



## From the Director's Desk

November is National Family Caregiver Month and this year's theme is "Caring Around the Clock." Caregiving for an older family member can be challenging on most days and simply overwhelming on others. Six out of 10 family caregivers work full or part time in addition to juggling their caregiving responsibilities at home. Many say they have to cut back on working hours, take a leave of



absence, or quit their job entirely. SMAA's team of family caregiver specialists provide information, education and support for family caregivers to help reduce stress and make informative decisions when caring for their loved ones. Please go to our website, [www.smaa.org](http://www.smaa.org), to find a complete listing of upcoming caregiver classes and on-going support group meetings.

## Stay involved and informed

By the time this issue of the Senior News is published, 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. As we approach a new state legislative session in January, it's important to stay informed and engaged in the discussions with your local legislators regarding the growing need for affordable senior housing and long term care, aging in place, transportation, and other gaps that directly affect Mainers. Although the election is over, now is the time to exercise your right to be heard.

continued on page 13

## Charting the Future: Innovation in Dementia Research, Treatment and Care

On September 28, over 200 people attended Charting the Future: Innovation in Dementia Research, Treatment and Care to learn understand where we are with potential breakthroughs in the drive for effective treatments for dementia as well as the latest innovations in care programs. This event was a first of its kind for the Southern Maine Agency on Aging.



Senator Angus King and Kate Putnam, SMAA

Gareth Howell, PhD, from Jackson Laboratories, Dorene Rentz, PsyD., from Brigham and Women's Hospital and Ivana Rubino, Ph.D. with Biogen pharmaceuticals presented their latest research. Brigham and Women's and Biogen are advancing to the drug trial stage. Maine's US Senators Collins and King spoke about the role the federal government can play in supporting research.

Pat Callaghan, reporter and anchor with NewsCenter Maine served as the moderator and Jud Knox, CEO and President of York Hospital convened the question and answer portion of the program. Laurence Gross, CEO of SMAA, shared the latest on adult day services and the benefits for caregivers and people with dementia.

"We were pleased to bring this prestigious panel together to offer hope for people living



Dr. Ivana Rubino and Adam Brand, Biogen

with dementia and their caregivers", stated Laurence W. Gross, CEO, SMAA. He continued, "It's clear that our US Senators are making research funding for dementia a priority. It's also significant to note the promising research and drug trials that will hopefully bring effective treatments for dementia."

Thank you to all the sponsors who made it possible for SMAA to present this program.

## Jo Dill Awarded the Laurence W. Gross Spirit of SMAA Award

At the annual employee celebration in October, Jo Dill, Coordinator of Maine Senior Games was awarded the Laurence W. Gross Spirit of SMAA Award. This award is given annually to a staff member who provides encouragement and support to other SMAA staff, helps others overcome obstacles to successfully accomplish goals; is an honest and dependable team player who contributes to group collaboration and shows empathy and respect for others, and who builds and maintains good working relationships.

At the presentation, Larry Gross explained that Jo was chosen for this award because of her energy and enthusiasm and her always being the first one to offer assistance whenever a co-worker needs help. For the past two years she has volunteered and run the staff healthy challenges and spent countless hours and money adopting several clients at Christmas time to provide gifts and personal care items. She

has also volunteered each year to help deliver the Girl Scout cookies to the meal sites and day centers. She is a positive advocate for the Agency and the mission—striving always to create a better day for someone.

Jo Dill commented, "I was so honored to be the recipient of the Spirit Award as there are so many at SMAA who deserve this award. It is easy to go above and beyond at SMAA when so many co-workers are doing the same and it fits in with the mission of SMAA!!"

Please join all of the SMAA staff in congratulating Jo on a well-deserved award.



## And The Results Are In!

If you're a regular reader of Senior News, you'll recall that we announced a fundraising challenge in our July issue. Eddie Woodin and his wife, Nancy Robinson helped us establish the Best Friend Fund which enables us to help low income seniors manage the extraordinary costs associated with their pets. Nancy and Eddie wanted to help us raise more money than we had previously so they offered to give us \$2,000 if we could raise \$6,000 before the end of September.

SMAA relies on individual, business and private foundations for contributions and grants to

help us meet our mission annually for all of our programs. The Best Friend Fund is among our many programs needing funding. Eddie and Nancy have been champions for this fund since they helped establish it. The Woodin Challenge was an aggressive goal for this program. When we launched it, we weren't sure if we could realize Eddie's vision. With the help of many generous donors, we successfully raised just over \$6,000.

Larry Gross, SMAA's CEO said, "By launching the challenge Eddie and Nancy gave us the encouragement to try to raise a sig-

continued on page 3

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

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



## 2018 Subaru Share the Love Event to Benefit Meals on Wheels

Subaru of America, Inc. announced the return of its annual Share the Love event in 2018. Eleven years running, this year's Share the Love event marks the third consecutive year there will be no cap placed on the total donation from Subaru of America to its Share the Love charitable partners. At the culmination of this year, Subaru hopes to exceed a

grand total of \$140 million donated since Share the Love event started in 2007.

From November 15, 2018 to January 2, 2019, Subaru will donate \$250 for every new Subaru vehicle purchased or leased at more than 628 participating Subaru retailers nationwide to the customer's charity choice. 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/share](http://subaru.com/share)

## New to Caregiving and Have Questions?

SMAA's Family Caregiver Support Program will be offering Understanding Cognitive Loss: Basics for Family Caregivers, on Thursday, November 15 from 1-3PM at the Town Hall in Yarmouth.

Understanding Cognitive Loss: Basics for Family Caregivers is a single session, two-hour class. This class was developed for family caregivers: those who may have questions about someone's cognitive abilities and losses, those who are helping someone early in the course of a dementia, and those who may not be able to attend a full Savvy Caregiver series.

The class covers different conditions that can affect a person's cognitive abilities, how specific thinking skills might change, and strategies that can be helpful for family caregivers of people who are experiencing difficulties with their thinking.

If you are a family caregiver for a person who has been diagnosed with dementia, or about whom you have concerns, we hope you will sign up. Please note, this session is not appropriate for people who themselves have dementia. The class size is limited, so pre-registration is required. Please contact the Family Caregiver Support Program at SMAA, 396-6541 or visit [www.smaaa.org](http://www.smaaa.org) to register.



## Advertise with us!

Your ad will reach 10,000+ active and engaged seniors in Cumberland and York Counties.

Call or email for more information.

(207) 396-6533 • (800) 427-7411  
[seniornews@smaaa.org](mailto:seniornews@smaaa.org)



*"I'm as happy as a clam at high tide!" ~ Jean*

Our residents live life to the fullest in a vibrant, socially engaging environment, with daily assistance at their fingertips. Personalized care plans are delivered by certified staff and supervised by licensed nurses 24-hours a day.

Call Tamera Vogel today!

207-781-4621

FALMOUTH HOUSE  
at • Ocean View

*An experience not to be missed!*



32 Blueberry Lane, Falmouth, Maine 04105 • [oceanviewrc.com](http://oceanviewrc.com)



## GivingTuesday

Again this year, SMAA will participate in Giving Tuesday which this year is November 27. The thought behind Giving Tuesday is to offer an opportunity for us to pause and reflect on the wonderful work being done by nonprofits. Held in November following Black Friday and Cyber Monday, GivingTuesday kicks off the charitable season, allowing us to focus on end-of-year giving. We invite you to consider sharing your gifts with us on Giving Tuesday or at any time you feel called to support our mission.

#GIVINGTUESDAY



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



## Medicare & Your Mental Health Benefits

**M**ental health conditions, like depression or anxiety, can happen to anyone at any time. Talk to your doctor or health care provider if you have:

- Thoughts of ending your life
- Sad, empty, or hopeless feelings
- A lack of energy
- Trouble concentrating
- Trouble sleeping
- Little interest in things you used to enjoy
- Weight loss or loss of appetite
- Increased use of alcohol or other drugs

### What's Covered

**Medicare Part A** (Hospital Insurance) helps pay for mental health care if you're an inpatient in a general or psychiatric hospital. Part A covers your room, meals, nursing care, therapy or other treatment for your condition, lab tests, medications, and other related services and supplies. If you're in a psychiatric hospital (instead of a general hospital), Part A only pays for up to 190 days of inpatient psychiatric hospital services during your lifetime.

**Medicare Part B** (Medical Insurance) helps cover mental health services provided by doctors and other health care professionals if you're admitted as a hospital inpatient.

Part B also helps cover outpatient mental health services that you generally get as a hospital outpatient or outside of a hospital, including visits with these types of health professionals:

- Psychiatrist or other doctor
- Clinical psychologist
- Clinical social worker
- Certain other health care professionals

Part B helps pay for these covered services:

- One depression screening per year
- Individual and group psychotherapy
- Family counseling, if the main purpose is to help with your treatment
- Certain lab and diagnostic tests
- Psychiatric evaluations
- Medication management
- Certain prescription drugs, like some injections

In some cases, Part B may also help pay for partial hospitalization services (an intensive, structured program of outpatient psychiatric services provided to patients as an alternative to inpatient psychiatric care).

**Medicare prescription drug coverage (Part D)** helps cover drugs you may need to treat a mental health condition. Medicare drug plans are required to cover all (with limited exceptions) antidepressant, anticonvulsant, and antipsychotic medications, which may be necessary to keep you mentally healthy.

### What do I Pay?

For inpatient mental health services, you pay:

- A one-time hospital deductible for each benefit period
- Days 1-60: no coinsurance amount for each benefit period
- Days 61-90: a coinsurance amount per day of each benefit period
- Days 91 and beyond: a coinsurance amount for each "lifetime reserve day" after day 90 of each benefit period (up to 60 days over your lifetime)

For most mental health services provided by doctors or other health care professionals (whether you're an inpatient or outpatient), you pay 20% of the Medicare-approved amount after the Part B deductible is met. If you get your services in a

hospital outpatient clinic or hospital outpatient department, you may have to pay an additional copayment or coinsurance amount to the hospital.

For prescription drugs, the amount you pay varies depending on the Medicare drug plan you have. If you have limited income and resources, you may qualify for Extra Help from Medicare to help pay the costs of Medicare prescription drug coverage. For more information, visit Medicare.gov, and select "Get help paying costs" under "Your Medicare Costs," or call 1-800-MEDICARE (1-800-633-4227). TTY users should call 1-877-486-2048.

You can visit Medicare.gov/your-medicare-costs for the most up-to-date information on deductibles, coinsurance, and copayments. You can also call 1-800-MEDICARE.

*Information provided by www.medicare.gov*

**Medicare questions?  
Need help?  
Call 1 800 427-7411**

### And The Results Are In! continued from page 1

nificant amount for the Best Friend Fund. We are thank them and all of the donors who contributed to this challenge."

Upon hearing the news of the successful challenge, Eddie said, "Nancy and I are so excited to achieve this goal to help fragile seniors and their pets in need. We are grateful to all of the donors. We have great respect for their compassion and action of writing checks to help and encourage others. We are most appreciative of the opportunity of partnering with SMAA, a wonderful organization whose mission is to simply help seniors."

**SIGHT IS PRECIOUS.**



**EMG**  
Eyecare Medical Group  
*Tomorrow's eyecare today.*

**HAVE QUESTIONS?**  
Just call our friendly staff at:

**828-2020**  
**888-374-2020**

53 Sewall Street  
Portland, Maine 04102  
[www.eyecaremed.com](http://www.eyecaremed.com)  
[www.seewithlasik.com](http://www.seewithlasik.com)

 Find us on Facebook!

**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



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, FAAO



John Wipler, CEO

For a free email subscription to our Eye Health Updates, visit us at [www.eyecaremed.com](http://www.eyecaremed.com).



## Steering Clear of Vehicle History Report Scams

by Colleen Tressler, Consumer Education Specialist, FTC

The FTC has been hearing about a new scam targeting people who are selling their cars online. They're getting calls or texts from people who claim to be interested in buying the car—but first want to see a car history report. They ask the seller to get the report from a specific website, where the seller needs to enter some information and pay about \$20 by credit card for the report. The seller then sends it to the supposed buyer but never hears back. Weird, huh?

Well, it gets weirder. When the car sellers go to one of these websites, they're automatically redirected to sites ending in '.vin'—which seems like it might be related to your car's vehicle identification number or VIN, right? Scammers hope you'll think that, but no. In this case, .vin is a relatively new website "domain"—like .com or .org—that groups can apply to use. This domain was intended to be used for sites that relate to wine, since "vin" is the French word for wine, but others are not prevented from using it. So yes, that's a clever take on .vin for cars, yes, but you still might want to think twice if anyone asks you to do car-related business on a site ending in .vin.

So, if you are selling a car online and someone asks you to get a car history report from a specific site, ask why and think twice. You may have no way of knowing who operates the site, especially if it's one you've never heard of. It might be a ruse to get your personal information, including your credit card account number. It also could be a way for companies called "lead generators" to get information, which they sell to third parties for advertising and marketing purposes.

Your best bet: play it safe. Go to [ftc.gov/usedcars](http://ftc.gov/usedcars) for information on vehicle history reports, recall notices, and how to learn whether a car has been declared salvage. For example, the National Motor Vehicle Title Information System (NMVTIS) operates [vehiclehistory.gov](http://vehiclehistory.gov), which lists NMVTIS-approved providers of vehicle history reports. Not all vehicle history reports are available through the NMVTIS website. Reports from other providers sometimes have additional information, like accident and repair history.

Whether you're familiar with a company or not, it's always helpful to see what other people are saying online. Simply enter the name of the company, and words like "complaint," "review," "rating," or "scam."

*Reprinted from [www.consumer.ftc.gov](http://www.consumer.ftc.gov)*



### WE TAKE THE STRESS OUT OF SENIOR TRANSITIONS

*If you are feeling overwhelmed by downsizing, moving, or cleaning out your home for a real estate sale, we want to help you get it done!*

*Contact us today for your free consultation and estimate!*

207-865-4493

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

## Advertise with us!

Your ad will reach 10,000+ active and engaged seniors in Cumberland and York Counties.

Call or email for more information.

(207) 396-6533

(800) 427-7411

[seniornews@smaa.org](mailto:seniornews@smaa.org)

### 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@smaa.org](mailto:info@smaa.org)

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

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

Advertising: Janet Bowne  
[jbowne@smaa.org](mailto:jbowne@smaa.org) or 207-396-6533

Article Submission: Jessica LeBlanc  
[jleblanc@smaa.org](mailto:jleblanc@smaa.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.smaa.org](http://www.smaa.org) and see Senior News on home page and/or send an e-mail to [seniornews@smaa.org](mailto:seniornews@smaa.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.



### BOARD OF DIRECTORS 2018-2019

PRESIDENT

Mary Jane Krebs, APRN, BC  
Westbrook

VICE PRESIDENT

David Smith, Falmouth

TREASURER

Susan Keiler, Biddeford

SECRETARY

Denise Doyon, Biddeford

### BOARD MEMBERS

Jeffrey Aalberg, MD, Portland

Terry Bagley, Cape Elizabeth

Stephen Braverman, Wells

Marie Gerrity, Cumberland

Ann Hastings, Biddeford

John Holland, Gorham

Jeffrey Holmstrom, DO,  
South Portland

David McDonald, Portland

Betsy Mead, Falmouth

Julie Moss, Yarmouth

### 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.smaa.org](http://www.smaa.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.

## 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](http://www.advantagehomecaremaine.com)

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



## Social Security Announces 2.8 Percent Benefit Increase for 2019

**S**ocial Security and Supplemental Security Income (SSI) benefits for more than 67 million Americans will increase 2.8 percent in 2019, the Social Security Administration announced today.

The 2.8 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 62 million Social Security beneficiaries in January 2019. Increased payments to more than 8 million SSI beneficiaries will begin on December 31, 2018. (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 \$132,900 from \$128,400.

Social Security and SSI beneficiaries are normally notified by mail in early December about their new benefit amount. This year, for the first time, most people who receive Social Security payments will be able to view their COLA notice online through their *my Social Security* account.

People may create or access their *my Social Security* account online at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

Information about Medicare changes for 2019, when announced, will be available at [www.medicare.gov](http://www.medicare.gov). For Social Security beneficiaries receiving Medicare, Social Security will not be able to compute their new benefit amount

until after the Medicare premium amounts for 2019 are announced. Final 2019 benefit amounts will be communicated to beneficiaries in December through the mailed COLA notice and *my Social Security* Message Center.

The Social Security Act provides for how the COLA is calculated. To read more, please visit [www.socialsecurity.gov/cola](http://www.socialsecurity.gov/cola).



**1-800-427-7411**  
**[www.smaaa.org](http://www.smaaa.org)**

### Bringing your healthcare *Home...* *where you belong!*



**MaineHealth**  
CARE AT HOME

**As the leading home health and hospice agency in the region, we provide compassionate care to newborn infants, children and adults.**

**Services include:**

**Nursing Care | Rehabilitative Therapies**

**Hospice | Pediatric Care**

**Palliative Care | Population Health**

**Telehealth | Philips Lifeline**

**Chronic Care Management**

**Counseling & Emotional Support**

**Private Duty Home Care**



**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.*

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

*Join a Monthly Support Group*

**3rd Wednesday of every month**  
3:00-4:00 pm  
Compassus  
23 Spring Street, Suite C  
Scarborough, ME

Compassus is patient first, *always.*



HOSPICE & PALLIATIVE CARE  
**Compassus**  
Serving with Heartfelt Compassion  
[compassus.com](http://compassus.com)


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

# THE WARDWELL

Retirement Neighborhood

Offering Assisted Living & Senior Housing

Welcome Home



Serving Southern Maine since 1889.

Call today for availability.

43 Middle Street, Saco, Maine 04072  
(207) 284-7061    [www.wardwell.org](http://www.wardwell.org)



# CHARTING THE FUTURE

*Innovation in Dementia Research, Treatment and Care*



Thank you to all of our sponsors who helped make Charting the Future a huge success:

### Innovators



### Explorers



### Stewards



### Friends



Printing generously printed by Old Port Press

Thank you to our Host Committee:

**Howsie Stewart, Honorary Chair**

- Stephen & Priscilla Braverman
- Denise Doyon • Peter & Marie Gerrity
- Laurence Gross & Barbara Colby
- David McDonald • Robert & Julia Moss
- David Smith & Anne Dalton
- Purdy Powers & Company • Sencio Systems

## From Jo Dill's Notebook

### 2018 Maine Senior Games

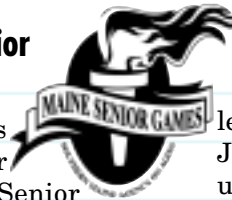
This year was a banner year for the 2018 Maine Senior Games with over 720 athletes participating. An amazing year with hundreds of athletes qualifying for the 2019 National Senior Games, records broken, and 260 new athletes.

Athletes came from as far West as Oregon, California, Colorado, and 15 other States not including Maine. Athletes from Westbrook Housing arrived by bus to participate in Cornhole and Candlepin bowling. Vermont Senior Games even joined us for our Cycling event.

The youngest athlete was 45 and the oldest was 94 and there were 46 athletes that were 80 and older. This year the list of highlights could go on and on. Congratulations to all the athletes!

### Volunteers

A special thanks to the more than 50 volunteers who helped with the Maine Senior Games. Those that got us ready in the spring with mailings, folding T-shirts and stuffing the athlete's bags, those who spent hours at events setting up, checking folks in, scoring, timing, measuring, road marshals and those that helped load and unload the MSG van. I cannot thank you all enough. Thanks to sponsors Humana, Martin's Point and Aging Excellence who sent many volunteers our way. A special thanks to Pete our MSG volunteer photographer who came to 85% of the events and took amazing photos.



### Ladies Bowling League

Our ladies candlepin bowling league will be starting again on January 3rd and will continue until March 28th (13 weeks). The league will take place at the Big 20 in Scarborough. Start time is 4:30pm. We are still looking for bowlers to join a team. There are four on 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](mailto:jdill@smaaa.org)

### Save the Date

I realize this is WAY early BUT our Martin's Point, Maine Senior Games Celebration of Athletes dinner has been scheduled for May 31, 2019. MARK YOUR CALENDARS NOW! For those not familiar, this is an event to celebrate the 2018 season, awards are given, Hall of Fame inductees and for those going to the 2019 Nationals. It is an event not to be missed. Seats fill up quickly and there is a limit so don't delay once reservations open up.

### Sponsors

Thanks to our sponsors for their support. We could not do it without you: Lead Sponsor: Martin's Point, Platinum Sponsor: Anthem Blue Cross/Blue Shield, Gold Sponsors: Piper Shores and Aging Excellence and Silver Sponsors: Bangor Savings Bank, Humana, Cross Insurance, Derry Rundlett Show CDTN 5, Back in Motion, and Ameriprise, Financial.



## SMAA Partners with Sencio Systems to Support Wellness of York and Cumberland Residents

**S**MAAA recently signed an agreement with Sencio Systems, a new partner who is offering an exciting health program called *Ibis*, which was developed for participants and their caregivers to better manage chronic health conditions.

The *Ibis Program* is designed for individuals with multiple chronic conditions, such as COPD, diabetes, hypertension, chronic heart failure, or the onset of dementia. *Ibis* helps participants better self-manage these diseases at home. To use *Ibis*, participants receive an easy to read touchscreen monitor with added direct support from a dedicated care team. This includes an *Ibis* physician who will work closely with each participant's current primary care provider and specialists to help participants better self-manage their health.

*Ibis* tracks important vital signs such as lung function and blood pressure from the comfort of home. *Ibis* prompts participants about medications, records when to take a dosage, when to complete exercises, and reminds participants of important medical appointments. All information is always confidential and fully protected as required by HIPAA.

Participants in the *Ibis Program* have a greater sense of control of their health and say "*Ibis has changed my life and I am finally doing what I am supposed to be doing to take care of my health*". The goal is to enable those enrolled to live independently for as long as they choose.

If eligible for Medicare, or a Medicare Advantage Plan (with or without supplemental coverage from MaineCare), the cost of the program is a covered benefit. There is no long term commitment to the *Ibis Program* and participants may leave at any time.

SMAA is supporting Sencio System's efforts to locate participants to use the new healthcare program.

We are doing this by mailing an introductory letter to people who have used SMAA Services in the re-

cent past. Personal information is never shared with Sencio Systems unless a consumer opts in and requests further information directly from Sencio. Once consumers are enrolled in the *Ibis Program*, SMAA will support Sencio and the *Ibis Program* participants by providing a Resource Specialist to assist with things like health insurance, housing, food insecurity, caregiving, transportation and other needs to which SMAA brings expertise.

If you or anyone you know is interested in learning more about the *Ibis Program*, call Sencio Systems at (207) 558-9800 or toll-free at (888) 626-9995. SMAA looks forward to working closely with Sencio Systems to help improve the health and well-being of participants.

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

### Try before you buy!

Assistive devices can make life easier.

Find devices at **AT4Maine.org**.



Borrow items to help with managing meds, vision, communication, mobility, daily living and home safety.

**207-621-3195 or Relay 711**  
**Email: [info@mainecite.org](mailto:info@mainecite.org)**



Visit **AT4Maine.org**

## Take a Different Approach and See For Yourself™



**Chris Griffith**

Designated Broker/Owner

**Great Moose Real Estate**

210 Payne Road  
Scarborough, ME 04074

207.232.8817

[cgriff@greatmoose.com](mailto:cgriff@greatmoose.com)

[GreatMoose.com](http://GreatMoose.com)



## Representing Seniors and their Properties in Maine™



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**

**Want to learn more about classes and seminars offered through SMAA?**

**Visit our online calendar of events to learn more.**

[www.smaaa.org/events.html](http://www.smaaa.org/events.html)

[WWW.MAINECENTERFORELDERLAW.COM](http://WWW.MAINECENTERFORELDERLAW.COM)

[ATTORNEYS@MAINECENTERFORELDERLAW.COM](mailto:ATTORNEYS@MAINECENTERFORELDERLAW.COM)



## Bug in a Jar — A Little Book with A BIG Message

**A**lison Bramhall's life is one full of passion and color. Many of our readers may know Alison for her company, Festive Fish, colorful artwork and home décor inspired by the sea. As an artist, she channels her creativity in so many aspects of her life. It's no surprise that when her father got a devastating diagnosis, Alison used her creativity to manage her feelings. She shares what she learned about that journey in a wonderful book, Bug in a Jar. Initially, it may seem like a children's book. Alison deliberately took that approach enabling the reader, young or old, to be open to a new way of managing grief.

Senior News: Why did you write this book?

Alison Bramhall: I wrote and illustrated the original version four months after I lost my Dad to cancer to help me process my feelings and grief. There was so much that I learned during our journey and I wanted to share that with others. I think that a lot of people can lose focus as to what is important and get lost in fear and anger which can grip you and really take you down the wrong path.

SN: What do you hope your readers will understand after reading this book?

AB: I want the readers to know that they are not alone. I hope to empower people to take an active



role and think outside of the box. Family and friends can do lots of things to nurture the mind and spirit of their loved one while leaving the body in the good hands of a qualified medical professional.

You can feel alone even when you are surrounded by family. We all grieve differently. One person might tell you that you shouldn't cry or to be strong when all you want to do is cry and share your sorrow with someone. Feelings are not right or wrong, they just are, and you are entitled to them. When someone disagrees or dismisses the way you are feeling it is hurtful. You become a 'bug in a jar' yourself, all alone because no one seems to understand you and how you feel. Everyone is experiencing the same thing but differently. Li'l Bug is here for them and understands them.

I also want people to be at peace

when their loved one dies. That is the biggest gift you can give yourself.

SN: Who should read Bug in a Jar?

AB: I've heard from all sorts of people who have found my book helpful with their grieving process. Hospice organizations, local hospitals, school counselors, human resource managers and family therapists are using my book with their clients. I have also heard from people who give my book to someone who is experiencing a loss. No one likes talking about death. I hope my book will start the conversation. A reader shared that she used my book to frame the discussion with her children about their dying father. That for me was bittersweet and the reason that I wrote the book.

SN: Where can people get Bug in a Jar?

AB: People can purchase Bug in a Jar at [www.buginajar.net](http://www.buginajar.net) or at [www.festivefish.net](http://www.festivefish.net) or at many local book stores.

*Alison Bramhall is a designer, painter, adventure seeker and author. She is best known for her bold vibrant colors, whimsical style and colorful nautical charts. Encouraging people to live their dreams and to live 'happy' through the use of color. She can be reached at [alison@festivefish.net](mailto:alison@festivefish.net).*

## Healthy Holiday Foods and Fun

### Make Smart Choices as You Celebrate the Season

**M**ashed potatoes and gravy, Grandma's apple pie, and other holiday favorites can be a joyous part of any celebration. But to feel your best, you know you need to eat in moderation and stay active. How can you avoid temptation when delicious foods and calories abound?

"From Halloween through New Year's, there's always a decision to make about food," says Dr. Marci Gluck, an NIH psychologist who studies obesity and eating behaviors. Tasty treats tend to appear more often at work and festive gatherings, and come as gifts. They may also tempt you when grocery shopping. "As the holidays approach, it's important to think ahead and make a plan," Gluck says.

Consider your health goals for the holiday season, whether it's avoiding overeating, staying active, connecting with others, reducing stress, or preventing weight gain. You can plan to make time for buying healthy groceries, cooking at home, scheduling regular physical activity, and setting aside a little quiet time for yourself.

Gluck suggests you start by adopting a flexible mindset. "Many



**ADVANCED MODIFICATIONS**  
SPECIALTY VEHICLE SALES, SERVICE & More

**Need to take a trip, but don't have a wheelchair accessible van?**  
We now offer van rentals by the day, weekend, week, month or longer.  
**Call Ride With Us** for details.



Recliner Lift Chairs



Durable Medical Equipment



Wheelchair & Scooter Lifts



Wheelchair Accessible Van Sales & Rentals




**Ride With Us**  
Solutions For Your Specialized Transportation Needs

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


1766 Hammond St. Hermon, ME 04401      89 Mussey Rd., Suite 102 Scarborough, ME 04070

**Toll Free 1-855-848-8226**  
[www.AdvancedModifications.com](http://www.AdvancedModifications.com)



## Take A New Direction Away from Shoulder Pain

**GPS SHOULDER REPLACEMENTS AT YORK HOSPITAL**



DR. MAYO NOERDLINGER, ORTHOPAEDIC SURGEON

York Hospital is proud to offer, with Dr. Noerdlinger of Atlantic Orthopaedics and Sports Medicine, the most advanced technology for your shoulder replacement surgery available with Exactech GPS Guided Personalized Surgery.

**Talk to your Primary Care Provider or call Atlantic Orthopaedics & Sports Medicine at (603) 431-1121.**

**York - 15 Hospital Drive ◀ 603.431.1121 ◀ [yorkhospital.com](http://yorkhospital.com)**



people have an attitude of all or nothing: either I'm on a diet or I'm not on a diet," she says. This "either-or" thinking can lead to negative self-talk, or being hard on yourself for small indulgences, overeating, or weight gain.

"Most people just throw their plan out the window when they think they've slipped up, and they 'fall off the wagon,'" Gluck says. "Celebrations don't have to derail your lifestyle. You'll have plenty of opportunities to follow your plan and eat healthy."

Around the holidays, we often find ourselves with too many food options, for too many days in a row. It can be challenging to decide what to eat and when to say no.

When you feel the urge to splurge in unhealthy ways, Engel recommends trying something else first, like drinking a glass of water, eating a piece of fruit, or climbing a few flights of stairs. You might even consider walking around your house or office for five minutes or more. Such diversions might be enough to help you resist unhealthy temptations.

Dr. Susanne Votruba, an NIH obesity and nutrition researcher, says "Some people can eat less healthy foods in moderation and be fine, or have 'cheat days' where they

allow themselves to eat whatever they want for a day and stay on track for the rest of the week. Others may have to avoid certain 'trigger foods' completely, or they'll spiral into unhealthy eating patterns for the rest of the week or abandon their plan altogether. Everyone is different."

While food is a big part of the holidays, remember that there are other paths to staying healthy.

"Don't make the holidays be just about food," Votruba suggests. "The key is not only what you eat, but how much you're moving. Even little bits of extra exercise can be very helpful for everyone over the holidays."

The emotions of winter celebrations come into this picture, too. "Joy, sadness, and stress are associated with overeating during the holidays," Gluck says. "People who

are emotional eaters may be particularly vulnerable to temptations around the holidays."

If holiday stress causes you to derail your healthy plans, consider ways to reduce stress and manage emotions. These might include talking to a trusted friend, meditation, physical activity, or just getting outside.

*Adapted from newsinhealth.nih.gov*

**VISIT OUR WEBSITE**  
**www.smaa.org**



**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](http://www.mmc.org/geriatriccare) for more information.

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

**Maine Medical Center**  
MaineHealth  
*centered around you*



**FOR ALL OUR EXPERTISE, WE NEVER FORGET HOW MUCH WE HAVE TO LEARN BY TALKING WITH OUR PATIENTS.**

Dr. Brian Haney talks with Harlan "Sam" Libby, of Brunswick, as they walk through our new Topsham office.

With almost half of Maine's leading oncologists on our team, plus connections to Boston and beyond, we have world-class expertise in treating cancer. We know it in all its forms, at all its stages. We use all the tools available today, from genetic counseling to immunotherapy and clinical trials of new medicines.

But our physicians understand that all their expertise is no substitute for listening with care to each patient's story, and then designing a personalized treatment plan to help achieve their best outcome.

**If you or a loved one should ever need cancer care, ask your doctor for a referral.**

**NEW ENGLAND Cancer Specialists**  
[NewEnglandCancerSpecialists.org](http://NewEnglandCancerSpecialists.org)

**OUR NEW LOCATION**

<b>Topsham Care Center</b> 105 Topsham Fair Mall Road Topsham, ME 04086 (207) 729-1148	<b>Scarborough</b> 100 Campus Drive Suite 108 Scarborough, ME 04074 (207) 303-3300	<b>Kennebunk</b> 2 Independence Drive Kennebunk, ME 04043 (207) 985-0008
---	--	---





## SMAA Tai Chi Instructors Train with Dr. Paul Lam

Tai Chi is quickly growing in popularity as a recognized practice for promoting health and well-being, and has become a staple offering of the Agewell Programs here at SMAA. This September a group of Tai Chi volunteer and staff instructors had the pleasure of attending a special training with the creator of the Tai Chi for Arthritis program, Dr. Paul Lam, in Bangor.



Tai Chi volunteers and staff instructors attended a special training, in Bangor, with the creator of the Tai Chi for Arthritis program, Dr. Paul Lam.

Dr. Lam is a family physician, tai chi practitioner and teacher for over 40 years and is passionate about tai chi for preventive health. His programs are developed by a team of tai chi and medical specialists and have reached over 1 million people worldwide. The Tai Chi

for Arthritis program (known at SMAA as Tai Chi for Health and Balance) has been recognized by the CDC as a top-tier program for falls prevention.

Over the 2 day training, our tai chi instructors learned more about the depth of the tai chi practice, in-

cluding mental and physical benefits, and had an opportunity to refine their own skills. Kristen Gould, a tai chi instructor in Kennebunkport said "I loved the metaphor that Dr. Lam shared that in tai chi we're on a journey traveling 'up the mountain.' The purpose of the journey is not to reach the top but to enjoy the twists and turns and the view as we travel along together." We look forward to sharing that journey with participants in our many workshops, as we continue to spread the benefits and joy of the practice of tai chi.

## Tai Chi, A Matter of Balance, and Living Well Instructors Needed!

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. Contact Anna Guest at 207-396-6529 to learn more about how to get involved!

## Volunteers Needed: Healthy Steps for Older Adults

Agewell is looking at expanding our Falls Prevention program offerings to include a new program called Healthy Steps for Older Adults. This workshop is a short 1 day class designed to raise participants' knowledge and awareness, introduce steps they can take to reduce falls and improve their health and well-being, and provide referrals and resources.

Topics include: Environmental safety; Balance, strength, flexibility, and endurance exercises; Nutrition; Foot health; Sensory deficits (vision/hearing); Side effects of medication; Social connectedness; and Mental and spiritual well-being.

We are particularly interested in bringing this program out to rural parts of York and Cumberland counties. If you think you might be interested in leading this program as a volunteer, please contact Anna Guest at [aguest@smaaa.org](mailto:aguest@smaaa.org) or 207-396-6529.

Please visit our online calendar for the most up to date listing of workshops!  
[www.smaaa.org/events.html](http://www.smaaa.org/events.html)



## 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](mailto:Lea@avitaofstroudwater.com)

AVITA OF STROUDWATER

113 Landing Road | Westbrook, ME | [avitaofstroudwater.com](http://avitaofstroudwater.com)



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





## How to Beat the Holiday Blues

**H**oliday blues can result from many different situations. They can be due to the stressfulness of too many holiday events and overscheduling. Some people may also feel the financial burden of having to buy gifts for others. The holidays could lead to feelings of sadness and loneliness because it is a reminder of lost loved ones. You may also feel lonely or frustrated because you are unable to be with family and loved ones during this season.

### Coping with Holiday Stress

The holiday blues and stress don't have to last forever. These tips can help you cope with the holidays and hopefully grow to enjoy this time of year!

- **Accept & acknowledge your feelings:** You don't have to force yourself to be happy and festive just because it's the holiday season. It's okay to feel sad or overwhelmed. By accepting and acknowledging your feelings you'll be less burdened to feel and act a certain way during the holidays.
- **Don't overbook yourself:** This time of year is full of holiday activities, events, and parties. There may be pressure to attend everything that you're invited to. Learn to say no. Also, prioritize and schedule your time so

that you are not overwhelming yourself.

- **Seek social support:** If you're feeling down, weary, stressed, or sad—seek close family, friends, and community. Isolation only feeds a depressed mood. Surrounding yourself and connecting with your support group is a good reminder there are people who truly care for you.
- **Avoid social media:** People share a lot on social media like Facebook, Instagram, and Twitter. It may seem like other people are having the best time during the holidays and you may feel like you're missing out. Remember: most people only showcase their best moments on social media. It is not a holistic picture of their entire lives. If participating in social media causes anxiety, loneliness, or stress—limit your time on it and spend time with those around you.
- **Find volunteer opportunities:** The holiday season is all about giving back. There are many opportunities to serve your community. Consider giving back your money, time, and resources to those in need. Helping others can help you feel fulfilled and enhance your self-worth.
- **Don't overindulge or over-drink:** It's easy to excuse overindulging or overdrinking

because it's the holiday season. However, alcohol is a depressant that will only feed your sadness. It's best to eat and drink in moderation for your wellbeing.

- **Take a break:** Don't forget to take a break and spend some time on yourself during the holidays. Do what you love for your physical, emotional, and mental wellbeing. It's just as important to care for yourself and learn to manage the stress, anxiety, and holiday blues.

(Adapted from: <https://holiner-group.com/blog/how-to-beat-holiday-blues/>)

## Advertise with us!

Your ad will reach 10,000+ active and engaged seniors in Cumberland and York Counties.

Call or email for more information.

(207) 396-6588

(800) 427-7411

seniornews@smaaa.org



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](http://www.vnahomehealth.org)

**LifeStages** VNA HOME HEALTH HOSPICE CARE MEMBER

## 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](http://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](mailto:SEastman@RFSLends.com)  
[www.rfslends.com](http://www.rfslends.com)



**RETIREMENT FUNDING SOLUTIONS**  
FUNDING AMERICA'S RETIREMENT®

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.

RFS.1216.178.V1



# Healthy Aging In Just 20 Minutes Of Exercise A Day

By Nick Rizzo

It's not a lot. But it isn't nothing. Light exercise for 20 minutes a day reduces the risk of early death up to 32%. At the same time, 20 minutes also isn't an overwhelming goal. Start here, then increase it over time.

## But what should you do during these 20 minutes and why?

Three types of exercise promote healthy aging.

### Tai Chi

Tai chi is the slow, yet deliberate, mindful movement from posi-

tion to position in a fluid manner. This ancient Chinese martial art has become a tool for medical professionals and for good reason.

Tai chi is:

- Safe, low-risk of injury, and low-impact
- Great for building strength, flexibility, and balance
- Supporting greater ease of movement, independence, and reduced fall-risks

### Weightlifting

Lifting weights is the best option when it comes to building strength and muscle. It can be done at the gym, in group classes, or at home. You can use actual weights, bodyweight exercises, resistance bands, or household items. Whatever works best and is safest for you!

Start by working out twice per week. Safety should be a primary focus as you increase the difficulty/intensity of workouts over time. By doing this you will experience:

- A 46% lower odds of all-cause mortality, based upon the NHIS study, for those that are 65 years of age or older
- To build muscle and strength that helps fight age-related declines in muscle, strength, metabolism, movement control, balance, and cognitive health
- Live a more independent lifestyle, with a healthier mental and emotional state, reduced fear and risk of experiencing a fall, and greater quality of life

### Yoga

Another ancient practice focused on mindful attention to one's body, breathing, and movement from posture to posture. Including this practice delivers in ways that the previous two do not. Specifically, yoga will help you by:

- Having a drastic improvement on one's flexibility and joint health
- Works to improve your balance and stability which reduces fall risks
- Known for improving mental and emotional health for greater well being

### What are your next steps?

Start with a conversation with your doctor. With their guidance look for group classes, trainers, or have your doctor help you find some helpful online courses or videos for you to exercise with at home. Now get started and get moving.

Remember, 20 minutes a day to a healthier and happier life.

Now, lift long and prosper.

*Nick Rizzo is the Training & Fitness Director at RunRepeat.Com where we support people of all ages live a more active, healthier, and a better life. Nick specializes in the connection between the various forms of mental and physical training and how they can be used to make this life our best life. He can be reached at nick@runrepeat.com.*

## 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 securities are on the web site or you can call Kate Putnam, Chief Advancement Officer at 207-396-6590 or email her at [kputnam@smaa.org](mailto:kputnam@smaa.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!*



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

*info@maineestatebuyers.com*  
Web: [MaineEstateBuyers.com](http://MaineEstateBuyers.com)

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





TWINCITYGOLD.COM



## ARE YOU READY TO AGE-IN-PLACE ?

CARPENTRY  
RAMPS

GRAB BARS  
STAIR LIFTS

VERTICAL LIFTS  
CEILING LIFTS

*Certified Aging-In-Place Specialist by National Home Builders Assoc.*



**Tim St. Hilaire**  
CUSTOM PROPERTY SOLUTIONS



207.632.5228 - [tsthilaire@maine.rr.com](mailto:tsthilaire@maine.rr.com) - [timcustomsolutions.com](http://timcustomsolutions.com)



**From the Director's Desk**  
continued from page 1

**Maine Senior Games**

When the Maine Senior Games flame was extinguished in late October, it marked the end of a record breaking 2018 season. MSG manager Jo Dill reported that 734 athletes competed in 20 different sports—the largest number of athletes yet. The oldest athlete participating in the 2018 games was 94 years old and she won medals in the javelin, the discus throw and the LONG JUMP! The National Senior Games will be held in June 2019 in Albuquerque, New Mexico. Jo predicts that more than 100 senior athletes will represent the state of Maine at the National Games after qualifying this past summer. I'd like to add my thanks for the nearly 100 volunteers who supported the Games this year at sites that spanned the state from Sanford to Augusta. I know that Jo could not provide the same level of superior competition without the help of these enthusiastic volunteers. Congratulations to all the athletes, coaches, volunteers, sponsors and staff for another successful Maine Senior Games!

**National Giving Tuesday is November 27**

The commercialization of the holiday 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. On November 27, SMAA is participating in Giving Tuesday—a global day dedicated to helping others through the gift of a donation 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](http://www.smaaa.org) or by sending a contribution to SMAA, 136 US Route One, Scarborough, ME 04074.

As the days get shorter and colder, remember to care for your-

self too. Stay warm and stay active—physically and intellectually! Read a book, take a walk or do a few chair exercises to keep your body and mind engaged. I wish you all a healthy, active and peaceful holiday season!



**Laurence W. Gross**  
Chief Executive Officer

## In-Home Senior Services

**Since 1994, we have provided the best in-home care and personal care services, including:**

- Medication reminders
- Bathing
- Dressing
- Incontinence care
- Range of motion exercises
- Companionship
- Transportation
- General house cleaning
- Meal preparation
- Laundry

Our services are paid for by private pay, MaineCare, Veterans Administration and long-term care insurance

All our caregivers are carefully screened, trained and insured. We employ only the most dependable, compassionate and friendly staff.

20 Mechanic Street, Gorham, Maine  
**207-222-0740**  
[www.inhomeseniorservices.com](http://www.inhomeseniorservices.com)



Call us to learn how a locally owned company can provide you the best services – and peace of mind.





## Your road to recovery starts right here.

State-of-the-art healing for medically complex cases seven days a week. Award-winning medical direction. Delicious dining, a day spa, free wifi—and a nearly 90-year commitment to Maine seniors.



**THE Cedars** | The Sam L. Cohen  
Rehabilitation Center

630 Ocean Avenue, Portland, Maine  
(207) 221-7200 | [thecedarsportland.org](http://thecedarsportland.org)



## Elder Planning Advisors of Maine, Inc.

*Personal Financial and Investment Advisors*



Your **successful retirement** starts here

If you're retired or about to retire, we can assist you with specialized, independent, and experienced financial and investment advice to help you realize your successful retirement.

♦ ♦ ♦

Contact our office to arrange for your no-cost, no-obligation initial consultation.

1006 Broadway ♦ South Portland ♦ Maine 04106  
(207) 767-8225 ♦ [www.epame.com](http://www.epame.com)





**RSVP**  
Lead with Experience

# VOLUNTEER SERVICES & RSVP

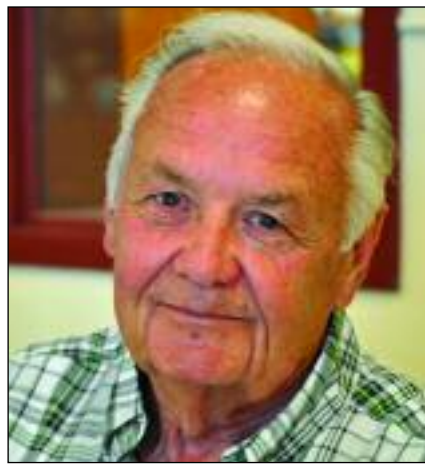
“An Invitation to Make a Difference”

## Volunteer Corner

*In each issue of Senior News we will feature a Southern Maine Agency on Aging volunteer. Hopefully, learning about our volunteers will inspire more of our readers to contact Volunteer Services at 207-396-6595 to learn about the diverse volunteer opportunities available in Cumberland and York counties through SMAA.*

### South Portland’s Ronald Morton Has Volunteered at SMAA Since 2004

Originally from Flint, Michigan, Ronald “Ron” Morton managed IBM offices and conducted management trainings throughout the country before relocating to Maine in 1983 to become the business manager of IBM’s Portland office. After retiring from IBM, he served as a financial manager for Key Investments, and then sold RVs at Seacoast RV in Saco for ten years. Ron continues his active lifestyle by playing golf regularly and through his multiple volunteer activities.



his first client bonded well and formed a lasting friendship.

Looking for a way to get involved in his community, Ron became involved in SMAA’s Money Minder Program in 2004. Money Minders matches trained, bonded volunteers with clients who need help organizing their financial resources. Ron says he and

Ron subsequently became a moving force in the former SMAA Advanced Health Care Directive program; trained to be Senior Medicare Patrol Health Insurance Counselor; is a member and chair of the RSVP Advisory Council; and is a new member of SMAA’s Advisory Council. He also serves on the Patient Advisory Council at Southern Maine Healthcare.

Ron’s most valuable take-away from his volunteer activities at SMAA is the passion he developed for clients needing guidance with finances after their spouses pass away, or those who need assistance identifying resources available. Before volunteering at SMAA, he had no idea there was an agency that offered clients this kind of help.

“Inside my gut I really feel blessed to share the skills I have,” said Ron. “I believe we are all given gifts.” He suggests that potential volunteers investigate the many volunteer opportunities available at SMAA to pique their interest.

## Vet to Vet Update

The Southern Maine Agency on Aging is pleased to announce that on Friday, October 5 the SMAA Vet to Vet program officially transitioned into the new Vet to Vet Maine organization.

Vet to Vet Maine will match volunteers who are veterans themselves with fellow veterans who need a friend and/or mentor. The two veterans visit on a regular basis, sharing stories, enjoying activities together, and developing a friendship that can last a lifetime. Trained volunteers also guide their veteran friends in applying for needed services and benefits.

Additionally, Vet to Vet Maine is now established as an RSVP volunteer station and SMAA will continue to recruit veteran volunteers for the program, along with providing training and support. Do you know a veteran interested in volunteering for this program? Please don’t hesitate to contact [volunteer@smaa.org](mailto:volunteer@smaa.org) or 207-396-6595 for more information.



## HELPING SENIORS FIND THEIR BEST LIVING OPTION!

**Coastal Transitions of Maine offers free, honest, local and unbiased recommendations for the best senior living options in the state of Maine.**

**One call can take the confusion and stress out of making the right choice.**

**(207) 222-3035**

We realize that finding the best senior living option for you or your loved one can be a challenging and stressful decision...but we’re here to help at **NO COST to you!**

Since we are local, we visit all communities and stay informed on their availability and rates.

With our expertise and knowledge of the senior living options in Maine, we will only present you ones that best fit your needs.

CALL US TODAY AT (207) 222-3035  
WE’RE HERE TO HELP!

www.coastaltransitionsofmaine.com • info@coastaltransitionsofmaine.com

## Claim Control of Your Health

The Ibis Program uses a combination of personal touch and easy to use technology to help you take better care of yourself at home.



Call us today to learn how the Ibis Program can help you manage your chronic conditions.

Toll-Free (888) 626-9995

A Medicare Covered Benefit



Ibis™

by Sencio Systems, Inc.



## Meals on Wheels: Drivers, Packers, & Phone Pals Needed!

**S**MAA's Meals on Wheels sites are actively looking for **volunteer drivers, meal packers, and kitchen helpers.** Drivers deliver meals from about 10AM to noon on Tuesdays and Thursdays only. Meal packers work earlier on delivery mornings, and at larger sites, such as Portland, on Mondays and Wednesdays. Congregate meal kitchen helpers assist setting up the dining rooms and cleaning up after the monthly meals at various sites. Some sites also need drivers to deliver monthly 35-pound Commodity Supplemental Food Program boxes to qualified Meals on Wheels recipients.

Areas currently in need include Biddeford, Buxton, Cape Elizabeth, Eliot, Kittery, Lebanon, North Berwick, Portland, Scarborough, South Portland, and Windham.

**Spread the word** and contact Volunteer Services at 207-396-6595 or volunteer@smaaa.org to sign up.

## New Volunteers

**W**e had 15 new volunteers begin their assignments in August and September, 2018. Among them are:

- Anne Marie Catanzano** – Matter of Balance Health Educator
- Spirit Eagle** – Tai Chi Instructor
- Cynthia Hayes** – Phone Pal
- Betty Haymon** – Medicare Open Enrollment Receptionist
- Susan Kimball** – Kitchen Helper, Westbrook Meal Site
- Melissa Kivela** – Meals on Wheels Driver, Kennebunk
- Ruby Parker** – Tai Chi Educator
- Charlotte Pease** – Tai Chi Educator
- Cheryl Robbins** – Phone Pal
- Susan Sebestyn** – Meals on Wheels Driver, Windham
- Aron Semle** – Matter of Balance Health Educator
- Terryll Swain** – Matter of Balance Health Educator
- Cuauhtemoc Villanueva** – Tai chi Educator

## 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

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

SEVENTY FIVE STATE STREET

Celebrating 164 Years of Gracious Senior Living in the Heart of Portland

[75state.org](http://75state.org)

207-653-1450

CALL TO TOUR TODAY



Cozy Studios & Spacious Apartments



Vibrant & Active Community



Respite Care Now Available

# Evergreen Cemetery

A National Historic Landmark & Active Cemetery

*Come Celebrate a Life*

Established in 1854, Evergreen Features:



**Wildlife & Birdwatching**—cemetery is considered a premier birdwatching sanctuary with a variety of wildlife.



**Wilde Memorial Chapel**—built in 1902, available for weddings and funerals.



**A New interactive mapping application**—allowing users to search by name, age, or other parameters.



**A New Columbarium**—offering an above ground alternative to in-ground burial of cremated remains.



There's a place for  
**memory loss**  
where your loved one can **socialize,**  
**think, move and be themselves.**



Give your loved one a chance to experience a visit to Southern Maine Agency on Aging's Adult Day center. Our person-centric approach and state-of-the-heart program will send them home feeling happier, healthier, and more confident.

Visit us online or call today to learn more!

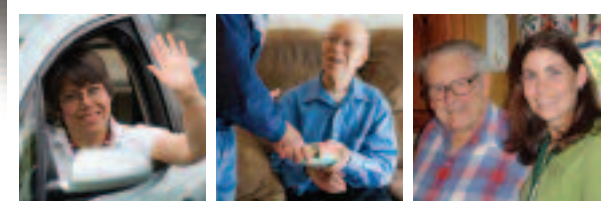
[www.smaaa.org/memoryloss](http://www.smaaa.org/memoryloss) • 207.396.6533



Sam L. Cohen Center  
30 Barra Road, Biddeford  
207.283.0166

Stewart Center  
74 Lunt Road, Falmouth  
207.699.4618

SMAAA's Adult Day Centers are state-licensed, Adult Day Health Providers for VA, MaineCare, and Office of Aging and Disability Services.



## A meal, and so much more.

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

—Senator George Mitchell

**Donate or Volunteer—Either Way, YOU Deliver!**

Contact the Southern Maine Agency on Aging  
at [www.smaaa.org](http://www.smaaa.org) or call 1-800-400-6325 or (207) 396-6583



## 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 discount<sup>1</sup>
- **Online course also available in Maine, New Hampshire & Vermont**



**COST** | \$15 for AAA members  
\$20 for non-members

**\$10 OFF<sup>2</sup>**  
AAA Roadwise Driver  
Class with auto insurance quote  
PROMO CODE: MO18

Sign up for a Class Today! *Pre-registration is required.*  
**CALL 844.307.1605 CLICK [AAA.com/roadwisecourse](http://AAA.com/roadwisecourse)**

### CLASS SCHEDULE

**NOVEMBER 7**  
Hampton Inn  
140 Commercial Street  
**Bath, ME**

**NOVEMBER 14**  
377 Western Avenue  
**Augusta, ME**

**NOVEMBER 20**  
68 Marginal Way  
**Portland, ME**

**NOVEMBER 29**  
452 High Street  
**Somersworth, NH**

**DECEMBER 13**  
746 Daniel Webster  
Highway #3  
**Merrimack, NH**

**DECEMBER 20**  
68 Marginal Way  
**Portland, ME**

All classes are 9 a.m.–1 p.m.

<sup>1</sup>Maine 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. <sup>2</sup>\$10 class discount offer valid for ME, NH and VT residents through 12/31/18 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 © 2018 AAA Northern New England. All Rights Reserved.