



From the Director's Desk

Thank you to our Generous Donors and Volunteers

Happy Thanksgiving! This issue of the Senior News contains our annual Report of Philanthropy, listing all the individuals, foundations and corporations who have made charitable gifts to the Agency during the past fiscal year (October 1, 2014 through September 30, 2015). Thanks to their generosity, the Southern Maine Agency on Aging was able to provide services and information to 25,930 individuals in Cumberland and York counties—including more than 142,000 Meals on Wheels delivered in southern Maine.

The need for the services the Agency provides is huge and we could not do what we do without the generous support of our donors and volunteers. I am truly thankful for the 1,889 individuals, foundations and corporations who contributed more than \$677,000 to the Agency's annual fund in our last fiscal year. In addition to Meals on Wheels, the annual fund enables SMAA to provide information and counseling for adults navigating the Medicare system, support for family caregivers, access to the Maine Senior Games, and a myriad of other crucial services for the most vulnerable of our senior constituents. When I am counting my blessings this holiday season, I most assuredly will be including all of you and your continued generosity in mine. Thank you.



New Biddeford Adult Day Center opening in January

I am happy to report that the Biddeford Adult Day Center will be opening very soon. Located at 30 Barra Road, adjacent to the McGeachy Medical Arts building and the Biddeford YMCA, the Center will serve up to 50 members a day, as well as their caregivers and families. SMAA has created a state-of-the-art Center for people with dementia that reflects the best concepts in environmental design and person-centered programming. It will greatly enhance outcomes for both the members attending the Center and their caregivers and will respond to an increasing need for years to come. Please look for upcoming announcements of Grand Opening celebrations. I invite you to join us for a tour of the new Center in the weeks ahead. We are now accepting new members for the Center and would be pleased to arrange a visit and provide additional information for you, or someone you know. For more information

continued on page 14

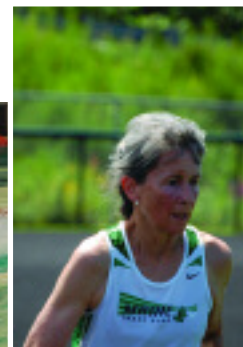
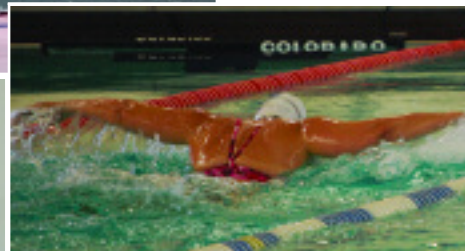
2015 Maine Senior Games Comes to a Close

The flame in the Maine Senior Games cauldron has been blown out for another year. This year kicked off with many celebrations: a donated van, new medals, new signs, and a beautiful new cauldron. Then the rain and



heat came, causing some events to be cancelled, some were postponed, and some were moved inside due to the weather.

This year we'd like to acknowledge the 488 athletes who registered for the games—most of which were Maine locals. Even though this was not a qualifying year, this year's competitors pulled out all the stops. Many records were broken (and some smashed) in every event that we have records for. In the next few weeks all of the records will



Cornhole 2015

This year we added a new sport to the Maine Senior Games—Cornhole. Cornhole is a beanbag toss game that is appropriate for individuals of all levels of physicality. It is a fun game that can be played for fun, or as our competitors showed us, with some real spirit and athleticism.

Martin's Point Makes Generous Gift to SMAA

The Southern Maine Agency on Aging is proud to announce a \$100,000 gift to the Campaign to Create a Better Day from Martin's Point Health Care. The six million dollar campaign was initiated to provide funding for the construction of two adult day centers for adults with dementia and their families in southern Maine, one in Falmouth and one in Biddeford. The campaign also includes a one million dollar endowment fund to provide assistance for qualified families so their loved ones can attend the Centers.

In awarding the gift, Dr. David Howse, President and Chief Executive Officer of Martin's Point Health Care, said, "For more than forty years, the Southern Maine Agency

on Aging (SMAA) has been a leader in improving the quality of life for older adults, adults with disabilities, and the people who care for them—a mission that is absolutely in line with our values and goals at Martin's Point Health Care. SMAA's Adult Day Care Centers provide a critical service and experience for individuals living with memory impairment and for their caregivers. We are proud to be united with SMAA in providing care and building stronger Maine communities, and are honored to support their efforts."

"I am deeply grateful to Dr. Howse and Martin's Point Health Care for their outstanding gift and commitment to supporting families living with dementia," responded

Laurence Gross, Executive Director of the Southern Maine Agency on Aging. "For more than a decade, Martin's Point has been a generous and dedicated supporter of SMAA. We share a common mission to enhance the health and quality of life for older adults and their caregivers. I cannot thank them enough for this significant contribution to our first-ever capital campaign."

In October 2014, the Agency opened the Stewart Center in Falmouth, the first of the two new Adult Day Centers. Martin's Point's generous gift will be permanently recognized at the Biddeford Adult Day Center, opening in January 2016.

If you no longer want to receive the paper, please contact Jessica at 396-6520 or 1-800-427-7411 x520 or jleblanc@smaa.org.

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Medicare Open Enrollment Appointments Going Fast

Don't miss out on your ability to speak 1-on-1 with a trained, certified SHIP counselor to review your Medicare Drugs Plans or Medicare Advantage plans. Medicare Open Enrollment may go through December 7, but 1-on-1 appointments are filling up fast! Call 396-6524 to schedule an appointment today.

Turning 65?

Here's what you need to know about moving from the Marketplace to Medicare

If you're turning 65 and have a Marketplace plan, you should call 1-877-353-3771 to find out how to enroll in Medicare and what can happen if you don't. Here are some important facts:

- You can keep your Marketplace policy until your Medicare starts. You can cancel the Marketplace policy without penalty.
- You can sign up for Medicare three months before and until three months after you turn 65. If you don't sign up, you may find yourself without affordable health coverage and with a late enrollment penalty.
- When you turn 65, you can keep your Marketplace plan, but you may have to pay full price for it. Any tax credit or subsidy you get to help pay for your Marketplace policy will end when your Medicare Part A starts.
- Once your Medicare Part A coverage starts, you'll have to pay full price for a Marketplace plan. If you do nothing and keep getting help paying for the Marketplace policy, you may have to pay the money back.
- Also, don't forget! When you get help signing up for Medicare, make sure to ask how to end your Marketplace plan.

Bottom line, it's complicated and every person's situation is different. To avoid losing affordable health coverage and future penalties, or if you're already having a problem because you didn't switch, contact your local area agency on aging at 1-877-353-3771 to get advice you can trust.

Please share this with anyone who may also be experiencing these same issues.

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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, Tue, Thur, and Fri, Noon, July 16 catered meal will be ziti and meatballs. Medicare Bingo for entertainment. Reservations: 283-2477

Family Caregiver Support Groups – Community Partners, Biddeford, 2nd Mon, 3-4:30pm or 2nd Mon, 6-7pm. 713-3723 – Truslow Adult Day Center, Saco on 1st and 3rd Thurs, 3-4pm. 283-0166

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

Medicare 1-on-1 Appts – Dyer Library, Saco, Wed, 10am-1pm, 396-6500/1-800-427-7411 for an appt.

FALMOUTH

Medicare 1-on-1 Appts/Free Information & Assistance – Stewart Center, 3rd Thur, 9am-12pm. 396-6500/1-800-427-7411 for appt.

Stressors & Solutions for Family Caregivers – Lunt Auditorium, Nov 19, 1:30-3pm. RSVP: plancy@smaaa.org

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

A Matter of Balance – Larrabee Village, Westbrook, 9/23-11/18, Weds 1-3pm, FMI: 396-6500

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

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

Community Café – Westbrook Community Center, Westbrook, 2nd Tue, noon, Reservations: 956-1348

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

Medicare 1-on-1 Appts/Free Information & Assistance: Portland, Salvation Army, 2nd Wed, 10am-12pm; Woodford's Church, 3rd Mon, 1-3pm, 396-6500/1-800-427-7411 for an appt.

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

Remembrance Day – Wilde Chapel/Evergreen Cemetery, Portland, Dec 13, 4pm. A non-sectarian program of

music, readings, and silence hosted by Friends of Evergreen. FMI: www.friendsofvergreen.org, 619-3072

The Woods at Canco Winter Events – Portland – Nov 14, 2-4pm – Holiday Fair. Nov 19, 12:30 – Free lunch w/ Pie Buffet, Dec 8, 7pm – The Choral Art Society performing symphonic choral literature. RSVP for free dinner at 5pm.

Dec 15, 7pm – The Westbrook City Band performing a wide range of music from Broadway to show tunes. RSVP for free dinner at 5pm. FMI or to RSVP: 772-4777

KENNEBUNK/WELLS

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

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

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

Community Café – Eliot Methodist Church, Call for schedule and menu. 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 Tue, 1-2pm. 475-1167

Medicare 1-on-1 Appts – York Hospital, 2nd Thurs, 9am-4pm, 396-6500/1-800-427-7411 for appt.

Welcome to Medicare Seminar – York Hospital, 9/23. 396-6500/1-800-427-7411 to schedule.

KEZAR FALLS/HIRAM

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

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

Family Caregiver Support Group – Bridgton Community Center, 2nd Wed, 1-2:30pm 1-800-427-7411

Medicare 1-on-1 Appts – Bridgton Community Center, Call 647-3116 for an appt.

SANFORD

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

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

Welcome to Medicare Seminar – Southern Maine Health Care, Sanford, 1st Tue, 2-4pm. 396-6500/1-800-427-7411 to schedule

SCARBOROUGH (SMAA MAIN OFFICE)

Advance Care Planning Seminar – Nov 19, 1-2:30pm, Pre-registration required: 396-6546

Family Caregiver Support Group, 3rd Thurs, 5:15-6:30pm, 396-6540

Medicare 1-on-1 Appts/Free Information & Assistance, Every Mon, Weds and Fri, 9am-4pm, 396-6500/1-800-427-7411 for an appt.

Medicare 1-on-1 Appts, 2nd and 4th Mon and 1st and 3rd Thurs, 9am-4pm, 396-6500/1-800-427-7411 for an appt.

Savvy Caregiver – Starts Jan 7, 1:30-3:30pm, FMI: 1-800-427-7411 x 558

Understanding Cognitive Loss: Basics for Family Caregivers – Dec 1, 2-4pm. FMI: 1-800-427-7411 x545

Welcome to Medicare Seminar – 2nd and 4th Mon, 2-4pm and 1st and 3rd Thurs, 10am-noon, and 1st Mon of month 5:30-7:30pm. Call 396-6500/1-800-427-7411 to schedule.

SCARBOROUGH

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

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

WINDHAM

Community Café – Unity Gardens, Nov 12, 12pm – Thanksgiving Meal, Dec 10, 12pm – Christmas Meal, Both meals will feature music by Bob Gendreau along with a raffle. Reservations: 892-3891

Medicare 1-on-1 Appts/Free Information & Assistance - Our Lady of Perpetual Help Church 1st and 3rd Tue, 9am-noon. 396-6500/1-800-427-7411 for appt.

Welcome to Medicare Seminar – Our Lady of Perpetual Help Church, 1st Tues, 10am-noon, 396-6500/1-800-427-7411 to schedule.

YARMOUTH/NORTH YARMOUTH

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

Indoor Walking – North Yarmouth Memorial School, Mon, Tue, Thurs, 10-11am, Event is FREE. Transportation available by Friends In Home Care for small fee. 846-5525.

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SMAA Receives Grant from Toyo Tires

Southern Maine Agency on Aging recently received \$5,000 to purchase a new freezer for our Sanford Meal Site and a set of Toyo Celsius® variable-conditions tires to help volunteers reach Sanford area homebound seniors during inclement weather this winter on behalf of Toyo Tires.

“We at SMAAA are delighted to have been selected by Toyo Tires for this generous award. The new freezer will add valuable capacity to our Meals on Wheels program, and the new set of tires brought a huge smile and much gratitude from the volunteer driver who received them,” said Laurence Gross, Executive Director at the Southern Maine Agency on Aging.

Tire recipient, Dottie Hestermann was thrilled to receive the tire donation. Dottie logs on average 60

miles a day through some of the most rural areas surrounding Sanford, including the dirt roads in the Lake Arrowhead community. This tire donation will help her to keep delivering safely through rougher winter weather. SMAA would also like to thank Marc Motors for donating the installation service for Dottie’s new tires.

“Like the pearl in an oyster shell, Dottie is a rare find. Her smile and willingness to help all our clients on her route and in the kitchen here at Nasson have contributed greatly to the success of the Meals on Wheels program in this area. How well is Dottie known and liked by our clients? When, on the very rare occasion, she happens to miss a day, I have had clients calling the office to make sure she is ok.

“Dottie drives four days a week

for us and puts well over 1000 miles a month through all kinds of weather and on some pretty tough roads. I think it’s great when we can recognize that type of dedication to the program for the sake of our clients. What could be better than new tires? While each and every one of our volunteers is special, Dottie leads the pack. I’m so glad she is with us,” said Deb Folsom, Sanford Site Manager.

Toyo Tires, as part of its partnership with Meals on Wheels America, is donating sets of tires and more than \$70,000 in total to 14 local Meals on Wheels programs in harsh winter markets across the country.



Left to right: Deb Folsom, Sanford Site Manager, Paul Andrade, Sanford Site Assistant Manager, Dottie Hestermann, Meals on Wheels Volunteer and tire recipient, Richard Williams, Regional Sales Manager for Toyo Tires.

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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 Janet Bowne at 396-6533.

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Mission Statement

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

Commitment to Reasonable Accommodation:

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

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

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

SMAA's SHIP/Senior Medicare Patrol Loses Dedicated Volunteer

Southern Maine Agency on Aging was saddened to learn of the death of Marian S. Rowan, 41 of Windham on September 30.

With her passing, SMAA lost one of its most hard-working and dedicated volunteers. Marian began volunteering at SMAA with her mother, Nancy Gordon, as a Medicare counselor in Windham at Our Lady of Perpetual Help Church in 2010. During the Medicare open enrollment period from October to December each year, she volunteered many hours at SMAA's flagship location in Scarborough as well. Additionally, Marian took on the responsibility for leading SMAA's Fraud Team, now known as the Medicare Consumer Complaint Team, for the last three years. In that role she investigated Medicare and Medicaid fraud allegations. Betty Balderston, statewide director of the Senior Medicare Patrol at Legal Services for the Elderly, said of Marian: "She had the most detailed and complete records for the cases she handled of anyone in the state."

Marian loved her work with Southern Maine Agency on Aging and was always eager to do more. Mary Hadlock, Medicare Volunteer Supervisor at SMAA, said: "Marian was an exceptional volunteer who always went above and beyond



for the clients she served. As coordinator of our Medicare Consumer Complaint Team, she truly left no stone unturned advocating on behalf of clients.

Marian will be sorely missed by all who knew her."



ATTENTION: Snowbirds

If you're flying south this winter, please let us know if your Senior News subscription should be suspended until spring, or if you would like your address changed for the winter.

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From Jo Dill's Notebook

2015 Maine Senior Games

Thank you to the all of the athletes who registered for the 2015 Maine Senior Games. This year's games by the numbers:

- 17 events held, 1 new event—Cornhole
- 488 athletes registered, 57% male, 43% female
- 64% Maine athletes, 36% out-of-state athletes



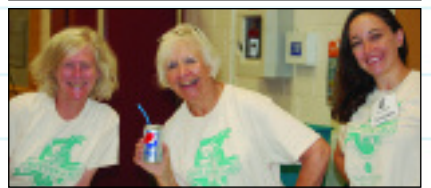
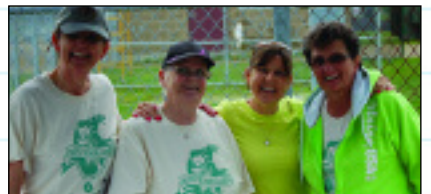
Volunteers

A HUGE thank you to all of the volunteers who gave of their time to volunteer at an event during this season. I had so many athletes comment on how great you were and how much they appreciated your help. Some of you worked long hours and sometimes there was not much to do and other times were very hectic. Knowing you were there made my day and the athletes so much smoother!

2016 Maine Senior Games

The 2016 schedule is in the beginning stages but as the dates and venues come in, we will post it online and in the next Senior News. Here is the current schedule to date:

- April 25: Volunteer Training 6-7:30PM Monday
- June 20: Golf (Willowdale) 8:30AM, Monday
- August 9: Horseshoes 4PM, Tuesday (Rain date: 8/10)
- August 17: Cornhole 4PM, Wednesday (Rain date 8/18)
- August 21st: Archery 9AM, Sunday (Rain date 8/28)
- September 8: Tennis WS/MD 12 NOON, MXD 3PM, Thursday
- September 9: Tennis MS 12 NOON, WD 3PM, Friday
- October 1: Swimming 11AM, Saturday



Senior Games Hall of Fame

2016 will mark the second annual Maine Senior Games Hall of Fame induction. Our goal is to honor and celebrate Maine athletes who are avid competitors and excel at their individual or team sport. Go to www.mainesrgames.org for more information and to download an application form. Deadline for applications is March 1, 2016.

2015 Sponsorships

Thanks so much to the 2015 Maine Senior Games sponsors. It is very much appreciated and we could not have done it without you!

If you are interested in being a sponsor of the 2016 Maine Senior Games or would like a copy of our sponsorship packet, please contact Jo at 396-6519 or Kate at 396-6590.



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SMAA Volunteer to Receive “6 Who Care Award”

Congratulations to John Holland, 2015 recipient of the 6 Who Care Award, sponsored by WCSH 6 and the United Way of Greater Portland. The program honors outstanding volunteers who demonstrate exceptional service to their community, which John does through his work at both the Center for Grieving Children and the Southern Maine Agency on Aging.

John has been volunteering at SMAA since 2010 with the Senior Medicare Patrol and State Health Insurance Program. Thanks in great part to John’s involvement with his local community and church, SMAA was able to establish a Medicare counseling site in Windham that helped to further expand the Agency’s reach into the Lakes Region.

John has helped hundreds of clients understand the complexities and intricacies of Medicare through his work presenting at “Welcome to Medicare” seminars, and as a one-on-one health insurance counselor. Additionally, John serves as the Volunteer Coordinator for the Agency’s Consumer Complaint Team—a group of volunteers who assist Medicare eligible clients with billing, coding errors and potential fraud cases. When the Agency was in need of a way to access Medicare-related information and applications off-site, John was instrumental in designing and developing a webpage that can be accessed by our staff and volunteers at the Agency’s more than 20 Medicare counseling sites throughout southern Maine.



In addition to his dedication to SMAA, John has been a volunteer at the Center for Grieving Children since 2009. He has provided similar leadership in technology projects at the Center and has served as a bereavement group facilitator for many years.

John is a member of SMAA’s Advisory

Board and was recently appointed the position of HealthCare Advisory Team Leader. He is a leader and mentor to other volunteers and his enthusiasm is contagious.

On behalf of all SMAA staff, we congratulate John on his WCSH 6 Who Care Award and thank him for his unwavering commitment, dedication and tireless efforts to improve the lives of many at the Southern Maine Agency on Aging and the Center for Grieving Children.



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Honoring a South Portland Meals on Wheels Volunteer

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. This year we’d like to acknowledge George F. Johns as the 2015 recipient of the Ed Greenleaf Award. George is known for his hard work and tireless dedication to our Meals on Wheels clients.

The Ed Greenleaf award was created in 2010 and named in honor of the late Ed Greenleaf, a much-loved and dearly missed Meals on Wheels volunteer.



L to R: Rebecca Greenleaf, George F. Johns, and JoAnn McPhee, SMAA Nutrition Manager



L to R: George F. Johns and Liz Engel, South Portland Meal Site Coordinator



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Good Luck Hunter!

Hunter Howe first joined Senior News as a volunteer writer in 2010, penning an informative piece on Mary Brandes, a gold medalist in the National Senior Games. Since then Hunter has contributed many pieces that celebrated those who have aged in style, that have told heart-wrenching stories, and of course, many that have made us laugh. His contributions were many and will be missed dearly.

From all of us at SMAA, and on behalf of all of the readers of Senior News, we would like to wish Hunter Howe the best of luck on his retirement.



Fall Fun at Truslow Adult Day Center

If there is one thing the members and staff of Truslow love, it's Maine in the fall! Members and staff alike have been busy decorating and baking their way through the autumn season. Because this is our last fall season at our Saco location before moving to our new Biddeford location next year, we are making this time of year extra special.



This month we did a variety of new craft activities to celebrate the changing leaves and crisp air. We created whimsical fall trees of our own out of paper bags, which have found homes as our centerpieces during lunch. We also collaborated with the Saco Parks and Recreation department on a pumpkin decorating event. The Saco Parks and Recreation staff came to Truslow and decorated pumpkins with our members. Everyone enjoyed creating their own pumpkin masterpiece!



Perhaps the most unique project we have done so far is our Dryer Duct Pumpkins. We spray painted dryer duct orange, fused them together, and created beautiful 3-dimensional pumpkins! It was a fasci-

nating project and the end result was beautiful. Of course, no fall season is complete without fall baking! Our members have baked apple pie bites, pumpkin muffins, and endless amounts of homemade applesauce! We look forward to our Annual Hal-

loween Costume Party at the end of the month as well as the upcoming holiday season together. The Truslow community has become a close-knit family over the last 30 years, and this time of year is so special for our members and staff.

Do you have a loved one who would benefit from social interaction, therapeutic activities, and increased independence in a caring, safe environment? Check out Truslow Adult Day Center to see how we are working to create better days.

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Family Caregiver Support Program



Are you helping an older adult manage bills, prepare meals, manage medical services? Do you help with bathing or dressing, household chores, transportation to appointments, or companionship? Are you a senior who is raising someone else's child? **Then you are a Caregiver.**

Is caring for a family member or friend leaving you feeling tired, isolated, sad, guilty, stressed? Caregiving may be the most difficult and rewarding thing you'll ever do. The Family Caregiver Support Program can help.

November is Family Caregiver Month

By AnneMarie Catanzano, MA, CDP

Day in and day out, 90 million family caregivers in this country fulfill a vital role on the care team. No one else is in a better position to ensure continuity of care. Family caregivers are the most familiar with their care recipients' medicine regimen; they are the most knowledgeable about the treatment regimen; and they understand best the dietary and exercise regimen.

However, all of this knowledge and care comes at a price to the caregiver. Caregivers themselves are more likely to experience stress and health problems. Often they neglect their own care while caring for their friend or family member.

When you think about your friends and neighbors who are providing care, consider whether you

may be able to offer them a brief respite from their caregiving responsibilities. Don't wait for them to ask. Think about what you would like if you were in their caregiving situation—then ask if you can do that specific thing for them.

Respite is the chance to take a breather, the opportunity to re-energize. It is as important as any other item on a caregiver's to-do list. People often think of respite as a luxury, but considering caregivers' increased risk for health issues from chronic stress, those risks are a lot costlier than some time away to recharge. Respite is the key to a caregiver's own well-being. Respite protects their own health, strengthens family relationships, prevents burn-out and allows care recipients to stay at home up to three times longer. No wonder respite is one of the most frequently requested sup-

port services for family caregivers.

If you are a caregiver, consider these tidbits from the Caregiver Action Network:

R is for "REST AND RELAXATION" Everyone needs a little "R and R"—especially family caregivers. Relaxing is the best way to return refreshed to handle the many responsibilities of a caregiver.

E as in "ENERGIZE" Caregiving is often a round-the-clock job. Respite isn't simply "getting a few hours off." It is a necessary component to help caregivers reenergize, reduce stress and continue to provide care for your loved one.

S as in "SLEEP" Caregivers can often have sleep problems. You need to address sleep problems before they take too great a toll on your health. A daytime nap can help make up for some overnight sleep loss.

P is for "PROGRAMS THAT CAN HELP" Respite—which can be in the home or out of the home—can be hard to find but there are programs

available to help. Contact the Family Caregiver Specialists at SMAA for ideas.

I as in "IMAGINATION" Let your mind run free; read a book; see a movie. When you have been so occupied with the nuts-and-bolts of caregiving, refreshing your mind will actually help you be a better caregiver. Don't have the energy to read a new book, get out to a movie? Enjoy a tried and true favorite for some comfortable down time.

T as in "TAKE FIVE" Or better yet, take ten. Do you find yourself saying, "I wish I had just ten minutes to myself"? Don't feel guilty. You need a reprieve—a few minutes to temporarily disengage. Make a plan for yourself when those times present themselves. Post the plan on the fridge. Then, you won't have to waste some of that found free time thinking what to do.

E is for "EXHALE" Sit, close your eyes... take a breath in through your nose and then a long exhale through

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During National Family Caregivers Month, remember...

RESPIRE IS CARE FOR CAREGIVERS

Thank you to all family caregivers!

Caring For Aging Family Members

Support/Discussion Groups

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

Biddeford – Community Partners: For caregivers of those with dementia.

- Second Monday of month, 3-4:30PM
- Second Monday of month, 6-7PM.

Call Barbara Alberda at 713-3723.

Bridgton – Community Center: For caregivers of an older adult or person with dementia. On site respite available (call 647-8143 to reserve).

- Second Wednesday of month, 1-2:30PM. Contact Ann O'Sullivan at 1-800-427-7411 x 541.

Kittery – The Gathering Place: Respite available on-site for a fee; please call ahead to reserve.

- First Thursday of month, 3-4:15PM. Contact Jill Larson at 439-6111.

Scarborough – SMAA: For caregivers of an older adult or person with dementia.

- Third Thursday of month, 5:15-6:30PM. Contact Lori Campbell at 396-6540.

York – Living Well Center: For family and friends assisting an older adult with a chronic condition.

- Third Tuesday of the month, 1-2PM. Contact Susan Kelly-Westman at 475-1167

Help For People Helping Aging Family Members

Caregiver Class Schedule 2015

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

November 19, Thursday, 1:30-3PM: **Stressors & Solutions for Family Caregivers.** The Lunt Auditorium, 74 Lunt Road, Falmouth. To pre-register, contact Pat Clancy at pclancy@smaa.org or 699-4618.

December 1, Tuesday, 2-4PM: **Understanding Cognitive Loss: Basics for Family Caregivers.** SMAA, Scarborough. Donation requested. Contact AnneMarie Catanzano at 1-800-427-7411 x545 to pre-register (required).

January 7, 14, 21, 28, February 4 & 11, Thursdays, 1:30-3:30PM: **Savvy Caregiver.** SMAA, Scarborough. Donation requested. Contact Jessica Winder at 1-800-427-7411 x558 to pre-register (required).

March 21, 4:30-6:30PM: **Understanding Cognitive Loss: Basics for Family Caregivers.** St. Joseph's College, Standish. Contact AnneMarie Catanzano at 1-800-427-7411 x545 to pre-register (required).

April 27, May 4, 11, 18, 25, & June 1, Wednesdays, 5:30-7:30PM: **Savvy Caregiver.** SMAA, Scarborough. Donation requested. Contact Lori Campbell at 1-800-427-7411 x540 to pre-register (required).

June 14, 21, 28, July 5, 12, & 19, Tuesdays, 1:30-3:30PM: **Savvy Caregiver.** SMAA, Scarborough. Donation requested. Contact Lori Campbell at 1-800-427-7411 x540 to pre-register (required).

Please use the numbers listed to register. Feel free to call the Family Caregiver Support Program at SMAA (1-800-427-7411) with questions.

Thoughtful Gifts As We Age

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

Many people encounter changes as they age, which can open up opportunities for thoughtful, helpful gifts.

Skin

As we age, our sebaceous glands diminish in their ability to lubricate the skin. We may be especially concerned about sun exposure, due to effects of medications or prior sun damage. Ideas include:

- Moisturizers
- Sun protective clothing
- Sun hat

Vision

After age 40, the lens of the eye changes, which may create farsightedness or other limiting eye conditions. Older adults are at higher risk for macular degeneration, cataracts, and other causes of vision loss as well. Ideas include:

- Magnifying glass
- Big button phone
- Large print books
- Audio books and magazines
- Clock with large face/numbers
- Lined stationary
- Large print calendar
- Bright lamp

Hearing

More than 10 million older adults in the US have hearing impairments. Ideas include:

- Hearing aid and/or hearing aid batteries
- Telephone with amplifier
- Headphones for TV or music
- Doorbell that flashes a light

Health Promotion

Nearly one in 20 North Americans has diabetes. Every year, 1½ million Americans suffer a heart attack, and ½ million suffer a stroke. Medical professionals usually recommend nutritious diets and exercise for people with these conditions, and these hoping to avoid them. Appropriate gifts might include:

- Special diet foods
- Frozen dinners that meet dietary requirements
- Grocery store gift cards
- Kitchen gadgets that make food preparation easier, such as apple slicers, gravy separators, egg separators
- Kitchen utensils with large handles for easy grasping
- Large print cook books
- Exercise equipment or gear
- Athletic shoes
- Reflective clothing
- Medication organizers

Mobility

People who use mobility devices, such as canes or wheelchairs, may especially appreciate some of the following:

- Remote control TV, stereo, etc
- Easy to manage clothing
- Wheelchair, walker, or bed bag

- Gift certificates for assistance with chores
- Lawn care or snow shoveling
- Devices to improve safety, such as ice grippers

People Who Live In Residential Facilities

Boredom and loneliness are common complaints made by people who live in facilities. Consider bringing a gift that can be enjoyed after you have left:

- Magazines or books which can spark conversations with other residents
- Pictures, books, or videos of places they have traveled
- Regular, large print, or audio books
- Portable radio
- Stationery and stamps
- Comfort items, such as a cushion or quilt
- Family photographs or album
- Home cooked treats
- Favorite movies or music

People Who Have Everything

A donation in the person's honor to a charitable organization that is meaningful to them is a thoughtful gift that also does good.

Perhaps the most significant change in older adulthood is a growing appreciation for relationships with others. A shared activity and time together doing something you both enjoy can be the greatest gift of all.



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Happy First Anniversary Stewart Center!

By Heidi Leskovitz,
Recreational Therapist



As of October, the Stewart Adult Day Center in Falmouth Maine has been open for a whole year! What an exciting year this has been. In just a year, we have had a Pooch Parade in the Lunt Auditorium, attended a Sea Dog Game, celebrated May Day with a true May Pole ceremony, created our own mascot Stewie out of paper mache, and have hosted a variety of theme days—to name just a few! We have a variety of person-centered groups and activities that are offered daily, ranging from yoga and active games, to crafts and gardening. We have many fantastic entertainers from the community who donate their time to perform for our members, as well as many furry four-legged friends who come to visit for pet therapy.

The Stewart Center also offers support groups for caregivers, where caregivers can obtain helpful resources from our licensed Social Worker, share their concerns and

feelings with other caregivers, and feel supported in a safe environment. Starting this fall, the Stewart Center will also be providing Quarterly Educational Seminars for caregivers and the local community. We are always looking for new innovative ways in which we can support our members, their families, and the community.

Not a day goes by at the Stewart Center without laughter, dancing, and fun. Our program provides members with a chance to foster their own creativity, take part in old and new hobbies, and socialize with others. While our first year has been an eventful one, we have so much more to look forward to. The Stewart Center has become a home away from home to both our members and staff, and we are so excited to create more memories together!

MAINE ROOTS

Christmas on Congress Street

By Elaine Parker

In the 1950s and 1960s going downtown was an occasion, a long planned for event. Each city and town in Maine had their bustling Main Streets. Congress Street in Portland—Maine's largest city—was our Fifth Avenue. At Christmastime, people from all over Maine came to shop and enjoy the decorations along this thoroughfare.

I remember one Christmas Eve when my husband and I strolled down Congress Street; it was snowing and we could hear snatches of Christmas carols transmitted from the shops. The softly falling snow with the Christmas lights made everything look magical. As we passed the Baxter building, an architectural gem that housed the Portland Public Library, I was grateful for our free library and all the happy hours and the knowledge it had given me. What a marvelous, generous Christmas gift from James Baxter.

We stopped in at Your Host Restaurant for a juicy burger and a fudge cake special, a delicious treat. When we passed the Wadsworth-Longfellow House I thought of the poem Longfellow wrote, *I Heard the Bells on Christmas Day*, written when he was in the depth of despair over the death of his wife, and he laments there is no peace on Earth. He manages to find hope and the poem ends on a positive note: *The wrong shall fail; the right prevails with peace on earth good will to men.*

On this lovely Christmas Eve, it felt as if there was peace and good will all around us. The merry shoppers were enjoying the Christmas decorations and no one seemed harried or stressed. They wished each other Merry Christmas. We passed Dow and Stubling Jewelry store where my husband purchased my engagement ring making a payment every week. After Owen Moore's



ladies clothing store, next in line was Rine's store with festive displays in their windows.

We crossed the street to take in what everyone anticipated annually: Porteous Mitchell and Braun's Christmas decorations. We were never disappointed. Their decorations were always lovely and in the best of taste. On their marquee, they always had real fir trees lined up and beautifully decorated. We may not have had Macy's but Porteous always had a genteel, refined quality about it.

Along with Porteous, there were five and dime stores along the street: Woolworth's, Newberry's, and W.T. Grant's. These stores had lunch counters where you could sit and enjoy an ice cream soda or lunch. Further down the street was Benoit's, another department store known for good quality merchandise.

What a special occasion it was, in those days, to walk down Congress Street during the Christmas season—an experience you cannot get at the Mall.

Elaine can be reached at auntiee6@maine.rr.com

Important Health Insurance Marketplace Dates

If you need to apply for, or change your health insurance plan through the Health Insurance Marketplace, you may do so starting on November 1.

Important Dates for 2016 Enrollment

November 1, 2015: Open Enrollment starts—first day you can enroll in a 2016 insurance plan through the Health Insurance Marketplace. Coverage can start as soon as January 1, 2016.

December 15, 2015: Last day to enroll in or change plans for new coverage to start January 1, 2016.

January 1, 2016: 2016 coverage starts for those who enroll or change plans by December 15.

January 15, 2016: Last day to enroll in or change plans for new coverage to start February 1, 2016

January 31, 2016: 2016 Open Enrollment ends. Enrollments or changes between January 16 and January 31 take effect March 1, 2016.

If you don't enroll in a 2016 health insurance plan by January 31, 2016, you can't enroll in a health insurance plan for 2016 unless you qualify for a Special Enrollment Period.

To learn more, visit www.healthcare.gov or www.enroll207.com.

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

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

Join us on November 19 from 1-2:30PM at Southern Maine Agency on Aging, 136 US Route One, Scarborough.

Pre-registration is required by phone or email: 396-6549, jminkowitz@smaaa.org.

CCTP Receives Health Care Transformation Award

Communities Joined in Action (CJA), a national membership organization of community health collaboratives, announced recently that it is conferring a Health Care Transformation Award to the Community-based Care Transitions Program (CCTP) teams. As a participant in the CCTP, the MMC Physician Hospital Organization (PHO)—in partnership with Southern Maine Agency on Aging (SMAA)—will be a recipient of this award.

Care Transitions is a program designed to offer support to older patients and their caregivers as they return home from the hospital. A Transitions Coach helps patients and caregivers increase their confidence about managing chronic health conditions and medications, and talking with their health care providers. The PHO has been offering this service with help from SMAA to members since 2013.

The Health Care Transformation award recognizes a replicable and transferable idea, tool, project, or learning that has value in community safety net care. This annual award acknowledges the leadership exhibited within the CCTP at the team and individual levels to make extraordinary changes in their local health care systems and to share their learnings and best practices with their peers around the country.

Bringing a Village to Back Cove

By Len Freeman

"It takes a village to raise a child" is a familiar African proverb. It may be that it also takes a village to make "aging in place" a reality for many older Mainers.

Maine has the oldest population in the country. That has positive implications, as older adults often have vast experience, skills and wisdom to share. Yet our aging population promises to strain our medical, housing and transportation budgets in the years ahead.

Most older Americans want to stay in their own homes as long as possible, as our attachments to where we live matter even more as we face increasing physical and emotional losses with aging. Even among the "oldest old", those 85 and over, nearly 50% still have good health, needing little assistance with the activities of daily living.

Enter the "village" concept, a movement that began in Boston's Beacon Hill neighborhood 15 years ago and has now morphed into an international movement. Each village is a member-driven, grass roots organization that coordinates access to

affordable services, making "aging in place" possible for more seniors.

Villages may provide a variety of services including transportation to appointments, help with grocery shopping, minor home repairs etc. and typically rely on a cadre of volunteers and a membership fee, often based on ability to pay. By providing safe, responsible access to services they may afford members and their families some peace of mind.

Currently, more than 170 Villages are operating across the country, in Australia and the Netherlands, with over a 160 new Villages in development. Maine can boast of two functioning Villages, one covering the Blue Hill peninsula and one in the Boothbay area. Villages in Kennebunk, Rockland, Scarborough and York are in development.


Portland's Back Cove Neighborhood Association is investigating the possibility of a village to serve that area. Soon a flyer, delivered to all 1100 homes in the area, will attempt to gauge interest in the concept; if indicated, that will be followed by a more comprehensive survey of the needs of the community. For more information about what's happening in the Back Cove area contact Len Freeman at len.freeman@maine.edu.

In a 2014 AARP poll of registered voters, 4 out of 5 Maine residents age 50+ say it is extremely or very important to remain in their homes as they age. Villages are one way to make that possible.

A Village Grows on Munjoy Hill


At Home on Munjoy (AHOM) is a program of the Munjoy Hill Neighborhood Organization located in Portland's East End. AHOM's mission is to empower older residents to continue living in their own homes; we envision greater community connections for older adults and closer connections between all members of the community to the enrichment of all.

AHOM volunteers have spent several years researching and exploring other villages, and surveying our community to establish a plan for our village. We will offer services such as transportation, yard work, taking trash to the curb, picking up groceries, social events and will provide information on other services. This first phase is near completion; we are almost ready for phase 2: a small pilot program. For more information about At Home on Munjoy please e-mail us at ahom@munjoyhill.org



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How to Respond to Repetitions

By Catherine Gentile

People with dementia are often unable to recall what they just said or heard.

- **Respond by giving** yourself permission to leave the straightforward world of communications and enter the world **as your loved one experiences it**. If it helps, give that world a name: e.g., Richard's World, Sarah's Universe...

Accept that repetitive questions or statements are **NORMAL** in the world of dementia.

- **Respond by placing yourself** in the dementia world. If necessary, picture that world as a circle and step into it. Try it; see if it helps.
- **Respond by asking yourself WHY** you allow yourself to get upset about what's **NORMAL** in your loved one's world. Interestingly enough, your frustration is also normal. Why? Because you haven't yet accepted that your loved one has changed. If this applies, take heart; you're not alone. Don't be afraid to ask others who have a loved one with dementia how they deal with this.

Use simple sentences: the simpler the better. If your loved one asks what time it is, say, "11:30." Don't use a lot of words and avoid the temptation to remind them that you've already told them six times; this upsets your loved one and you.

- **Respond by writing** the answer to an oft-repeated question and placing the answer somewhere they can readily see it. For example: If you've predicted that you and your loved one will be going to the dentist, leave a photo (or a line drawing) of a dentist where your loved one can **SEE** it **while** you repeat, "To the dentist." Next time they ask, point to the picture and, if needed, repeat the answer.
- **Respond by distracting and redirecting** your loved one with something that interests them (e.g., an activity, a box of cereal, a plant and suggesting: "Let's have a bowl of cereal." or "Let's go for a walk." or "Let's water the plant.")

Remind yourself that your loved one **CANNOT** remember common information that you and I take for granted, for example: the day of the week; season of the year; how old they are; whether or not they are married; whether you are married. No wonder your loved one repeatedly asks for information! No wonder she gets upset!

- **Respond by using photos with captions** (or line drawings) that describe who is in the photo and what they are doing: e.g., *this is you and Mom on your wedding day, June 8, 1948*. If they're unable to read, read it to them.

Give your loved one lots of reassurance. **HINT:** Hugs can work wonders.

- **Respond by hugging** your loved one and saying something reassuring: "I love you." or "You're doing a great job." Do it 100 times a day; your loved one will feel better for it and so will you!

Catherine Gentile has spent 30 years working with people with learning disabilities, behavioral changes, and developmental delays. She is also an author of both fiction and nonfiction. She recently authored "The Caregiver's Journey: Tips, Tools, and Provisions". Catherine and her husband live in Yarmouth. www.catherinegentile.com.

Police/Cops/Officers

By: Stephanie MacNeille

You know, it takes a remarkable person to become a good police officer. I don't know how many jobs there are out there that have such a profound effect on the person hired for the job.

Years ago, I saw the results of a study done on men hired as a policeman, and it was quite interesting. They were given a personality test both prior to, and after being on the job for 18 months. The results of the test on the men before they began working as an officer were pretty much what you'd expect in a group of people. They were mostly average guys, smart guys, and had an average personality like men in other kinds of jobs. Within 18 months, however, their personality profiles were all more similar to each other, because they had changed in the same ways.

Psychological testing of candidates has long been a useful measure of which applicants would make a good police officer, but the stresses of the job can certainly affect and change the officers over a period of time. Years ago, the beating of Rodney King, heralded the beginnings of psychological counseling and testing for officers over a period of time on the job. Not only were the effects of the officers' job stresses involved in the King incident, but also the adrenaline level of the officers was so high from the car chase, that also was a factor in their actions.

There are frequently discussions about the behavior or demeanor of police officers who stop us for some traffic offense. I have had my share of being stopped by police, primarily for speeding. With the exception of one incident, I have found them to be polite and reasonable in the situation. Possibly, that is because I have a small measure of understanding of their perception of the situation, and try to adjust my behavior accordingly.

I was married to a police officer some years ago, and he tried to help me understand the officer's situa-

tion in stopping someone, and why they behave in the way they do. Joe, my husband, knew that I like horses, so he used them as an example of what he wanted to get across to me. Here is his example: *There are two stallions in a field, both the same color and who looked exactly alike. It was known that one of them was a killer horse that disliked people and would attack and bite with no provocation. The other one liked people and had a friendly personality. If you had to go out in that field and put a halter on one of the horses to bring it in the barn, you would approach the two very slowly and carefully until you figured out which one was the killer horse, and which horse was the friendly one. Police have no way to know what they are getting into when they stop someone.*

When I am stopped, after I turn off the engine, I put both hands out the window of my car, so they can see them. I can see them as regular guys with a sometimes difficult job. When they see that I am of no danger to them, and am friendly as well, they relax and do their job. In fact, one was very helpful in giving me directions to the airport I was going to, as the on-ramp roads had been changed, it was dark and pouring rain, and I could/would have gotten lost. This behavior toward the police officer, Joe called "passing the attitude test", which, in the off chance you are lucky, might get you a warning instead of a ticket.

Stressors and Solutions for Family Caregivers

In this educational seminar, speaker Ann O'Sullivan will address the challenges of assisting a family member with dementia, and suggest strategies and resources to address them.

Join us on November 19 from 1:30-3PM at the Lunt Auditorium at 74 Lunt Road in Falmouth.

This seminar is the first in a new series of quarterly educational seminars presented by the Stewart Adult Day Center. Tours of the Stewart Center will be available at the conclusion of the seminar.

If you plan to attend, please RSVP to pclancy@smaa.org.

Ann O'Sullivan, both a licensed Occupational Therapist and Social Worker, has been the Family Caregiver Support Manager for Southern Maine Agency on Aging for 14 years. She presents locally and nationally, and has authored and co-authored over 20 published text chapters and articles on occupational therapy, home care, dementia, and family caregiving. In 2011, Ann was named to the Roster of Fellows by the American Occupational Therapy Association for her leadership in home care and family caregiving.



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The Stewart Center is a new, state-of-the-art adult day center in Falmouth, its person-centered approach provides adults with dementia and cognitive disabilities therapeutic activities and emotional support during the day while offering family caregivers help and guidance.

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STEWART CENTER
Southern Maine Agency on Aging

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

Life Shop Locally

Sanford: The Oldtimer's Shop, located at 917 Main Street in Sanford is a great way to support the local economy. As the name suggests, it's been a mainstay in Sanford for over 45 years and it's given York County senior crafters a place to sell their wares long before the internet existed.

Linda Millington and Kathy Fink manage the shop which includes handmade gifts and toys from over 145 crafters who range in age from 65 to 96. There are knitted wearables, wooden toys, stained glass items, framed photography, handmade cards and painted glass gift items. The artisans receive 75% of the sale price and the shop gets the remaining 25% to cover their overhead. Not only is it a business but it's a community of like-minded crafters who enjoy creating their art! The Oldtimer's Shop is open Monday through Saturday from 10AM-4PM. The phone is 207-324-8024.

Biddeford: Suger is the home of Angelrox, a collection of versatile and comfortable clothing made in Biddeford. Sold around the US, the styles are layered and made of stretch fabrics. The innovative and flexible designs are fashioned into wraps, cardigans and tunics. In addition Suger features local artisan's jewelry, home décor items, children's clothing and toys and knitting supplies and yarn. It's worth a visit.

Sherman's Books and Stationery in Portland and Freeport: Sherman's first store opened in 1886 in Bar Harbor and happily expanded to southern Maine. In addition to an online store (www.shermans.com), Sherman's is on Exchange Street in Portland and Main Street in Freeport, just north of LL Bean. It's a treasure trove of books (especially Maine authors) and has loads of Maine crafted gifts like Maine Bell Buoy Bells, stuffed lobsters and loads of gadgets.

Windham: For the foodie in your life, check out Mills & Co at 778 Roosevelt Trail in Windham. Their knowledgeable staff will help you find the latest gadgets for the chef. They offer food prep tools, cookware and Maine made products. Check their web site for more information and store hours: www.millsandco-maine.com.

New Gloucester: Pineland Farms Market is a great resource for locally crafted items. There are gift items but also an array of food and deli items, perfect for hostess and family gifts. And while you're there you can visit the farms, equestrian center and stroll around the grounds. Visit their website for more information: www.pineland-farms.org.

Falmouth: The Book Review in the Falmouth Shopping Center has all the latest books, including a section of Maine authors. It also boasts a

gift section that has lots of small, unique gifts for all ages. And the Book Review has a small inventory of Haven's Chocolates, perfect for hostess gifts or stocking stuffers. The Book Review is open 7 days a week. Call for hours and information on special events, 781-4808.

Life November Reads

Fall is the perfect time to wrap up in a blanket or cozy sweater and relax with a warm cup of tea and a good book. Enjoy these November new releases sure to please any taste.

Destiny and Power: The American Odyssey of George Herbert Walker Bush, by Jon Meacham



In this brilliant biography, Jon Meacham, the Pulitzer Prize winning author, chronicles the life of George Herbert Walker Bush. Drawing on President Bush's personal diaries, on the diaries of his wife, Barbara, and on extraordinary access to the forty-first president and his family, Meacham paints an intimate and surprising portrait of an intensely private man who led the nation through tumultuous times. From the Oval Office to Camp David, from his study in the private quarters of the White House to Air Force One, from the fall of the Berlin Wall to the first Gulf War to the end of Communism, "Destiny and Power" charts the thoughts, decisions, and emotions of a modern president who may have been the last of his kind. This is the human story of a man who was, like the nation he led, at once noble and flawed.

Avenue of Mysteries, by John Irving



In "Avenue of Mysteries", Juan Diego—a 14-year-old boy, born and raised in Mexico, has a 13-year-old sis-

ter, Lupe. Lupe is a mind reader who knows what most people are thinking. Regarding what "has" happened, as opposed to what "will," Lupe is usually right about the past; without your telling her, she knows all the worst things that have happened to you.

"Avenue of Mysteries" is the story of what happens to Juan as an adult in the Philippines, where what happened to him in the past—in Mexico—collides with his future.

The Bazaar of Bad Dreams: Stories, by Stephen King



A master storyteller at his best—the O. Henry Prize winner Stephen King delivers a generous collection of stories, several of them brand-new, featuring revelatory autobiographical comments on when, why, and how he came to write (or rewrite) each story.

One Today, by Richard Blanco, Illustrated by Dav Pilkey

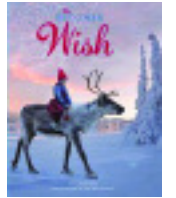


"One Today" is a poem celebrating America. President Barak Obama invited Richard Blanco to write a poem to

share at his second presidential inauguration. That poem is "One Today," a lush and lyrical, patriotic commemoration of America from dawn to dusk and from coast to coast.

Brought to life here by beloved, award-winning artist Dav Pilkey, "One Today" is a tribute to a nation where the extraordinary happens every single day.

The Reindeer Wish, by Evert Lori, Illustrated by Per Breiehagen



New York Times bestselling duo Lori Evert and Per Breiehagen ("The Christmas Wish" and "The Tiny Wish") sweep us back into their enchanting world with yet another breathtaking adventure featuring their daughter, Anja.

When Anja discovers an abandoned reindeer baby in the woods, she cares for it and raises it as her own. They become dear friends and have many adventures together, but as the reindeer grows he wishes to rejoin his kind. So Anja leads him to join the greatest reindeer of all those of Santa's sled team."

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From the Director's Desk continued from page 1

mation, or to arrange a tour, please call Edie Reno at (207)283-0166 or email her at elreno@smaaa.org.

Stay involved and informed

By the time this issue of the Senior News is delivered, the fall election will be over. I hope you took the time to evaluate the issues and candidates and then expressed your choices by voting. Maine has the oldest population in the country, and older adults can and should have a significant impact on present and future legislation—especially on issues that directly affect the quality of life in our state. I urge you to stay informed and engaged in the discussions that are happening at the local and state levels regarding affordable senior housing, aging in place, transportation, and other community actions that directly affect older residents. Be an informed citizen and exercise your right to be heard.

Maine Senior Games Update

In late October, the Maine Senior Games concluded another successful season. Jo Dill, Coordinator of the Games, reported that 488 athletes competed in 18 different sports with an additional 50 volunteers providing support for the athletes. Cornhole was the newest event, introduced in 2015, and it drew a wide range of participants by age and experience levels. I'm happy to announce that plans are underway for a winter snowshoeing event tentatively scheduled for February 6 at Pineland Farms in New Gloucester. Interested participants will be able to rent snowshoes at Pineland so they can try out the sport, or bring their own equipment. Look for more information in the next issue of Senior News or contact Jo Dill at (207) 396-6519 or jdill@smaaa.org. Getting involved with the Maine Senior Games is a great way to stay active throughout the year.

National Giving Tuesday is December 1

If it seems too early to even consider the upcoming holiday season, you're right—it is. The commercialization of the season begins earlier and earlier every year and can be very overwhelming to many who struggle with securing the very basic necessities of life such as a nutritious meal and a warm home. This year SMAA is participating in Giving Tuesday on December 1. It's a day promoted nationally to encourage citizens to make a gift to their favorite non-profit organizations in honor of the good work they do in the community. I encourage you to add SMAA to your holiday "shopping list" this year and help us provide critical services for those who desperately need our support—not just at the holidays but throughout the year. You may contribute on our website at www.smaaa.org or by sending a contribution to SMAA, 136 US Route One, Scarborough, ME 04074.

As we head into 2016, I wish you all a peaceful and happy New Year!

Laurence W. Gross
Executive Director

LOOK

at our *EXPERTISE...*

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I'm often asked, 'Paula, How do I TALK to my parent about the really tough stuff?'

Paula Banks, LSW Executive Director
Cape Memory Care — A Woodlands
Senior Living Community

I get asked this so often that I thought I'd talk a little about communicating with our elders, especially those



with beginning dementia or mild cognitive impairment. I always talk about how communicating with our elders is a little different—and then again—how it's NOT!

So how is it different? Let's face it, the communication process itself is complex—land-mines abound no matter what your age! But communication really can be further complicated by age. Why? Lots of reasons, including the normal aging process, sensory loss (hearing and eyesight), decline in memory, slower processing of information and lessening of power and influence over seniors' lives.

How it is not? Well everyone, no matter their age or situation, deserves communication that is delivered with dignity, respect and clarity. And a smile really goes a long way. Yes, it is that simple!

But in order to discuss the 'difficult topics' like health, hygiene, driving, finances, etc. you really can optimize your communication to get the best possible outcome by remembering a few tips:

- Limit distractions - turn off the tv or radio in order to have a discussion
- LISTEN! More that you talk!
- Stand or sit in front of the person and make eye contact before speaking
- Don't over talk! Use short sentences
- Be patient, slow down and allow time for an answer
- Make your verbal and non-verbal messages the same
- Validate feelings about losses and frustrations

By following these simple steps, your communication will improve and the 'tough stuff' won't be so tough to talk about!

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Welcoming 18 New Vet to Vet Volunteers

Eighteen new volunteers, all veterans from York and Cumberland counties, joined SMAA's Vet to Vet program in September. Many of the new recruits expressed the desire to help other veterans and to give something back to the community. “I feel it is my duty, along with my pleasure, to spend quality time with a member of my military family [so] he or she doesn't feel neglected or forgotten,” said Pamela Smith, who served in the U.S. Army. Tom Gruber, who also served in the U.S. Army and is a member of SMAA's Board of Directors, said he decided to sign up as a Vet to Vet volunteer because “veterans need to support other veterans.” Richard Sevigny, an Air Force veteran, echoed that sentiment. He said he saw the Vet to Vet program as a way “to help another vet connect with others and bring out the feeling that life is worth living and that others care.”

The new volunteers completed a nine-hour training held in Septem-

ber at the Maine Veterans' Home (MVH) in Scarborough. During the sessions, the volunteers learned about resources available to veterans and where to make referrals, polished up their listening skills, and studied ways to deal with situations that might arise during visits.

Laurence Gross, SMAA's Executive Director, welcomed the new recruits to the first training session and thanked them for the important work they are doing. “You are really making a difference in the lives of these veterans,” Gross told the volunteers.

Welcome to the following new Vet to Vet volunteers: David Backman, James Burke, David Chute, Thomas Dipasqua, George DeGeorge, Tom Gruber, Jerry Harkavy, Paul Kelly, Ronald Menard, Gary O'Connell, Peter Patten, Rolande Raymond, Richard Sevigny, James Sidelinger, Pamela Y. Smith, Lynn White, and Wendy Wren. Two staff members of the Maine Veterans' Homes, Bonnie Stewart and Julie Caswell, also attended the sessions.



A new team of Vet to Vet volunteers pose after graduating from their 9-hour training course. Photo credit: Sharon Roberts

Two Big Thank Yous from Vet to Vet

Maine Veterans' Homes in Scarborough has become a most welcome partner of SMAA's Vet to Vet program. As a sponsor of Vet to Vet, Maine Veterans' Home hosted a cookout on September 10 to kick off the fourth training of new volunteers. The following two nights of the training, the new team of volunteers, SMAA staff members, and instructors dined on prime rib and chocolate cheese cake, and an Italian meal complete with tiramisu for dessert—all prepared by MVH chefs for Vet to Vet participants.

Thank you to Maine Veterans' Homes for your warm welcome, delicious meals, and generosity in hosting Vet to Vet!

Once again the Robert W. Boyd AMVETS Post 2 in Yarmouth will contribute the funds to cover the cost of background checks for new Vet to Vet volunteers. Because they will be visiting people who may be vulnerable, all Vet to Vet volunteers must supply references and undergo background checks. “This is an important step in ensuring our clients are kept safe,” said Carol Rancourt, manager of SMAA's Volunteer Services department, which oversees Vet to Vet.

Thank you to the AMVETS for their continued generosity!

Program Will Honor Thousands of Veterans Across the U.S. Who Continue to Serve Their Communities

The Corporation for National and Community Service (CNCS), the federal agency that administers AmeriCorps, recently announced a new national initiative called VetCorps, which will recognize veterans who have continued serving their country as a civilian through Senior Corps and AmeriCorps. The initiative also recognizes individuals who serve veterans and military families, and was created in collaboration with Congressman John Sarbanes of Maryland.

Vet Corps will unite nearly 27,000 veterans from all eras—from World War II to the Vietnam War to the first Gulf War and the most recent Iraq and Afghanistan conflicts—who have dedicated themselves to public service as Senior Corps and AmeriCorps members.

Many of the most successful program models include veterans helping fellow veterans. These Vet Corps members connect veterans to job opportunities, help them access their benefits and provide peer counseling. Vet Corps members serve at veteran service organiza-

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Young Street Apartments is a new community in South Berwick for people ages 55 and older. The building will provide on-site wellness checks, nutrition workshops, round-the-clock telemedicine services, as well as financial capability workshops.

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pcarson@avestahousing.org
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tions and non-profits like Southern Maine Agency on Aging's Vet to Vet Program and Meals on Wheels among others.

"Our commitment to veterans and their families is deep and it's twofold: We serve them, and we ask them to serve with us. Both strategies have tremendous benefits and results," said Wendy Spencer, CEO of the Corporation for National and Community Service. "Veterans bring unique skills and leadership to solve problems at home. National service gives our heroes a new mission on the home front, a pathway to opportunity and a better transition to civilian life."

The Vet to Vet Program at Southern Maine Agency on Aging has trained more than 40 Veteran volunteers to serve fellow Vets during its first year. Susan Gold, the Coordinator of the Vet to Vet Program says "we are pleased to honor the volunteer veterans who give so much of their time and efforts to make life better for their fellow veterans". SMAA's Veteran volunteers will receive their special service pins at a Veteran's Day breakfast sponsored by the Portland Rotary Club.

Volunteer Help Wanted

The Stewart Adult Day Center is looking for volunteer drivers to pick up/drop off members at their home and transport to the Center on Tuesday, Thursday and Friday afternoons. Tuesday 2:45-5PM. Thursday 1:45-5PM. Friday they need a volunteer for one hour from 2:45-3:45PM. The Stewart Center's vehicle is available for the rides.

The Portland Veteran's Center at 475 Steven Ave. in Portland is looking for 2 part time volunteer Office Assistants to help with answering phones, greeting clients, shredding, filing, and other simple office tasks. Shifts are flexible, any time between 8AM-4:30PM, Monday through Friday.

Big Brothers Big Sisters of Southern Maine's mission is to provide children facing adversity with strong one-to-one relationships that change their lives for the better, forever. This Portland organization is looking for School-based Big Brothers or Sisters to meet their 'Little' at a local school for about an hour each week for the school year. Each match has a Match Support Specialist attached to it, and volunteers will speak to their staff support person once a month. No prior experience with children is required but is certainly helpful. Volunteers first and foremost need to be reliable, have a sense of fun, perhaps be looking for a good excuse to act like a kid again, and open to new experiences.

For more information about these and other volunteer opportunities contact Angie Millington

in SMAA's Volunteer Services, (207) 396-6595 or amillington@smaaa.org.

Welcome New Volunteers

Paula Casterella
Hassan Hassan
Donna Hinds
William Jose
Robert Leary
Beverly MacLean
Carol Madden
Paula Nadeau
Linda Nerbak
Diane Nickerson
Jason Palmer
Gloria Perry
Joyce Robida
Linda Steven
Raymonde Thibodeau

Interesting And Innovative New Volunteer Opportunity Available

Support Service Provider volunteers are needed to assist Mainer's who are experiencing hearing and vision losses. Independence Without Fear (IWOFF) is a program for Maine citizens who have a hearing loss and a vision loss (dual sensory impaired) or are Deaf/Blind. The program connects sensory impaired seniors to resources and services throughout Maine. These services assist people with their pursuit of hobbies, activities, employment and independent living as well as offering advocacy support and computer equipment.

IWOFF has begun a project to identify the more than an estimated 20,000 people around the state who are deaf/blind or have a dual sensory impairment. The main focus of this outreach effort is to make sure that people are aware that services exist on a statewide basis. The programs are funded by the federal and state government and are available at no cost. If you or someone you know may be interested in services please feel free to contact 207-380-1987, Jshattuck@theiris.org, or cdiplock@theiris.org

IWOFF is also initiating the establishment of a state-wide Support Service Provider (SSP) program to provide consumers with a trained person that can assist in making activities in the community more accessible and available to people who face barriers because of their deaf/blindness or dual sensory loss. Southern Maine Agency on Aging Volunteer Services is recruiting volunteers to attend a 2-day training in early December to become Support Service Providers (SSP). SSP volunteers will learn how to help others understand the set up of rooms they enter, help them to see, hear and communicate so they can be an active part in groups or functions in which they wish to participate. If you would like to train to become an SSP please contact volunteer@smaaa.org or call 207-396-6525.

VISIT OUR WEBSITE
www.smaaa.org

Have YOU Been CATCHING Healthy Habits?

Go4Life—a healthy aging initiative from the National Institute on Aging at NIH (<http://go4life.nia.nih.gov>)—encourages us to "BE ACTIVE EVERY DAY". CATCHing Healthy Habits for Adults 50+ took the Go4Life message to heart this fall! We stayed active by making friends in many new places such as Springvale's senior luncheon, Kamp Ketcha's senior luncheon, Bessey Commons, Park Danforth, and The Woods at Canco. We even got to encourage the staff at Anthem Blue Cross and Blue Shield to be active!

Visiting Anthem was a unique experience. First off, the Anthem group was much younger than our usual 50+ crowd. More importantly, the Anthem Foundation has been a long-standing supporter of CATCH Healthy Habits and we wanted to show off the result of their generosity. During a Lunch & Learn with the staff, volunteer Evanthea Spanos talked about hidden added sugars and their impact on health. When the group checked the labels on their own lunch products they discovered that a favorite bottled iced tea they enjoyed has a whopping 51 grams of sugar! It is recommended that women only have 24 grams of sugar a day and men 36 grams. This one drink was double the daily limit. How many other hidden sugars were eaten during the day?

Go Snack Bingo

Our new marketing activity—Go Snack Bingo—is gaining traction. Participants play a fun round of Bingo while learning about new foods. Some of the more food savvy participants are even able to share their experiences with eating and cooking with healthier foods known as "Go" foods. Some sites that offer Go Snack Bingo have even paired the game with a food tasting, so participants can try out some of the foods featured in the game. Food such as avocado, kiwi, starfruit, snap peas, and broccolini, aren't always the first foods in the shopping cart, but can serve as healthy alternatives for snacking.

We are also working with Southern Maine Community College to provide service learning opportunities for their students by helping the students to conduct sessions of Go Snack Bingo in the community.

"I just wanted to tell you about my experience at Bessey Commons. I had such a great time! It was a fun and relaxed environment, and the game of bingo was a great idea. I think those that played the game not only had fun, but also learned a lot. I kept hearing 'wow, I didn't know that' when I read the nutritional facts. I also learned a few nutritional facts while playing bingo. Overall it was a great and rewarding experience!! Thank you for the opportunity." Said Tanya Miller, Diet Professions student.

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To take the quiz, go to this web site: <http://goo.gl/5lCiZ>. Answer the questions and don't forget to include your contact information. After taking the quiz, you will be directed to the answers page on the SMAA website. On November 16 we will draw one winner from those who have a perfect score and send you the prize. We will plan to print the one winner's name in the January issue of Senior News.

Develop Your Leadership Skills

Requests for CATCHing Healthy Habits sessions for older adults are increasing. We have not been able to fulfill all requests. If you like sharing your interest in nutrition and exercise, please consider joining us. We provide training and the curriculum. Volunteers work together in teams. FMI, call Sharon at 396-6523 or e-mail ssschulberger@smaaa.org

CATCH Healthy Habits is a program of The OASIS Institute and funded by the Anthem Blue Cross and Blue Shield Foundation.

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Multitasking

By Don Kopp



In junior high school health class, we boys thought that the birds and bees part was funny. What did impress us, however, was our teacher's guidance regarding adolescence. He said that we were likely to hear our behavior criticized as *adolescent*. And he taught us that in such event we should stand tall and proclaim, "True, I am an adolescent, but I am not ashamed of it!" If you are wondering what this has to do with multitasking, please read on.

In our husband-and-wife household, one of us is a highly competent multitasker. One of us is not. And the one who is not sometimes suspects that *his* limitations in this department are a source of amusement for the other. Be that as it may, this multitasking discrepancy has resulted in our two-person workforce having quite different job descriptions. The wife, whose multitasking skills were fine-tuned during child-rearing years, is in charge of shopping, meals, laundry, bills, banking, appliances, tech devices, vehicle registrations, lawns, gardens, snow plowing, grandchildren's birthdays, and social engagements. The husband's domain is more limited: Investments, taxes, insurance,

horseback riding, bridge, reading, and writing *Senior News* articles. Each of the husband's tasks requires his single-minded focus if he is to have any hope of even a middling result.

For years, this specialized organizational structure worked smoothly. Recently, however, the wife was called out of town to take care of grandchildren. This meant that the husband would be on his own for *17 days!* With the wife suddenly responsible for a household that included three children ranging from eight-years-old down to 18 months, one might think that it was she who faced the toughest challenge. But one would be mistaken. Yes, the wife's challenges were appreciable, but consider the husband's.

Consider dinner. The husband recalled the wife saying that she had prepared dinners for him and frozen them. He figured that they must be among other items in one of two freezers. Initiating a search, he thought that he had unearthed a few, but what they were stumped him. Deciding that he didn't care, he grabbed the nearest likely container, put it in the microwave, studied the buttons... and called the wife.

A few days later, he ran out of clean clothes, but the clothes washer and dryer were even more of a mystery to him than the microwave. And even though he took notes of the wife's step-by-step instructions, all of his wash came out unwearably

wrinkled. Hers never did.

When he ran out of clean dishes, he had no problem loading the dishwasher, having watched the wife do that for years. There was a moment of uncertainty as to where the soap went, but he found a spot that looked promising. Opening the cupboard where he imagined the dishwasher soap to be, he beheld a bottle of liquid soap. "Must be it," he thought, as he filled the presumed soap receptacle with liquid soap. Pressing *Start*, he left the kitchen to work on an article for the *Senior News*. Before long he was summoned back into the kitchen by the telephone. It was the wife calling to see how he was coping. Standing ankle-deep in soap bubbles, and with still more gushing out of the dishwasher, he had to admit that things could be going better. As it turned out, the dishwasher's powdered soap was *behind* the liquid soap.

Near the end of this ordeal, the wife requested that the husband ask a mutual friend the following question about an upcoming dinner date: "Will it be at our house or yours?" The husband was pleased to report that he had remembered to ask the friend that question. But the wife's, "So at whose house will we be eating?" burst his bubble, esteem-wise. You see, immediately after asking the question, he began wondering where the vacuum cleaner was and whether he could operate it if he found it. The result was that he missed the friend's answer.

Now, to be fair, he had a lot on his mind: Cooking *and* dish washing *and* clothes washing *and* vacuuming *and* social engagements, all on top of his customary tasks, the ones that he was able to do one at a time.

The husband's situation was much like that of the English king Alfred the Great. On the run from invading Vikings, Alfred hid out in an old woman's cottage. One day, with cakes in the oven, the woman had a chore to do outside, so she asked Alfred to keep an eye on the cakes. But Alfred, thinking hard about his Viking problem, forgot the cakes. Upon returning and discovering her cakes burned to a crisp, the furious woman began pummeling Alfred. It was only when his officers pulled her off that she learned his true identity.

Now, there are those who will characterize as *pathetic* the husband's and Alfred's difficulties coping with what women routinely accomplish. But the husband begs to differ. Recalling his junior high school health teacher, he stands tall and proclaims, "True, I am not a multitasker, but I am not ashamed of it!" Incidentally, following that cake incident, Alfred went on to give the Vikings a right good walloping. Isn't it possible that Alfred's practice of concentrating on one thing at a time to the exclusion of all others is the reason why he is the only English monarch known as *the Great*?

Don Kopp can be reached at donkopp@sacoriver.net



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Law Does Not Provide for a Social Security Cost-of-Living Adjustment for 2016

With consumer prices down over the past year, monthly Social Security and Supplemental Security Income (SSI) benefits for nearly 65 million Americans will not automatically increase in 2016.

The Social Security Act provides for an automatic increase in Social Security and SSI benefits if there is an increase in inflation as measured by the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W). The period of consideration includes the third quarter of the last year a cost-of-living

adjustment (COLA) was made to the third quarter of the current year. As determined by the Bureau of Labor Statistics, there was no increase in the CPI-W from the third quarter of 2014 to the third quarter of 2015. Therefore, under existing law, there can be no COLA in 2016.

Other adjustments that would normally take effect based on changes in the national average wage index also will not take effect in January 2016. Since there is no COLA, the statute also prohibits a change in the maximum amount of earnings subject to the Social Security tax, as well as the retirement earnings test exempt amounts. These amounts will remain unchanged in 2016.

The Department of Health and Human Services has not yet announced Medicare premium changes for 2016. Should there be an increase in the Medicare Part B premium, the law contains a “hold harmless” provision that protects approximately 70 percent of Social Security beneficiaries from paying a higher Part B premium, in order to avoid reducing their net Social Security benefit. Those not protected

include higher income beneficiaries subject to an income-adjusted Part B premium and beneficiaries newly entitled to Part B in 2016. In addition, beneficiaries who have their Medicare Part B premiums paid by state medical assistance programs will see no change in their Social Security benefit. The state will be required to pay any Medicare Part B premium increase.

Information about Medicare changes for 2016, when available, will be found at www.medicare.gov.

For additional information, please go to www.socialsecurity.gov/cola.

Your Health is Your Biggest Asset — Avoiding the Flu

As we head into the flu season, it is important to realize how deadly the flu can be for older adults. Up to 50,000 older adults die from flu each year, and 90,000 will contract pneumonia, a common complication. According to National Foundation for Infectious Diseases, in its worst forms, pneumonia kills one in every four to five people over 65 who contract it. **The flu hits older adults the hardest.**

However, immunization rates for older adults remain flat—only 65% of

those 65 and older get vaccinated for the flu and only 60% have been vaccinated for pneumonia.

What to Do this Flu Season:

- 1. Get your Flu Shot**—the best way to prevent the flu is with a flu vaccine. There are different types of flu vaccines available now (regular, nasal spray, high dose, etc.). Speak with your doctor to decide which vaccine is appropriate for you.
- 2. Practice good health habits** including covering coughs, washing hands of-

ten, and avoiding people who are sick.

3. Seek medical help quickly if you develop flu symptoms. Flu symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may also have vomiting and diarrhea. People may be infected with the flu and have respiratory symptoms without a fever.

Information provided by the Centers for Disease Control. Learn more at www.cdc.gov/flu

The flu and pneumococcal vaccine benefit is covered for all Medicare Part B recipients.

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