right too."

Bert scratched his lower lip. "What about the poo?"

"I'll toss in the poo bags. Hey, rescue a dog. Then, let him rescue you right back."

Hunter says, "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."

Hunter may be reached at grayowl@maine.rr.com

Agency Award continued from page 1

brate the hard work and dedication of the many individuals involved in their communities.

"...Southern Maine is a better place for their compassion, service and advocacy." Words shared with all in attendance about SMAA. We are honored to be recognized and appreciated by the community in such a strong way.

As part of the award, SMAA will also be featured in the 6 WHO CARE Primetime Special hosted by anchors Pat Callaghan and Cindy Williams. The special is set to air on November 9 at 8PM. Additionally, a gift of \$2000 will be made to the agency.



Take Back Your Life

Pain can take away so many important parts of your life. We can help you continue to do the activities that are important to you.

Why not take the time to learn about all of your treatment options? We can help you make the choice that is right for you. Call us for an appointment.



For an appointment call:

207-725-7854

Learn more about your options:
spectrummedicalgroup.com/medical-rehabilitation

12 Industrial Parkway • Brunswick, ME



The Southern Maine Agency on Aging (SMAA) helps seniors AND adults with disabilities sort through the many programs and services available to help individuals live independently in the community. In 2009, SMAA began working with younger adults when the Administration on Aging and Center for Medicare/Medicaid Services designated us the area's Aging and Disability Resource Center (ADRC). ADRC programs raise visibility about the full range of options that are available, provide objective information, advice, counseling and assistance, empower people to make informed decisions about their long term supports, and help people more easily access public and private long term supports and services programs.

The ADRC at SMAA is traditionally known as the *Information and Resources Department*. Our Resource Specialists work with adults with disabilities as well as with seniors, and their families, by phone or in-person to provide information, support, and referrals. The ADRC provides Options Counseling, Health Insurance Counseling, the Family Caregiver Support Program, benefit screenings and community-based outreach as needed. In order to best serve our community the ADRC has appointments available in various locations through Cumberland and York counties.

Resource Specialists often assist with additional steps toward receiving services, such as completing applications and coordinating services. Here is how the ADRC can help:

Dan is a 44yr old man referred to the ADRC by 211-Maine. He receives SSDI and has a history of cancer, colostomy, chronic pain, Post-Traumatic Stress Disorder and Bi-polar Disorder. The Resource Specialist was able to assist Dan with the transition from Mainecare to Medicare, including Part D enrollment, Medicare Savings Program (MSP) enrollment, on-going health insurance counseling and communication with Social Security Administration. Enrollment into MSP eliminated his out-of-pocket Medicare premiums, which increased his income by \$100 per month. The Resource Specialist also assisted with the resolution of two overdue hospital bills for (\$476 & \$913) and the completion of applications to:

- The Tax and Rent Rebate program
- Food Supplement program (formerly Food Stamps)
- MMC Free Care program
- Lions Club application for eyeglasses assistance
- Project Feed application for food

The Resource Specialist also assisted Dan in:

- Successfully acquiring a disability placard for his vehicle
- Communicating regularly with his family
- Communicating to service providers administering programs such as fuel assistance
- Requesting assistance from "The Angel Fund", a seasonal private donation to SMAA, which provided a \$150 gift card to Wal-Mart and \$150 worth of gift cards for mobile phone minutes.

If you are: at least 18 years old; and diagnosed with a disability or chronic health condition; the ADRC may be able to help! To speak with a Resource Specialist please call 207-396-6500 or 1-800-427-7411.

VISIT OUR WEBSITE
www.smaa.org

BENEFITS for ALL Food Supplement HOUSEHOLDS will be CUT starting NOVEMBER 2013

Why are Food Supplement (SNAP) benefits going down?

In November, monthly Food Supplement benefits (SNAP) will decrease across the nation. The federal law that boosted SNAP benefits during the recession ended on November 1. This 2009 law was called the America Recovery and Reinvestment Act (ARRA). Congress has not voted in more funding to keep the ARRA level of SNAP benefits. **MAINE IS NOT ABLE TO CHANGE THIS LAW.**

How much will Food Supplement (SNAP) households lose in November?

Your change in benefits will depend on income, household size, and expenses.

How do I check my Food Supplement (SNAP) balance?

You can check your SNAP balance by checking your last grocery receipt, by going online to www.pinetreecard.com, or by calling 1-800-477-7428.

What if I need food right away?

If you need food right away, please contact Good Shepherd Food bank at www.gsfb.org to locate your nearest food pantry, or dial 211 or go online to www.211maine.org to locate your nearest food pantry.

What do I do if I have questions or need more information?

If you have questions, or need more information, please speak directly with your case worker at your local DHHS office.

Retirement is #1 on your mind...

You're #1 on ours.

S&B Financial Services

Our know how depends on how well we know you. Our team will take the time to truly understand your life, your family, your needs. We will work with you to create a plan that helps:

- Save for retirement - before and during your retirement years
- Protect your family or business with risk management solutions
- Save for college and other family expenses
- Create lifetime income strategies



Matthew Cyr Senior Financial Advisor
Gary Trempe Financial Services Representative



For a Complimentary Consultation call:
(207) 602-7373

www.sbsavings.com

Securities, insurance products and advisory services are offered through Cetera Investment Services LLC a registered broker-dealer, registered investment adviser and member FINRA/SIPC. Cetera is not affiliated with Saco & Biddeford Savings Institution where investment services are offered. Securities and Insurance Products:

Not FDIC Insured | No Bank Guarantee | May Lose Value

VOLUNTEER CONNECTIONS RSVP

"An Invitation to Make a Difference"

New VISTA Ready to Tackle Challenges

Susan Dudley Gold of Saco, the new VISTA (Volunteers in Service to America) assisting SMAA's Volunteer Department, says she is "ready to tackle the challenges" of the job. She will be serving the final year of a three-year VISTA position funded by the Corporation for National and Community Service. Monika Pardon served the first two years in the VISTA post.

Gold, a writer and publisher, ran Custom Communications Inc., a print and web design company, with her husband, John Gold, before accepting the VISTA position in August. In her work for Custom Communications, she redesigned the layout for Senior News and for several years did the production work for SMAA's newspaper. She has written more than 50 books for middle school and high school students on topics ranging from landmark Supreme Court cases to health issues and the space program.

For Gold, who has been involved in volunteer efforts most of her life, her service as a VISTA provides an

opportunity to give back to her community while learning new skills. She credits her parents with teaching her the importance and the rewards of volunteering. She and her mother, Helyn Dudley, were both recipients of the Jefferson Award, a national program recognizing community volunteerism in America. Dudley was honored for her creation of an organization that distributed car safety seats to toddlers in the 1970s and 1980s. Gold received her award in 2001 for founding and leading a support group in Saco for people living with chronic pain.

Among her duties at SMAA will be the production of a video to be used as an orientation tool for new volunteers, new initiatives using social media and the web to bolster volunteer recruitment, and the establishment of a new program to link homebound veterans with volunteers who are also veterans.

"I'm especially excited about working on the veterans project," Gold says. "We're hopeful that the volunteers will provide services—such as rides and friendly phone

calls and visits—that will help older veterans stay in their own homes. Peer-to-peer support has proven to be quite successful because people can relate to those who have been through similar experiences better than they can to those who have not. We're hoping the project will create bonds between the volunteers and the older veterans that will benefit both parties."

Carol Rancourt, manager of the Volunteer Department and Gold's supervisor, says "we are pleased to have a VISTA with Susan's broad experience serving with SMAA. She will be able to help us in so many ways to build the infrastructure needed to meet the technology and communication needs of the 21st century.

Gold can be reached at SMAA at (207) 396-6500, ext. 600.

Volunteer Opportunities in York County:

- Volunteer to deliver meals to home-bound seniors.
- Put your people skills to work, and volunteer in a non-profit craft or thrift store.
- Help to weatherization work for low-income and disabled homeowners.
- Work with children as a volunteer reader, or tutor them in reading and/or writing.
- Volunteer to assist with tax returns this winter, training will be held in January.
- Volunteer with the elderly by helping with crafts and games in a day program, or visiting.
- Assist a busy non-profit by helping with administrative tasks.
- Become a Medicare counselor and help educate about Medicare benefits and insurance options. Next 3-day training for York County volunteers will be held in January 2014.

For more information about these and many more opportunities, call (207)396-6525 or email at volunteer@smaa.org.

Welcome New Volunteers

In August and September, twenty-five new volunteers were welcomed into Volunteer Services and RSVP! Some of their names are listed below:

- Nina Braley
- Vicki Buttrick
- Fred Conlogue
- Sandy Conlogue
- Joline Ezzell
- Gloria Hodgdon
- Carol Hornblower
- Laurie La Rou
- Lauretta Lin
- Mary McNeil
- Abigail Ordway
- Richard Redden
- Sandra Redden
- Suzanne Robinson
- Myra Stokes
- Fred Weber

Old Timers Shop in the Spotlight

The Old Timers Shop in Sanford has served the community for 39 years. Seniors use their talents and skills to make items that are sold in the shop. All of the proceeds go to help fund programs at Camp Waban. Volunteers run the store doing everything from cashiering, to putting out stock as well as opening and closing. The shop is located at 917 Main Street in Sanford.

Need Help Balancing Your Monthly Bank Statement?

The Southern Maine Agency on Aging offers **MONEY MINDERS...** a **FREE** program to assist people age **55** and older who need help balancing a checkbook and writing checks.



To learn more or to see if you are eligible, Call: **1-800-427-7411**



Calling Hospice of Southern Maine doesn't mean you're giving up... It means you're taking charge.



Hospice
of Southern Maine
When each moment counts

866-621-7600
hospiceofsouthernmaine.org

If you or a loved one has been diagnosed with a life-limiting illness and you're not sure what your options are, call Hospice of Southern Maine. We will collaborate with your physician to ensure your wishes are known.

Contact us today to learn more about the care we provide through our home program and Gosnell Memorial Hospice House.

You can call them at 324-8024 to check on opening times. Kathy Fink has been the spark plug for the shop since the beginning. She will welcome your service as a volunteer with genuine enthusiasm. The Old Timers Shop needs volunteers, please give contact us at 207-396-6525 or volunteer@smaaa.org if this opportunity is of interest to you.

CATCH Healthy Habits

That was sooooo much fun" said a very young girl as she was leaving the gym after the first week of CATCH Healthy Habits at the George E. Jack School in Standish. CATCH Healthy Habits started in Standish on September 23 thanks to long-time supporter and volunteer, Olga Schimmer.

Schimmer promoted the program to Standish Recreation Senior Programs Director, Linda Brooks and helped recruit local volunteers. Joined by volunteers Nina Braley, Myra Stokes, Nancy McNeil and St. Joseph's College student, Olivia Rosado, the students at George E. Jack School will learn about healthy snacking, good nutrition and active games.

In October a second group of volunteers launched a program at South Portland Recreation's Red-bank Gym. It was wonderful to see

familiar faces this fall as some of the children had participated in the CATCH program last fall. South Portland Recreation Director Pia Seddon welcomed our team of volunteers Peggy York, Vicki Buttrick, Laurie Lin, Mary Gavin and Southern Maine Community College student Jacyn Currier.

The gym was really rockin' as 16 students in K-2 played "See You Later, Alligator"—a modified version of tag that increases activity by having students do 10 jumping jacks if stepping outside of the play area. Students also play "Go Fish". Instead of the traditional game with cards, the students are the "little fish". Fishes run back and forth as the tide goes in and out. If a shark comes then they run to a safe place and balance on one foot.

Sadly, two programs were not able to start this fall. The Boys and



Girls Club in South Portland and the Westbrook Recreation would love to bring this program to their students—but unfortunately we did not have enough volunteers sign-up.


As these two programs started we took part in our observance of National Childhood Obesity Awareness Month. One in three children in the United States is overweight or obese—a group of children that has tripled in the last three decades. Your volunteer support can help us

turn this epidemic around, helping our children to grow up to be healthy adults, understanding energy balance and avoiding chronic diseases such as high blood pressure, diabetes and some cancers. These are great programs, and great students and we need your help to make them happen.


For more information about volunteering or to add CATCH HH activities to your afterschool programs contact Sharon Schulberger at 207-396-6523 or e-mail ssschulberger@smaaa.org. Visit our new website: www.smaaa.org/catch/php.

CATCH Healthy Habits is a program of The OASIS Institute and funded by the Anthem Blue Cross and Blue Shield Foundation. CATCH Healthy Habits received the 2012 Maine Fitness Award in the Adult Category from the Governor's Council on Physical Fitness. Our volunteers were also recognized as Anthem Community Angels in 2013.

Specialized Alzheimer's and Dementia Care



Homestead



22 Northbrook Drive
Falmouth, ME 04105
(207) 781-5775
www.genesisshcc.com

We understand care, we practice compassion.



Don't let painful legs, varicose veins or non-healing wounds keep you from enjoying life!

The caring professional team at the Advanced Vein and Advanced Wound Centers offer the most comprehensive treatments for varicose veins, spider veins and non-healing wounds all at one convenient location!

We offer FREE leg vein, wound and vascular screenings!

For more information or to schedule a FREE screening call us at 888-795-9966.



www.awcme.com



www.advancedveincenter.com

210 Western Avenue • South Portland, ME

HIGHLAND COMMONS

55 AND UP ACTIVE COMMUNITY

Highland Commons is a unique private community tucked away in a relaxed atmosphere. Located in the small and friendly area of South Portland, Maine adjacent to the greenbelt walkway, bike paths, nature preserve, gardens and much more. Highland Commons is set up to make living stress free for mature 55 and up active adults. Each unit has a spacious open floor plan with all amenities and utilities included.



STARTING AT \$1,195

77 Gary Maietta Parkway
South Portland, ME 04106





Only write one check per month

- Electric
- 24 hour maintenance
- Digital phone,
- Parking
- Internet
- Heating and air conditioning



207.771.5503 | www.highlandcommonsme.com



Where friendships bloom

At Scarborough Terrace, the transition to assisted living is a positive and happy experience. From private apartments to the beautiful setting and community atmosphere, Scarborough Terrace is a wonderful alternative to living on one's own. Residents regularly enjoy music, arts and entertainment, and are quick to make friends at socials, exercise classes, cultural outings, meals and more. They have easy access to Maine Medical Center and Mercy Hospital, and our caring and dedicated staff is available 24/7 to help with any medical or daily care needs that arise.

Call Elizabeth Simonds at 207-885-5568

SCARBOROUGH TERRACE

PREMIER ASSISTED LIVING & MEMORY CARE

600 Commerce Drive Scarborough, ME 04074
TerraceCommunities.com



Award winning chefs to cook you dinner every night!

Award winning dining awaits you! Our culinary team takes great pride in the diversity & quality of the selections and meals they offer our residents. Enjoy meals served restaurant style in our elegant, yet comfortable, dining rooms. Menus offer a blend of healthy choices, traditional New England favorites and seasonal specialties, all attractively prepared and presented by our professional culinary team.

The Park Danforth invites you to replace the worries of home maintenance with the freedom to pursue your current interests, develop new ones and enjoy the comfort and security of a warm and friendly Senior community. We offer both Residential Apartments and Assisted Living on our conveniently located Portland campus.



Call Judith Miller today to request an information packet and arrange time for your visit to The Park Danforth.



777 Stevens Avenue, Portland
797-7710
www.parkdanforth.com

1st & 2nd place wins in the Great Chili & Chowder Challenges of 2012 & 2013



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 please contact
Miriam Gibely, RN, Swing Bed Coordinator at (207) 647-6054 or (207) 402-0753.

