



From the Director's Desk

As this issue of the Senior News hits homes and businesses, I am asking for your help to ensure critical fund-



ing is secured for many of the programs and services provided by the Southern Maine Agency on Aging in Cumberland and York counties and by the other AAA's across the state.

Both the U.S. House and the Senate have considered their FY 2018 funding proposals for Older Americans Act (OAA) and other aging programs, and lawmakers have until December 8 to either reach a long-term funding agreement or pass another short-term funding solution.

That means now is the perfect time for constituents in Southern Maine to reach out to our Representatives and Senators to advocate for the highest possible funding levels for OAA and other critical aging programs in the final bill Congress passes.

There are a few key messages about current funding proposals for local aging that I hope you will take to local lawmakers. We want lawmakers to support a recently proposed \$14.2 million increase for Older Americans Act Title III B Supportive Services, which fund SMAA's Information and Resource programs, Volunteer Services and Healthy Aging programs in Southern Maine!

We also want them to reject proposed cuts for critical Medicare counseling services under the federal SHIP program as well as for senior workforce development and elder justice programs. The good news is that that because the Senate proposed fully funding all of these programs, we have a chance to ensure the cuts will be rejected in the final federal budget for next year.

How do we do that? At SMAA, we are advocating for these programs alongside our na-

continued on page 4

2017 Maine Senior Games Comes to a Close

2017 was a banner year for the Maine Senior Games even though it was a non-qualifying year for Nationals. This year we had 550 athletes and over 60 volunteers participating in events all across Maine. We are happy to welcome so many new athletes as well. 27% of this year's competitors were first time participants. There's also been an increase in the amount of female competitors—40% this year! This year's youngest athlete was 45 and our oldest was 94—way to go!

This year we introduced a new sport—darts. Even though we had

little experience running a darts event, we received a tremendous amount of support from the local darts community. We look forward to growing this new event.

To our athletes: whether you're new to the games or a long-time competitor—thank you! The games would not exist without your drive and support. We're honored to be a part of your wellness goals and we're humbled by your stories—folks who have had open heart surgery, back surgery, stroke, cancer, limb replacements and still competed! Your sheer will to be active is amazing.

To our volunteers: The MSG would not go on if it were not for the countless hours put in by the 60+ volunteers who put in a few hours, an entire day or a whole weekend. Thank you, thank you, and thank you!



Photo captions clockwise: Medalists at 10-Pin Bowling; Women's Basketball; MSG Volunteers at Track and Field; New event for 2017—Darts

Hidden Treasures Revealed!

On September 29, several local businesses and law firms opened their offices to our patrons showcasing their corporate art collections. Pierce Atwood, LLP; Jensen Baird Gardner and Henry, LLP; Epstein and O'Donovan, LLP; Bank of America, Key Bank Monument Square, US Trust and Merrill Lynch shared their art



Ralph Lancaster leading the VIP tour of Pierce Atwood's collection.

collections including works by John Swan, Tom Crotty, Sarah Knock, Bernard Langlais, Paul Black, Stephen Etnier and Anne Ireland to name just a few. Ralph Lancaster of Pierce Atwood led a special tour for VIPs including details about the development of their collection. Proceeds from the evening's tour benefited SMAA's programs.

At each site, patrons were able to sample appetizers from Churchill Caterers, Bread and Butter Catering, Micucci's Grocery, Al's of Scarborough, Trader Joe's, Carpe Diem Wine Room and Jeannie Marshall Foods also contributed food for the evening. Thanks to Allagash Brewing and National Distributors for donating beer and wine for the evening. Thanks to VIP Charters, Hannaford Bros. the host committee and many SMAA employees for their contributions to the event.

"We are so grateful to all of the businesses who collaborated with us on this event and to the donors who joined us for this evening. We are facing possible funding cuts for some of our pro-

continued on page 4

Tis the Season for Giving!

This is the time of year when we count our blessings and share our time and treasure with those who need help. If you have a tradition of giving at this time of year, please consider a gift to the Southern Maine Agency on Aging (SMAA) to support our mission of improving the quality of life for older Mainers in York and Cumberland counties. SMAA receives funding from federal and state sources. However, the funding levels have remained flat for many years. Maine is the oldest state by median age in the country and many older Mainers are fragile and require a great deal of support. In addition, media reports suggest that funding for this at risk population is in jeopardy.

SMAA relies on contributions from individuals and businesses. You can give by sending a check to SMAA at 136 US Route 1, Scarborough, ME 04074. You can also give on our secure online portal at the website: <http://www.smaa.org/giving.html>.

Many people prefer to make stock gifts. Instructions for gifting

continued on page 9

Meals on Wheels Volunteer Honored

Congratulations to Ann Reardon, honoree for this year's Ed Greenleaf Award.

Ann Reardon has always been a very conscientious Meals on Wheels driver. She engages with her clients not only by talking, but most importantly by listening. She notices little things from week to week about the client's health and wellbeing. A normally gregarious client may be quieter one week and Ann will notice and try to get a sense of what may be on that client's mind. Ann was a visiting nurse in her past life and brings all that training to her position as a Meals on Wheels driver. She always comes back with a full report on how everyone is doing and goes out of her way to be a sympathetic ear to each and every one.



L to R: Liz Engel, South Portland Site Manager, Ann Reardon, and Becky Greenleaf.

The Ed Greenleaf Award is an award given in memory of Ed Greenleaf, a much-loved Meals on Wheels volunteer for the South Portland Meals on Wheels site. The award was created by Ed's wife Becky as a way to celebrate fellow volunteers who represented Ed's spirit. This year is eighth year the award has been presented.

Congrats Ann!

MONEY MINDERS: Helping 'Amazing' Clients

Pamela was in one of the first-ever training sessions for Money Minders volunteers, held when the Southern Maine Agency on Aging (SMAA) was still located on Cumberland Avenue in Portland. That was 18 years ago, when Pamela saw an article in the Sunday paper and called for more information. She continues to volunteer with the program because she has an "amazing client"—they've been meeting every two weeks for 12 years, and Pamela can't imagine not continuing with her.

Pamela's amazing client is 93 years old and blind; she lives independently in her own home. Her son and daughter-in-law live next door, and she has 10 hours of housekeeping assistance a month, but other than that, she does everything for herself.

One of the things Pamela didn't know before she started working with her client was how much adaptive equipment is available for visually impaired people. Her client has digital books, a watch and a thermostat that talk, a scanner to read her mail, and a microwave and stove that have special paint so she can feel the settings.

Even with adaptive assistance, Pamela says it is often difficult for her client. She has had some falls and some financial worries. She has had problems with credit card companies that Pamela was able to correct. "Some organizations don't seem to have much empathy for people with physical barriers," says Pamela.

With a long career as a CPA, Pamela finds the Money Minders (MM) Program to be almost second nature. Budgeting, check writing and balancing a checkbook are the free services provided by MM volunteers for low-to-mid-income seniors. "Feeling useful and being able to volunteer in something I feel competent at" satisfies Pamela's desire to volunteer. "I've served on several boards, but that isn't for me. I like the one-on-one connection."

For Pamela, Money Minders means more than offering bill-paying assistance. Her client has a twin sister who is showing signs of dementia, and Pamela used to work with the Alzheimer's Association. She is happy to listen to her client's concerns and worries about her sister, and she feels that her life experiences allow her to be able to help her client in this way, as well.

Before every visit, Pamela calls her client to set up her next visit date and to ask how her client is doing. "Not bad for an old lady," her client invariably says. Pamela loves to visit her client, to listen to her stories and share time with her. "It's not just for the other person," Pamela says. "If you're open to it, you can get a lot out of it, too."

For more information about the Money Minders Program, and to find a volunteer like Pamela to help you keep your finances in order, please call the Southern Maine Agency on Aging at 1-800-427-7411 or 396-6500 and ask to speak to a Resource Specialist.

For Money Minders like Pamela, the best part of their job is the connection they feel to clients.

"I cannot say enough positive things about my experience with Legacy. It is truly a class act."

~ Husband of Resident

Couples Welcome!



- ◆ State-of-the-art, secure memory care residence
- ◆ Spacious, landscaped garden
- ◆ Twenty-four private apartments
- ◆ Specially trained 24-hour staff
- ◆ Person-centered care
- ◆ Habilitation Therapy programming

Legacy Memory Care at OceanView provides a uniquely designed, secure community for individuals with memory loss and dementia. Committed to excellence, our team of compassionate caregivers is fully trained to provide assistance that ensures every resident enjoys meaningful life experiences and the feeling of success every day.

Call Elaine DuMais today!

207-781-4621

Legacy Memory Care

at • OceanView



4 Schoolhouse Drive, Falmouth, Maine • oceanviewrc.com



Thank you Atria!

Thank you to Atria of Kennebunk for hosting comedian Bob Marley for a night of nonstop laughs for a great cause. Proceeds from the evening benefited the Southern Maine Agency on Aging's Sam L. Cohen Center and The Center at Lower Village.

Thanks to Atria of Kennebunk, Bob Marley, and all who attended!

Hidden Treasures

continued from page 1

grams that serve our most frail elderly clients”, said Kate Putnam, SMAA’s Chief Advancement Officer. “This event helped raise money but also awareness for the Agency”, Kate continued.

SMAA is planning another Hidden Treasures event for 2018. The details will be shared in Senior News and on the web site, www.smaaa.org when finalized.



Photo captions clockwise:
Meg and Charlie Hurdman; Art from our members at the Cohen and Stewart Centers as a result of the generous grant from the Davis Family Foundation; Betsy and Tom Elliman; Peter Handy, Peter Gerrity, Marie Gerrity and Julie Moss

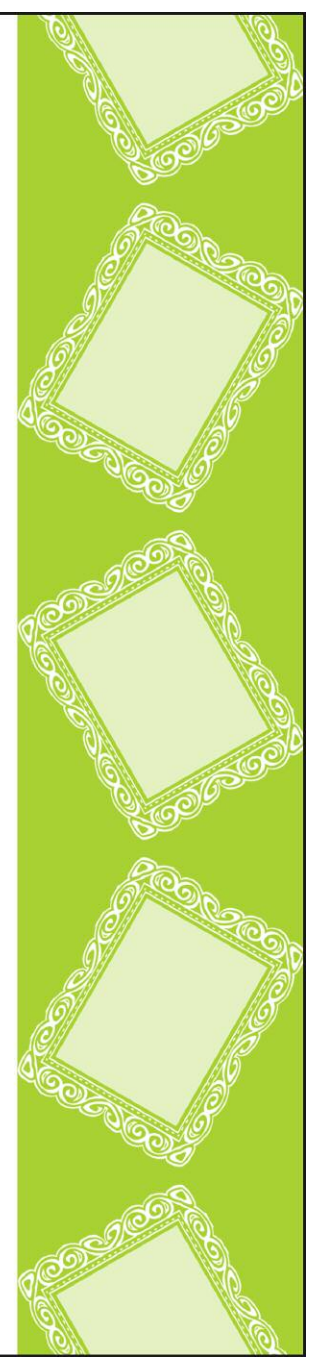


Thank You!

Thank you to the following companies for hosting our recent **Hidden Art Treasures of Portland** event:



Thank you to the following companies for donating goods and/or services for our guests:



From the Director's Desk
continued from page 1

tional champions in Washington, DC. However, we need YOU to make our voices be better heard by lawmakers! **We hope you will consider taking the following steps in support of Older Americans Act funding!**

How to Take Action:

Contact Senators Susan Collins and Angus King and Representative Chellie Pingree now to advocate for funding for Older Americans Act programs and services. You can use some of the sample language below in your

outreach, but make sure to fill in details about the effect these programs have had on you and others in our community.

• **Put Your Concerns in Writing.**

If you can, put your concerns in writing to email and/or fax it to our Senators and Representative(s). Email is easiest, but sometimes a fax will draw more notice. Use the language below to help you craft your messages, but make sure to include your personal experiences about these programs. You can find contact information for our Senators and Representatives at www.senate.gov and www.house.gov and you can email them right from that same site. Here's a link to a template that you can use if helpful.

AND/OR

• **Make A Few Short Phone Calls.**

If you'd rather call than write our lawmakers (or do both!), this is an easy way to be heard! Use the Capitol Switchboard (202.224.3121) to reach DC offices, or look up the district phone numbers on their websites.

Thank you for helping SMAA advocate for continued support for these critical programs.

I wish you all a peaceful and happy holiday season!



Laurence W. Gross
Chief Executive Officer



BOARD OF DIRECTORS
2016-2017

PRESIDENT

Kristine Sullivan, MLIS,
Scarborough

VICE PRESIDENT

Mary Jane Krebs, APRN, BC
Westbrook

SECRETARY

Susan Keiler, Biddeford

TREASURER

Thomas Gruber, Jr.,
Cumberland Foreside

BOARD MEMBERS

Jeffrey Aalberg, MD, Portland

Terry Bagley, Cape Elizabeth

Stephen Braverman, Wells

Denise Doyon, Biddeford

Marie Gerrity, Cumberland

Ann Hastings, Biddeford

John Holland, Gorham


Jeffrey Holmstrom, DO,

South Portland

David McDonald, Portland

Betsy Mead, Yarmouth

David Smith, Falmouth

 **Southern Maine AGENCY On AGING**
Creating Better Days

Yes, I would like to subscribe to Senior News!

A 1 year/6-issue subscription is \$20 per address.

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: (____) - ____ - _____ Email: _____

Check for \$20 payable to Southern Maine Agency on Aging enclosed

Credit Card No.: _____

Exp. Date: ____/____/____ Security Code: _____

Please mail your payment to:
Southern Maine Agency on Aging / Attn: Senior News Subscription
136 US Route One, Scarborough, ME 04074

We do not sell or share our mailing and email list.

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: Janet Bowne
jbowne@smaaa.org or
207-396-6533

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

Design: Becky Delaney

Printing: Sun Press, Lewiston

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

Circulation: 9,000 issues are distributed in public places from Kittery to Bridgeton and Brunswick. Another 1,000 are distributed through Agency on Aging events and locations. Total: 10,000

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.

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.

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.

Do you need adaptive equipment?

Equipment & technology can make it easier to live more independently and safely. At getATstuff.com you can get, sell or donate items such as:

- Stair glide or ramp
- Adapted van
- Wheelchair or scooter
- Communication device



Visit getATstuff.com or contact Maine CITE at (207) 621-3195. TTY users call Maine Relay 711. E-mail: iweb@mainecite.org

AFFORDABLE
Funeral & Cremation Services

We are a local provider serving your family with compassion and respect while keeping our commitment to affordable costs.

The most comprehensive cremation plans and funeral plans in Greater Portland... always at affordable prices

**Pre-planning services also available*

Our promises to you:

- Personalized care from compassionate experts.
- Customer service staff available 24 hours a day for you.
- House calls in Southern Maine at your convenience.



999 Forest Avenue, Portland
899-4605
AdvantagePortland.com

HEALTHY EATING WITH HOLLY: Fall Produce Ideas to Liven Up your Holiday Plates

By Holly Bresnahan RD

Mix it up this year! Gather your family and friends and experiment or rediscover some of the great produce that chillier weather brings.

Sweet Potato

You've heard it before but sweet potatoes surge ahead from the white potato in fiber and vitamin A. This perfect orange vegetable makes a great side dish for breakfast, lunch or dinner. Cube the sweet potato, sprinkle with olive oil, dust with cinnamon or cumin and roast in the oven at 375 for 35 minutes until golden brown. You can serve them with a poached egg and sliced avocado for an extra antioxidant punch!

Parsnips

These cousins of carrots are often overlooked. They are the same root shape as a carrot but the flesh is white. Parsnips are full of fiber with a decent amount of Vitamin C and folate too. Parsnips are typically eaten cooked, either roasted or pureed. Try adding it to your next roasted vegetable tray or soup. They also mix very well with mashed potatoes to add extra flavor and nutrients.

Pears

Pears peak in the fall making them an excellent choice right now. Eaten with the skin, pears are a good source of fiber and antioxidants. (6 grams worth of fiber for one medium pear) Don't be fooled at the grocery store when you pick up a pear and it is very firm. Pears are unique in that they do not ripen on the tree. Leave the pears at room temperature and when the fruit near the stem gives a little pressure, it is ripe! Enjoy pears cut with cheese and crackers or try them grilled. Pears also compliment bleu cheese and goat cheese well in your favorite green salad.

Spaghetti Squash

If you've never tried spaghetti squash, you are in for a treat! Spaghetti squash is a great low calorie vegetable that can be substituted for grain based pasta. (Really!) When choosing a squash, look for one that is free of spots and feels heavy for its size. Spaghetti squash can be hard to cut through when uncooked so roasting it whole is the easiest to prepare. See recipe below to get started.

Spaghetti Squash prep:

Take 1 medium squash (3 1/4 lbs). Preheat oven to 375 degrees. Use a small sharp knife and prick the squash all over. Place on a foil-

lined, rimmed baking sheet. Cook for 1 hour and 20 minutes, flipping halfway through. (Squash should be tender when pierced with a knife) When cool enough to handle, halve length wise and scoop out the seeds. Then scrape with a fork to remove flesh in long strands. Your squash is ready to eat or store for up to three days in an air tight container.

Now that the squash is cooked, the sky is the limit!

- Add pesto to the spaghetti squash, garnish with basil
- Sauté garlic with olive oil, add your favorite spices. Combine with the spaghetti squash. Sprinkle with parmesan, salt and pepper
- Substitute spaghetti squash for grain based pasta with tomato sauce and meatballs
- Mix spaghetti squash with parmesan cheese and flour. Form into a patty and pan fry to make a hash brown. Enjoy!

2017 Subaru Share the Love Event to Benefit Meals on Wheels

Over the last nine years, Subaru of America and its participating retailers have donated more than \$94 million to help those in need—that's the equivalent of more than 1.7 million meals to seniors across the country!

As part of The 2017 Subaru Share the Love Event, Subaru will donate \$250 for every new Subaru vehicle sold or leased from November 16, 2017, through January 2, 2018, to four national charities designated by the purchaser or lessee. Meals on Wheels America is one of four national participating charities, and has been since the inception of the Event.



Through this campaign, as a member of Meals on Wheels America, Southern Maine Agency on Aging's Meals on Wheels program will receive a share of the revenue earned in Maine. Last year this event generated over \$3,200 in funds for SMAA's programs right here in York and Cumberland counties.

For more information please contact your local Subaru retailer for details or visit subaru.com

We're here to help you live life to the fullest.



Whether it is you or a loved one, growing older is an experience we all share - and it doesn't mean giving up a healthy, active lifestyle. At Maine Medical Center's Geriatric Center we understand the importance of maintaining your well-being as you grow older and are dedicated to providing family-centered treatments that improve the quality of life for you and your loved ones.

We offer outpatient programs in the following specialties:
Memory Issues ■ Geriatric Assessments ■ Fall/Balance Concerns

Call (207)662-2847 for an appointment or visit us at www.mmc.org/geriatriccare for more information.

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



centered around you

Southern Maine's Premiere Assisted Living Community for Memory Care.



Be proactive, be ready. We're here to help.

Whether your loved one is in need of memory care now, or a year from now, we invite you to visit our beautiful community and join our waitlist for first available apartments.

.....

Visit Avita today! Contact Lea Rust for more information about the wonderful way of life at Avita:

207.857.9007

or: Lea@avitaofstroudwater.com

AVITA OF STROUDWATER

113 Landing Road | Westbrook, ME | avitaofstroudwater.com





Commodity Food Boxes Available in York and Oxford Counties

The Commodity Supplemental Food Program (CSFP) has recently expanded in York and Oxford Counties and applications are being accepted.

CSFP works to improve the health of low income individuals aged 60 and above by providing 30 pounds of nutritious USDA commodity food items once a month. A typical box may include nonfat dry milk, juice, oats, dry pasta, rice, cereal, peanut butter, dry beans, canned meats, canned fruits and vegetables, and a block of cheese.

To qualify:

- Maine resident age 60+
- Monthly income must be less than \$1,307 (single) or \$1,760 (couple) or household income must be at or below 130% of the Federal Poverty Income Guidelines.

- Must be able to pick-up the food each month
 - If you cannot pick-up you may designate a family member, friend, or neighbor to pick-up on your behalf.
 - If you miss more than 2 consecutive monthly pick-ups without calling the office first you will be discharged from the program. If discharged you are welcome to reapply.

To get started, you may request an application from our office by calling 207-396-6583 or by visiting www.smaaa.org

Participants can pick up their box of food at their designated following locations:

Sanford: SMAA Meal Site – 26 Amherst St., Sanford. 3rd Thursday of the month, 11AM-1PM.

Saco: United Baptist Church – 318 Main St., Saco (Cross St. Entrance). 1st Thursday of the month, 10:30AM-12:30PM. Enter at Cross St. entrance.

Biddeford: New Life Church – 551 Alfred St., Biddeford (South Entrance). 4th Tuesday of the month, 12:30-2:30PM.

Kennebunk: St. David's Episcopal Church – 138 York St. (Rte. 1), Kennebunk. 4th Tuesday of the month, 9-11AM.

Eliot: Eliot Methodist Church – 238 Harold L. Dow Hwy (Rte. 236), Eliot. 4th Thursday of the month 11AM-1PM.

Porter: Riverside United Methodist Church Food Pantry – 5 School St., Porter. 3rd Friday of the month, 8-9:30AM.

South Paris: The Moss Brook Church Admin Building – 496 High St., South Paris. 2nd Wednesday of the month, 10AM-2PM.



Motorcoach Tours Now Booking

New England Patriots Home Games

Every Home Game at Gillette, Ride Only - \$55

VIP Casino Express to Foxwoods

Bonus: \$20 Slot Play, Free Buffet - \$40

New York City Day Trip

Sat. Nov. 25 & Saturday, Dec. 9 - \$99 ea.

"Gardens Aglow" at Coastal Maine Botanical Gardens

Thurs., Dec. 28 - \$45

New Year's Eve at Foxwoods

Sun. Dec. 31 - \$50

Boston Flower & Garden Show "Savor Spring"

Wed., Mar. 14 - \$59

Thurs., Mar. 15 w/ JFK Presidential Museum - \$79

Fri., Mar. 16 - \$59

Sat., Mar. 17 w/ Spirit of Boston Lunch Cruise - \$145

Sun., Mar. 18 w/ Faneuil Hall Marketplace - \$59

Book Today!

www.vipchartercoaches.com

(ph) 207-772-4457 (f) 207-772-7020

vip@vipchartercoaches.com

★VIP★

Tour & Charter Bus Company

129 Fox St. Portland, ME 04101

Rumford: River Valley Health Communities Coalition – 94 River Rd., Rumford. 2nd Wednesday of the month, 9AM-12PM.

Bethel: Bethel Church of the Nazarene Food Pantry – 16 Church St., Bethel. 2nd Monday of the month, 10:30AM-8PM.

We also have a great need for VOLUNTEERS to help us. If you are interested please contact Volunteer Services at **1-800-427-7411**

This Program expansion also provides us with the opportunity to partner with new organizations to provide more pick up locations in York and Oxford County. If your organization would like to be a partnering distribution site please contact

From Jo Dill's Notebook



Power Walk

Power Walk has been accepted as a National Senior Games (NSGA) event for 2019 and for this year only, you do not have to qualify. NSGA will be offering a 1500m which will be held on a track and the 5k power walk will be held on a 5k course. For those going to Nationals, this can be your third event (for 2019 only). Maine Senior Games 1500m has been and will be part of the Track and Field event. More information on whether we will offer the 5k power walk will be posted at a later date.

Ladies Bowling League

Our ladies candlepin bowling league will be starting again on January 4 and will continue until March 29. The league plays every Thursday at Big 20 in Scarborough at 4:30pm. Teams are four players each and we are still looking for bowlers to join a team. The cost per week is \$12 which includes 3 strings, shoes and money for the kitty. It is a league where we laugh, have fun and cheer each other on. Let me know if you are interested: jdill@smaaa.org

Looking towards 2018

2018 will be a qualifying year for the 2019 National Senior Games in Albuquerque, NM. (June 14-25, 2019). The MSG schedule is being put together with some events scheduled already. Visit www.mainesrgames.org for updates.

Want to Volunteer Only in the Winter?

Not spending the winter in Florida or other warmer locations? Busy in the spring, summer and fall, but have free time in the winter? Consider volunteering with the AARP Tax-Aide. In addition to actual tax preparation, volunteers are needed to help with scheduling, to greet taxpayers as they arrive tax preparation locations, to network computers and printers as well as a variety of administrative tasks.

Training for all volunteers is held in January. With the exception of volunteers doing actual return preparation, the training takes no more than one day. Tax preparation starts on February 1 and ends on April 15. Once trained, volunteers should be able to commit to a minimum of four hours each week. Planning to take a one or two week vacation or trip in March or April? Not a problem! Volunteers swap or double up on shifts.

Volunteers who want to be involved with the actual preparation of tax returns should be comfortable working with computers. They do not need to be tax experts. Instead, just have used tax software a tax program to prepare their own tax return and possibility those of friends. Volunteers preparing tax are required to pass open book tests to become IRS certified advanced volunteer tax preparer. Training is provided in January either in a classroom setting with other volunteers or on-line at one's own pace. The time commitment for new volunteer tax preparers in January is significant. Training in subsequent years is much less 'taxing' (pun intended).

Although the AARP Tax-Aide program's focus is on low to moderate income taxpayers 50 and over, the program serves taxpayers or all ages. Volunteering for this program is a rewarding way to spend part of your Maine winter. Meet new people – both other volunteers and the taxpayer served. There are currently twenty AARP Tax-Aide locations in Cumberland and York counties. With the demand and need for this program always increasing, there is need for additional volunteers to join the current AARP Tax-Aide team.

To learn more or volunteer, contact Joan Jagolinzer, District Coordinator at jagolinzer@gwi.net.

Gardening Enthusiasts Donate Arrangements to Meals on Wheels

This summer local gardening enthusiasts donated flower arrangements to the South Portland Meals on Wheels site. Meals on Wheels recipients are home-bound and many have physical limitations that prevent them from enjoy hobbies they used to have, like gardening. These arrangements put smiles on their faces and brightened their days!

If you have a hobby group and are interested in becoming involved with Meals on Wheels in your area, please contact JoAnn McPhee, Nutrition Manager at 207-396-6510.



Left to Right: Paulette Gallant (wearing sunglasses), Kate Sawdon, Pat Mordecai, Carol Parcher, and Linda Hanscom.

Social Security Announces 2.0 Percent Benefit Increase for 2018

Monthly Social Security and Supplemental Security Income (SSI) benefits for more than 66 million Americans will increase 2.0 percent in 2018, the Social Security Administration announced today.

The 2.0 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 61 million Social Security beneficiaries in January 2018. Increased payments to more than 8 million SSI beneficiaries will begin on December 29, 2017. (Note: some people receive both Social Security and SSI benefits) The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics.

Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$128,700 from \$127,200. Of the estimated 175 million workers who will pay Social Security taxes in 2018, about 12 million will pay more because of the increase in the taxable maximum.

Information about Medicare changes for 2018, when announced, will be available at www.medicare.gov.

The Social Security Act provides for how the COLA is calculated. To read more, please visit www.socialsecurity.gov/cola.




Are you a member of the sandwich generation?
Caring for both your aging parents and your children? Our Care Managers help older adults maintain their independence with high quality of life. Call us.

(207) 400-8763
50 Foden Road, Suite 3
South Portland, ME 04106
www.vnahomehealth.org

LifeStages A division of **VNA HOME HEALTH HOSPICE** DAVIS MEMBER


Worry Less. Live More. Say Yes to Living Well.



The Park Danforth offers both Independent and Assisted Living options.

Personalized Senior Living Since 1881
777 Stevens Avenue
Portland, ME 04103

The Park Danforth
THE RIGHT PLACE. THE RIGHT CHOICE.
207.797.7710 • www.parkdanforth.com



NOW OPEN! 58 NEW Independent Living Apartments

Stay connected with SMAA

Receive updates about new classes and workshops being offered, when Senior News is available on newsstands and online, along with the latest information about SMAA happenings via email.

Visit www.smaa.org/email.html to sign-up today.

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.

Geriatric Care Management — Questions and Answers

What is Geriatric Care Management (GCM)?

A geriatric care manager may be a social worker, nurse, gerontologist, counselor, or other professional. GCM provides assistance for you and a person you are caring for with finding resources, making decisions, and managing stress. GCM provides "one stop shopping" for care for you and your person.

Why would someone need Geriatric Care Management?

GCM is especially helpful for long distance caregivers or but is helpful for anyone needing some extra guidance and help in caregiving, particularly for someone with dementia. GCM can help families and care recipients cope with complex

issues. A geriatric care manager may also help families and their care recipients with decisions connected to aging such as the aspects of long-term care, whether at home, in an assisted living facility, or in a nursing facility. If the person requires special services or changes occur in their health or life, then geriatric care management (GCM) may be helpful for you.

What do Geriatric Care Managers do? What services do they offer?

A geriatric care manager coordinates care and services to meet the full social, emotional, physical, and healthcare needs of the person you are caring for. However, all care managers do not specialize in all areas. It is important to find out whether a care manager has experience in dealing with your specific needs. Geriatric care managers might help in some of the following ways:

- **They conduct an in-person assessment** to specifically understand you and your person's needs. Interview questions cover a range of issues relevant to the person's health and living situation such as everyday activities, nutritional status, safety, memory, depression, finances, insurance, health history, and more.
- **They make a care plan** that includes the results of the assessment, recommendations, and referrals for local community options. The care manager should go into depth in explaining the details of the plan, what led to the recommendations, and what you can expect. They will then help to prioritize an action plan.
- **They arrange services** that are tailored to the needs identified in the care plan and may include: crisis intervention, counseling and support, consumer education and advocacy, money management, referrals, decisions regarding appropriate housing options, assistance with moving a person to or from different types of housing, advising families on power of attorney or guardianship issues, serving as a liaison to families at a distance, making sure things are going well, and alerting families to problems.
- **They monitor needs.** Once services and arrangements are in place for the person, regular monitoring is important. There also should be frequent re-evaluations to make any necessary adjustments. The geriatric care manager needs to monitor the person's capabilities and functions as time goes on. This will

improve the quality of your person's life, as well as your own.

How will I pay? Does Medicaid, Medicare, or health insurance cover geriatric care management services?

Services are billed privately on a fee-for-service basis. Check with the agency or private geriatric care manager as to whether or not a sliding scale fee can be established. Care management services provided by geriatric care managers are not covered in most policies and currently are not recognized as billable services by either Medicare or MaineCare (Medicaid). A geriatric care manager can help outline the general cost of services in order to find the best way to provide affordable services for you and your care recipient.

Questions to ask when talking with Geriatric Care Management agencies:

- How long has the agency been in business?
- How long has the agency been doing geriatric care management?
- Does the agency provide accredited, licensed clinical social workers, Masters level counselors, and/or gerontologists?



Are you caring for a family member with dementia?

Let **Savvy Caregiver** help.

Savvy Caregiver is a 12-hour training for family caregivers of people with dementia and offers:

- Valuable Knowledge
- New Skills for Care
- Improved Outlook

Upcoming Series

January 9 - February 13
Every Tuesday, 1-3pm (6 wks)
SMAA Main Office, Scarborough

Preregistration required:
1-800-427-7411 x558



MAINE
CENTER for
ELDER LAW LLC

WE HELP SENIORS AND THEIR FAMILIES PREVENT THE DEVASTATING FINANCIAL EFFECTS OF LONG TERM CARE

MaineCare Pre-Planning and Crisis MaineCare Planning

Planning for Eligibility for VA Aid and Attendance Benefits

Special Needs Planning

Estate Planning

Probate Administration and Trust Settlement



Martin C. Womer, Esq.
Barbara S. Schlichtman, Esq.
Britton Ryan Garon, Esq.

MAIN OFFICE:

3 Webhannet Place, Suite 1, Kennebunk, Maine 04043
— branch offices located in Portland and York —

(207) 467-3301

WWW.MAINECENTERFORELDERLAW.COM

ATTORNEYS@MAINECENTERFORELDERLAW.COM

- Are the care managers certified? If yes, what are their certifications?
- Is this agency affiliated with a professional organization? If yes, which ones?
- Are references available upon request?
- What kind of supervision is provided for care managers?
- Does the agency have 24-hour availability, 365 days a year?
- Will they provide a list of all charges, such as phone calls, driving time, counseling, and case management?
- Are you familiar with area resources?
- Are you available for emergencies? Can I reach you easily?
- How do you communicate information to me?
- What are your fees? (These should be provided in writing to the responsible party prior to service).
- Can you provide me with references?

Helpful Resources:

To learn more, or to find a Geriatric Care Manager in your area visit Aging Life Care Association at www.aginglifecare.org.

For more information in York and Cumberland counties contact the Southern Maine Agency on Aging at 1-800-427-7411 or online at www.smaaa.org.

Adapted 12/16 from *Geriatric Care Management* ©2008 *Alzheimer's Association, St. Louis Chapter*. https://www.alz.org/stl/documents/GCM_Tips.pdf



Questions to ask when talking with an Independent Geriatric Care Manager:

- Are you knowledgeable about dementia and associated care needs?
- What is your philosophy on independent living versus nursing home care? (You want to make sure that the geriatric care manager shares your views on what is important to the person).
- Are you a certified care manager?
- What are your professional credentials?
- Are you licensed in your profession?
- What professional organizations do you belong to?
- How long have you been providing care management services?

Congresswoman Pingree to Speak at Rotary Club of Portland's Annual Veterans Appreciation Lunch

Veterans and their guests will be treated to lunch and a program honoring veterans

The Rotary Club of Portland will host their 3rd Annual Veterans Appreciation Luncheon on November 10, 12PM at The Italian Heritage Center in Portland, Maine.

This year's luncheon will celebrate veterans' commitment and service to our country and feature Congresswoman Chellie Pingree, along with Joe Reagan, veteran and vice chairman of Veterans Count, an Easter Seals charity supporting Maine's Military and Veteran Community.

Last year's Veterans Appreciation Luncheon drew 300 attendees and sold out 10 days prior to the event. Due to the luncheon's increasing popularity, this year's event has been expanded to accommodate 350 guests and is anticipated to sell out in response to high-demand limited seating.

The event is made possible through support from the Portland Rotary as well as generous donations, which treat all attending veterans to lunch. There is a \$20 charge for non-veterans, which is to

be paid at the door on the day of the event. Only cash and checks will be accepted and pre-registration is required.

Capturing the Rotary Club's longstanding commitment to community outreach and support, the purpose of this event is to recognize and honor veterans. This opportunity allows for family, friends, and community members to support hundreds of local veterans and all are invited to attend.

To pre-register for the event, visit the Portland Maine Rotary Website at www.portlandrotary.org, or call (207) 899-6342.

Tis the Season for Giving continued from page 1

securities are on the web site or you can call Kate Putnam, Chief Advancement Officer at 207-396-6590 or email her at kputnam@smaaa.org. Kate is also available to meet with anyone looking to plan for a bequest or other structured donation. Doing so can ensure sustainability for important SMAA programs, helping to hedge against major cuts in funding from government sources. Thank you!

TEST YOUR KNOWLEDGE

Are You at Risk of Medicare Fraud?

1. What is the number on the Medicare card?
 - a. Medicare Provider ID
 - b. Social Security Number
 - c. A Unique Identifier
2. When a podiatrist trims the toe nails of a Medicare beneficiary, she can bill for Medicare surgery.
 - a. True
 - b. False
3. Medicare only covers durable medical equipment, like a walker or oxygen, if you get it from a supplier enrolled in the Medicare program with a prescription from your doctor.
 - a. True
 - b. False
4. A Medicare beneficiary allows her sister, who has no health care coverage, to use her Medicare card to get health care services. This is an act of kindness with no consequences.
 - a. True
 - b. False
5. The Affordable Care Act is issuing new Medicare cards that can be scanned or swiped like a credit card.
 - a. True
 - b. False



6. At a health fair, it is acceptable for a person who offers a \$50 voucher for medications, to get your Medicare number in return.

- a. True
 - b. False
7. Those who commit Medicare fraud can include:
- a. People with Medicare
 - b. Suppliers of durable medical equipment
 - c. Doctors and health care practitioners
 - d. All of the above

ANSWERS

1. **b. Social Security Number:** The number on your Medicare card IS your Social Security Number (or the number of your spouse, ex-spouse or parent that you are receiving Medicare benefits under). **Protect that number to avoid identity theft!**

2. **b. False:** Foot care is NOT a covered service under Medicare for most people. Medicare *may* cover therapeutic shoes or inserts for some people who have foot issues as a result of Diabetes.

3. **a. True:** Be sure to ask the supplier if they are a Medicare-approved supplier *before* filling any prescription.

4. **b. False:** Allowing someone else to use *your* Medicare insurance is fraud and you could be prosecuted by the federal government!

5. **b. False:** The Centers for Medicare and Medicaid Services *will* be issuing new Medicare cards over the next few years for the sole purpose of removing Social Security numbers to combat identity theft. The cards are not intended to be used like a credit card. If you receive a call or an email from anyone claiming there is a cost for these new cards, hang up or delete the email... **it's a scam—do NOT provide your bank account or credit card information!**

6. **b. False:** Medicare cards should only be used to pay for covered services and/or supplies. A "discount voucher" is NOT a service or a supply. Say "no, thank you" and walk away.

7. **d. All of the Above:** Any Medicare beneficiary or provider can commit Medicare fraud by knowingly and willfully billing or causing Medicare to be billed for services and/or supplies not received, not needed or not appropriate.

Medicare Open Enrollment Ends December 7

The Medicare Open Enrollment Period (OEP) is from October 15 through December 7 every year. If you use the OEP to choose a new Medicare Advantage or Part D plan, that new coverage will begin on January 1.

What you can do during the OEP:

- Anyone who has (or is signing up for) Medicare Parts A or B can join or drop a Part D prescription drug plan.
- Anyone with Original Medicare (Parts A & B) can switch to a Medicare Advantage plan.
- Anyone with Medicare Advantage can drop it and switch back to just Original Medicare (Parts A & B).
- Anyone with Medicare Advantage can switch to a new Medicare Advantage plan.
- Anyone with a Part D prescription drug plan can switch to a new Part D prescription drug plan.

If you want to join a new prescription drug or Medicare Advantage Plan you can use the Plan Finder tool on www.medicare.gov or contact 1-8

INDEPENDENT SENIOR LIVING APARTMENTS

Join us for
OPEN HOUSES
Wednesdays from
11am to 1pm



— NOW LEASING —

Safe & Secure

Ages 55+

Access to Amenities

Newly Renovated

Variety of Floor Plans

24/7 On-Call Maintenance

On-Site Resident Concierge

High Quality / Modest Pricing

Active Community

Pet Friendly

192 Middle Road ♦ Falmouth, Maine



PLUMMER
SENIOR LIVING

Managed
locally by



207-772-3225 ♦ www.PlummerSeniorLiving.com

Falmouth's Original High School Now a Senior Living Center

The Plummer School, designed by Portland architect John Thomas (1886-1944), has served the town of Falmouth for over 80 years. Built in the 1930s, this Colonial Revival style building was Falmouth's first high school and is now on the National Registry of Historic Places. Many of its original design features are still in place—the wooden cupola, with a clock and an octagonal copper dome, sits in the center on the gambrel slate roof. Landscaping in front of the school includes an historic stone wall and flag pole dating to the original construction.

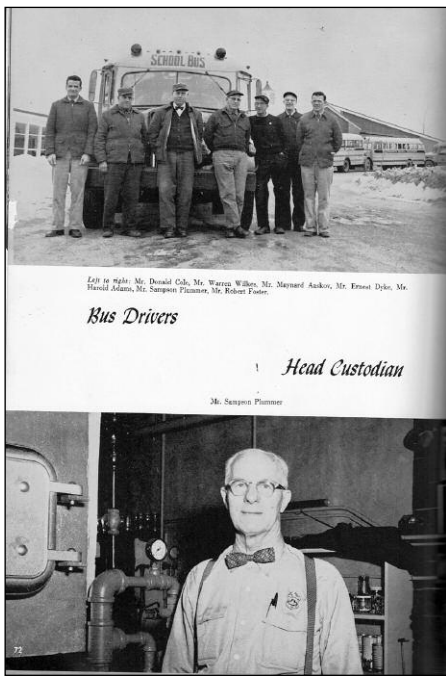
The school, named after Head Custodian (and bus driver) Sampson D. Plummer, was the town's first high school. After a new high school was built in the 1950s, the Plummer school continued as a Junior High until 1965, then served as an elementary school until 2011. Many former teachers, parents and students have stopped by over the last few weeks to view the final touches of redevelopment of the building into 34 independent senior living apartments. Two-thirds of the apartments are in the original high school building and many of these contain original elements like chalk rails for the school's blackboards and original wooden flooring. The stage used in the auditorium has been incorporated into a wonderfully unique apartment on the second

floor. The school's original windows have been refurbished and re-installed, bringing lots of bright light into each apartment. The original gymnasium (including bleachers!) has been restored and will serve as a wonderful multi-purpose room for community activities.

Plummer Senior Living is adjacent to both the Ocean View retirement community (including SMAA's own Stewart Adult Day Center) as well as the town-owned Mason-Motz activity center, home to Falmouth Community Programs. SMAA will be providing many on-site resources (see sidebar), including our Advance Healthcare Seminars, and our evidence-based Agewell Tai Chi and Living Well programs.

SMAA Services at Plummer

DC Management, LLC, the managers of the new Plummer Senior Living in Falmouth, have engaged SMAA to provide a part-time resource coordinator on-site. Doug Wilson, who currently works part-time in SMAA's Agewell Programs, will be our on-site coordinator: "I'm very excited by this opportunity to assist residents in getting connected to community-based services. We are already partnered with Falmouth Community Services (located adjacent to Plummer) and I look forward to building on this relationship to expand our evidence-based health and wellness programs in the area." In addition to providing A Matter of Balance, Tai Chi and Living Well programs, SMAA will be providing on-site Advanced Healthcare counseling and more. Doug will also be assisting residents in obtaining transportation, house-keeping, homemaker and other in-home services.



YOUR 1ST STOP FOR ANSWERS

1-800-427-7411
www.smaa.org

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**



“TO STAY INDEPENDENT, I NEED A LITTLE HELP ALONG THE WAY.”



ASSISTED LIVING FOR THE LIFE YOU WANT

A spacious private apartment filled with light. An award-winning community filled with amenities. A calendar packed with activities. And 24/7 personal support, medical and companion services designed to help you keep the lifestyle you love.



Call for a personal tour of The Osher Inn at The Cedars:

📍 620 Ocean Ave., Portland
📞 207-221-7150
🌐 thecedarsportland.org

 ADULT DAY CENTERS

OPEN HOUSE

Biddeford: Thursday, November 16, 4-6pm
Falmouth: Saturday, November 18, 10am-12pm

An informative, free event for people who care for parents and spouses with memory loss.

In Partnership with Caregivers

Memory loss is not only a challenge for your parent or spouse, but also for you - the caregiver. We know through research that social interaction, physical activity, and good nutrition are keys to a good quality of life. Our members have days full of laughter and activity.



Join us for an informative morning with other caregivers at one of our two **Adult Day Centers** and learn about our unique and affordable program. Find out how your loved one can become a member right away.

AN INFORMATIVE EVENT FOR CAREGIVERS

- Meet our Directors and Staff
- Learn About Our Program and Its Benefits
- Hear Caregiver Testimonials
- Take a Tour of Our Center
- Learn About Affordable Membership Options



FOR MORE INFORMATION AND REGISTRATION

Visit www.smaaa.org/openhouse

Or call 1.800.427.7411



Stewart Center
74 Lunt Road, Falmouth

Sam L. Cohen Center
30 Barra Road, Biddeford

The Southern Maine Agency on Aging's Adult Day Centers are state-licensed, Adult Day Health Providers for VA, MaineCare, and Office of Aging and Disability Services.



Updates from Agewell

Call for Coaches/Leaders/Instructors

Are you passionate about health and wellness? Are you looking for a way to give back to your community? SMAA is actively recruiting volunteers to lead all of our evidence-based health management workshops—including Tai Chi, A Matter of Balance, Living Well for Better Health, and Living Well with Chronic Pain.

We are especially interested in building up our programs in Southern York County, and north/west of Portland.

Open House 12/7 1:30 at the Southern Maine Agency on Aging and 12/12 at Southern York County Location and Time TBD

If you would be interested in learning more about these programs and becoming a volunteer, please contact us as: 396-6529 and attend one of our open house events.

Workshops and Events

Living Well with Chronic Pain
November 17 – December 29
Prince Library, Cumberland
Fridays 1:15-3:45PM

Tai Chi
Registration opens December 1

Beginner Classes

January 15 – March 14
Martin's Point Community Room, Scarborough
Mondays/Wednesdays 3-4PM

January 16 – March 15
J.R. Martin Community Center, Biddeford
Tuesdays/Thursdays 10:15-11:15AM

January 16 – March 15
Woodfords Church, Portland
Tuesdays/Thursdays 9-10AM

January 16 – March 15
Southern Maine Agency on Aging, Scarborough
Tuesdays/Thursdays 9-10AM

Deepening Classes

January 16 – March 15
J.R. Martin Community Center, Biddeford
Tuesdays/Thursdays 9-10AM

January 16 – March 15
Woodfords Church, Portland
Tuesdays/Thursdays 10:15-11:15AM

Additional winter classes are still being added and confirmed through November and December. For the most current listing of our workshops, please visit www.smaaa.org

Tips for Staying Healthy this Holiday Season

The busy holiday season is nearly upon us! Here in the Agewell Programs we want to pass along a few tips to help you stay healthy, active, and cheerful through this joyous, but sometimes stressful season.

1. Pace yourself – try not to over plan, and break your day up into manageable segments. Taking time to rest and relax is important!

2. Make healthy eating a priority – With all the delicious and tempting foods available and our busy schedules it can be easy to slip into unhealthy habits. Make sure you're getting your fruits and veggies in or try making extra of a recipe and freeze portions for busy times.

3. It's ok to say No – Sometimes it's hard to say no to friends, family members or fun activities – but listen to what your body and mind may be telling you.

4. Don't forget exercise – Getting regular physical activity is important not only for our bodies but also our mental health! Aim for 30 minutes each day, even if it's broken up into a few shorter segments, and build time into your schedule.

5. Stay hydrated – With cooler weather, it's easy to forget that we need plenty of water. If you're on the go, bring a water bottle with you,

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



Coats for Seniors Accepting Donations

Donate your clean, gently used winter coats to SMAA to help older Mainers stay warm this winter! In addition, for each coat donated, LL Bean will contribute \$5 to provide fuel assistance for older adults in need.



Drop off your coats before November 30 at the following locations:

- SMAA Main Office
136 US Route One, Scarborough
- Scarborough Town Hall (Community Services Office, 3rd Floor)
259 US Route One, Scarborough
- The Stewart Center
74 Lunt Road, Falmouth
- The Sam L. Cohen Center
30 Barra Road, Biddeford
- Baxter Memorial Library
71 South Street, Gorham

Visit www.maine4a.org for more information!

As You Like It Donation Change

This fall the suggested donation for As You Like It (AYLI) vouchers was increased to \$6.00 per voucher.

We have made every effort to keep the suggested donation for the vouchers at a stable, constant amount for all program participants for as many years as possible. This change in the suggested donation per voucher was made to help ensure that the AYLI program remains viable and self-sustaining for the future for all AYLI participants.

We appreciate your cooperation and understanding.

If you have any questions regarding this program update, or about the Nutrition Programs at Southern Maine Agency on Aging, please contact JoAnn McPhee, Nutrition Manager at 207-396-6510 or by email at jmcphoe@smaaa.org.

www.smaaa.org

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

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



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

- Caring Companionship
- Meal Planning & Preparation
- Incidental Transportation
- Light Housekeeping & Laundry
- Medication Reminders
- Alzheimer's and Dementia Care
- Assistance with Bathing, Dressing & Incontinence Care



Advantage Home Care

550 Forest Avenue, Suite 206
Portland, ME 04101
(207) 699-2570
www.advantagehomecaremaine.com

Call us today for a free assessment! 207-699-2570

We all need a hand now and then

If you or a loved one are finding it difficult to keep up with bills, insurance and paperwork, I can help.



ElderHand, LLC
Daily Money Management and Organizational Services for Seniors

Providing assistance and peace of mind to individuals and families in the Greater Portland Area • Fully insured
Please contact me for a free consultation.

Lisa Orso (207) 831-8816 • lisa@elderhandllc.com
www.elderhandllc.com



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

info@maineestatebuyers.com
Web: MaineEstateBuyers.com

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



TWINCITYGOLD.COM

ADVANCED MODIFICATIONS

SPECIALTY VEHICLE SALES, SERVICE & More



Specialty Seating Options



Hand Controls & Other Driving Aids



Wheelchair Accessible Conversions

1766 Hammond St.
Hermon, ME 04401

89 Mussey Rd., Suite 102
Scarborough, ME 04070

Toll Free 1-855-848-8226
www.AdvancedModifications.com



RSVP
Lead with Experience

VOLUNTEER SERVICES & RSVP

“An Invitation to Make a Difference”

Vet to Vet Volunteer Tom Gruber Honored as a Community Champion

Vet to Vet volunteer and SMAA board member Thomas Gruber has been named a 2017 Community Champion by Molina Medicaid Solutions of Maine. The award recognizes volunteers who have made extraordinary contributions to their community, have shown outstanding commitment to serving those in need, and whose activities have had a positive influence on the community. Winners receive a trophy and a \$1,000 grant for the nonprofit organization of their choice.

Gruber, whose efforts helped establish the Community Food Pantry and Aging in Place Cumberland,

also serves as a member of the Cumberland Town Council. He visits weekly with two veterans as a Vet to Vet volunteer.

He was selected based on his volunteer work with Aging in Place, the Community Food Pantry, the Vet to Vet program, and Southern



Thomas Gruber, center, with Larry Gross, SMAA Chief Executive Officer, left, and Susan Gold, coordinator of Vet to Vet and Aging in Place Cumberland. Gruber received a 2017 Molina Community Champion Award at a gala honoring volunteers statewide. Photo Credit: Karen Campbell, Aging in Place Cumberland.

Maine Agency on Aging (SMAA), where he is treasurer of the SMAA Board of Directors. Susan Gold, coordinator of Vet to Vet and Aging in Place Cumberland, a town initiative of age-friendly programs and services, nominated Gruber for the award.

“Tom is one of those remarkable people who not only show empathy and love for his fellow humans, he also does everything he can to support them and help them live better lives,” said Gold. “He spends practically every waking hour doing something for someone—from delivering food to the Food Pantry and umpiring girls’ softball to giving rides through AIP (as “Uber Gruber”) and accompanying a veteran to Sunday services.”

Gruber has arranged with SMAA to use the Molina prize money to establish a fund to enable veterans living in Cumberland to attend the Stewart Adult Day Center. Veterans can contact the Stewart Center at 699-4618 for more information.

Gruber and two other winners were honored at a celebration held at the Governor Hill Mansion in Augusta on September 13. Molino Medicaid Solutions is a national firm that contracts with state governments to provide health plans for people who qualify for government-sponsored programs.

Vet to Vet in the News

Vet to Vet is in the news this fall, featured on the radio, in a statewide magazine, and at a meeting of Maine women veterans during November.

Writer Jane Margesson writes about SMAA’s Vet to Vet program in her column in the November issue of *Maine Seniors Magazine*, a statewide publication geared to older adults. Margesson heard about Vet to Vet through her work with AARP. AARP highlighted Vet to Vet previously as part of an article on what local towns are doing to aid their older residents. Vet to Vet volunteers in the town of Cumberland visit veterans in collaboration with that community’s Aging in Place initiative.

Vet to Vet will hit the airwaves when the University of Southern Maine’s community radio station WMPG broadcasts a piece on the program as part of its Veterans Day coverage on November 11. Jessica Lockhart, WMPG program director, interviewed Vet to Vet volunteer David Backman and coordinator Su-

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

EMG

Eyecare Medical Group

Tomorrow’s eyecare today.

HAVE QUESTIONS?

Just call our friendly staff at:

207.828.2020

1.888.374.2020

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

 Find us on Facebook!



Bruce Cassidy, MD



Robert Daly, MD



Samuel Solish, MD



Scott Steidl, MD, DMA



Jordan Sterrer, MD



Jackie Nguyen, MD



Aaron Parnes, MD



Adam Sise, MD



Elizabeth Serrage, MD
Emeritus



William Holt, MD
Emeritus



Katherine Hill, OD, FFAO



Clement Berry, CEO

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

san Gold for the show. Backman, a Vet to Vet volunteer since 2015, spoke about his visits with a 93-year-old veteran and the rewarding relationship the two veterans have developed.



David Backman and Wendy Wren, Vet to Vet volunteers

On November 4, Gold and Vet to Vet volunteer Wendy Wren addressed the 5th Annual Women Veterans' Luncheon in Rumford. The statewide event honors Maine's women veterans and treats them to manicures, haircuts, and massages, followed by a luncheon and speakers. Wren described her relationship with a 77-year-old woman veteran, whom she has visited for the past two years.

For more information on Vet to Vet, please contact Susan Gold at sgold@smaaa.org or 207-396-6521.

Volunteer Help Needed

In York and Cumberland County

Like numbers and people? Consider volunteering with the AARP Tax-Aide program. In addition to actual tax preparation, volunteers are needed to help with scheduling, to greet taxpayers as they arrive tax preparation locations, to network computers and printers as well as a variety of administrative tasks. Training for all volunteers is held in January. With the exception of volunteers doing actual return preparation, the training takes no more than one day. Tax preparation starts on February 1 and ends on April 15. Once trained, volunteers should be able to commit to a minimum of four hours each week. If this opportunity calls to you contact Volunteer Services at 207-396-6595 or email volunteer@smaaa.org.

Portland High School is searching for an academic tutor capable of tutoring high school level Latin. The ideal volunteer will be available after school 2:30-4:30PM on Mondays and/or Wednesdays. Contact Volunteer Services at 207-396-6595 or email volunteer@smaaa.org for more information.

Also Office help needed to assemble packets for in town Portland and Saco locations. Short term assignments during weekday business hours.

Volunteer Open Enrollment Receptionists Begin Their Service

Five volunteer receptionists trained to help out during the Medicare Open Enrollment period from October 15 through December 7 in SMAA's Scarborough office. Volunteers are Denise Smith, Dot Lee, Marcy Joncas, Nancy Sudalakis and Susan Laughton. They will be greeting and directing people to the Medicare/insurance clinics on Tuesdays and Thursdays and asking client to complete a satisfaction survey as well as providing an opportunity for satisfied clients to give a donation to SMAA in appreciation of this vital service.



Volunteers greet Open Enrollment visitors with a smile.

Volunteers Attend Adult Abuse and Fraud Training

Recently 25 SMAA/RSVP volunteers attended the Elder Abuse and Fraud Prevention workshop for volunteers and staff. At this Adult Abuse and Fraud Prevention Workshop Bridget McMahon, Esq., Legal Services for the Elderly, Paul Doherty, Senior Medicare Patrol (SMP) volunteer and Carol Rancourt, social worker at SMAA were the presenters. Attorney McMahon spoke on the types of abuse and what role Legal Services for the Elderly plays in assisting with this important issue. Paul Doherty spoke about fraud schemes and how to recognize and avoid them. Carol Rancourt spoke about what being a "mandated reporter" means and how to make a report of suspected abuse.

Workshops like this one are held three times a year as volunteer learning opportunities. We have two more workshops planned for February and May and they will cover Veterans Services and Advanced Health Care Planning. Notices of the upcoming workshops are sent to all volunteers via our email service, Benchmark. Emails go out about once a month. Check your spam folder if you do not receive these notices. We want to keep you in the loop about all possible opportunities!



GRIEF SUPPORT GROUP WITH COMPASSUS

Are you grieving the loss of a loved one?

Compassus offers a support group that can help.

The loss of someone significant in your life is difficult. Our grief support group will address ways to cope. Learn what to anticipate, how to cope with your grief, and personal techniques to assist you and your loved ones.

Registration is free and open to the public.



Join a Monthly Support Group

3rd Wednesday of every month

3:00-4:00 pm
Compassus
23 Spring Street, Suite C
Scarborough, ME

Call us to learn more! (207) 761-6967

Compassus is patient first, *always.*



SCARBOROUGH:
(207) 761-6967
23 Spring Street, Suite C
Scarborough, ME 04074

Difficulty hearing over the telephone?

Now you can experience clarity and confidence on every call – and not miss a word of what's said. Captioned Telephone (CapTel®) is a service available at no-cost* that allows you to listen while reading every word the other party says throughout your conversation.



Contact us today to learn more!
888.269.7477



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

MERelay.com • merelay@hamiltonrelay.com

*Equipment and standard long distance charges may apply. CapTel® is a registered trademark of Ultratec, Inc. © 2016 Hamilton Relay

SCARBOROUGH TERRACE

PREMIER ASSISTED LIVING & MEMORY CARE

The highest caliber of senior living, combining both lifestyle and support for your peace of mind.




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

- Chef-Prepared Meals
- Studio and One-Bedroom Apartments
- Calendar of Activities, Music, Arts, Entertainment and Fitness
- 24-Hour Care
- Long or Short-Term Stays


- Elegant Common Areas
- Medication Management
- Memory Care Program
- Transportation
- Housekeeping
- Therapy
- Easy Access to Portland Hospitals
- Scheduled Trips for Activities

Call Elizabeth today! 207.885.5568




600 Commerce Dr. | Scarborough, ME 04074 | ScarboroughTerrace.com 

A reverse mortgage could help you live more comfortably.





Call Steve for your free booklet on the government-insured HECM reverse mortgage.

- Supplement your retirement
- Receive a monthly payment
- Pay off a mortgage
- Set up a Line of Credit
- Buy a home


Steve Eastman

207-657-2459
Reverse Mortgage Advisor
NMLS #485909
SEastman@RFSLends.com
www.rfslends.com





Borrower must occupy property as primary residence and is responsible for property taxes, homeowner's insurance and the costs of home maintenance.
Synergy One Lending Inc. d/b/a Retirement Funding Solutions, NMLS 1025894. Maine Supervised Lender License 1025894. These materials are not from HUD or FHA and the document was not approved by HUD, FHA or any Government Agency.



RETIREMENT FUNDING SOLUTIONS
FUNDING AMERICA'S RETIREMENT®

RFS.1216.178V1

AAA ROADWISE DRIVER®

Responsible Driving for Mature Operators

- 4 hour program designed to increase driving awareness & confidence behind the wheel
- Courses are led by AAA-trained & certified, professional instructors.
- Maine residents can qualify for a 55+ insurance discount¹
- **Online course also available in Maine, New Hampshire & Vermont**

COST

\$15 for AAA members

\$20 for non-members




\$10 OFF²

AAA Roadwise Driver Class with auto insurance quote
PROMO CODE: MO17

CLASS SCHEDULE

NOVEMBER 8
452 High Street
Somersworth, NH

NOVEMBER 8
395 Griffin Road
Bangor, ME

NOVEMBER 14
985 Turner Street
Auburn, ME

NOVEMBER 15
746 Daniel Webster Highway #3
Merrimack, NH

NOVEMBER 29
68 Marginal Way
Portland, ME

DECEMBER 27
68 Marginal Way
Portland, ME

All classes are 9 a.m.–1 p.m.

¹Maine licensed drivers 55 years of age or older may receive an insurance premium discount upon successful completion of the online or classroom courses. Certain restrictions may apply. NH and VT drivers should inquire with their insurance provider for available discounts. ²\$10 class discount offer valid for ME, NH and VT residents through 12/31/17 who mention the offer, register for the AAA Roadwise Driver class and receive an insurance quote for AAA Insurance. Discount valid on classroom course only. New quotes only. Not valid for online quotes. AAA insureds not eligible. NO PURCHASE REQUIRED FOR QUOTE. AAA Northern New England membership requires the separate payment of annual dues and an admission fee for new members. AAA insurance is a collection of AAA branded products, services and programs available to qualified AAA members. AAA personal lines insurance is provided by the Interinsurance Exchange of the Automobile Club (Exchange). AAA Northern New England is the licensed agent for the Exchange. Limit one \$10 discount per class, per household per 6 months. We reserve the right to provide a substitute discount. Membership is not required for discount offer.

Driving school schedules, locations and pricing subject to change without notice.
Copyright © 2017 AAA Northern New England. All Rights Reserved.