



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

# ORIENTATION FOR NEW VOLUNTEERS

- Welcome to your new role with Southern Maine Agency on Aging (SMAA)
- Our orientation is in 4 parts.
  - Receive your Volunteer Welcome Packet
  - Watch our orientation video
  - View this slide presentation to learn more details of the programs and services of SMAA
  - Take the Survey Monkey Quiz
    - Now you are ready to VOLUNTEER!

## Southern Maine Agency on Aging AGING AND DISABILITY RESOURCE CENTER

- Private nonprofit (501c3)
- Geographic service areas (York and Cumberland Counties)
- Older Americans Act
- Age 55 and up / adults with disabilities
- National network of AAA / ADRC's

Area Agency on Aging/Aging & Disability Resource Centers

## WHAT DO WE OFFER?

- Up to date information
- Family Caregiving Resources
- Resource connections
- Problem solving
- Food Services
- Volunteer Opportunities
- Partnerships
- Adult Day Services
- Housing with options
- Health promotion
- Medicare & Insurance information
- Check writing & budget assistance

## INFORMATION AND REFERRAL

### Aging and Disability Resource Center:

- Information on and referral to available services
- Health insurance counseling (Medicare)
- Family Caregiver Support Program
- The Caregiver Respite Program
- The Money Minders Program
- SOS emergency cell phones

## OUTREACH

- Professional social workers
- Some home visits
- Deal with complex situations
- Help connect with needed programs
- Not a crisis program



# NUTRITION SERVICES

- Southern Maine Agency on Aging nutrition services offers four ways to access delicious healthy meals.



- Meals on Wheels
- “As You Like It”
- Community Cafés
- Simply Delivered:  
Meals Ready When You Are

# MEALS ON WHEELS

- Nutritious home-delivered meals for homebound seniors
- Social connection 3 ways - meal delivery, meal heating service, or phone pal volunteers

Qualify for our Meals on Wheels program if you are:

- Age 60 or older;
- Primarily homebound or get out with difficulty;
- Unable to regularly prepare nutritious meals;
- Are home to receive meals during the delivery time frame;
- Agree to an in-home nutritional assessment (An in-home nutritional assessment will be completed within 9 business days of the first delivery to determine full eligibility).



If doesn't qualify may like to try our Simply Delivered Meal



## SIMPLY DELIVERED

Receive up to 7 meals a week, delivered on a convenient day chosen when placing order. Meals will generally be delivered between 10:30a.m.-12:30p.m. on the day of your choice.

Simply Delivered meals arrive frozen so can eat them at their convenience and require no additional preparation - 4-5 minutes in the microwave and your meal is ready. *(Times will vary by individual microwave.)*

Simply Delivered meals are available for the low cost of \$5.00 per meal, which includes delivery. Meals are purchased in advance. We accept many convenient forms of payment: credit/debit card, cash, or SNAP/food stamps.

# “AS YOU LIKE IT”

**As You Like It** - provides those 50 and over with the opportunity to enjoy a nutritious, delicious meal at a several comfortable dining sites on your schedule. Choose from a comfort food meal like turkey with all the fixings to Maine seafood or stir fry entrees or a chicken Caesar wrap. Most days choices range from an entrée to a soup and sandwich combination. Menus change daily and feature tasty choices. All meals include a low-fat milk and with a small beverage or coffee and choice of dessert.

## Dining Locations:

- Blast from the Past
- Blast From the Past Two
- Bonanza Steakhouse
- Brighton Cafeteria
- Café At the Atrium
- Café 84
- Impressions Cafe
- Jake’s Seafood
- Mel’s Raspberry Patch (2 locations)
- Pearson’s Cafeteria
- Rosa Linda’s Family Restaurant
- York Hospital Dining Room

## Register just once!

Must be 60 or older, register once for a free membership card by showing driver's license or other proof of age. Present membership card thereafter and obtain and redeem dining vouchers.

Single dining vouchers are available for a suggested donation of \$5 per voucher. You may request up to 10 dining vouchers at a time.

# COMMUNITY CAFES

**Community Cafes** are available in Biddeford, Kennebunk, Kezar Falls, Kittery/Eliot, Portland, Sanford/Springvale, Scarborough, South Portland, Standish, Westbrook, Windham, and Yarmouth providing an opportunity to socialize with others while enjoying a delicious and nutritious lunch. Some Community Cafes also offer entertainment (such as bingo, games, and musical acts) or educational opportunities (such as speakers and resource tables).

## Community Cafe Details

- Cafes are open to individuals 60 and older.
- Initially register for our community cafes by showing your license or proof of age.
- Lunch is served at noon.
- Café Days vary by location.
- Reservations are required
- Call the individual cafe 48 hours in advance. If you are unable to attend, please call to cancel your reservation.
- Suggested donation is \$4 per person for standard meals and \$5+ (depending on entrée) per person for catered meals.
- Meals are for on-site consumption only.
- For participants under 60, or individuals who do not want to register, you may enjoy the meals with us for \$7.

# HEALTH INSURANCE COUNSELING

- Medicare
  - Medicare D
  - Medicare Advantage Plans
- MaineCare
- Low income subsidy
- Supplemental insurance

We provide expert unbiased  
advice.



## FAMILY CAREGIVER SUPPORT PROGRAM

- Support and advice to unpaid family and friends
- Care recipient age 60+ or with dementia
- Older kinship parents
- Information
- Support
- Education
- Access to resources
- Respite
- Supplemental services



## THE CAREGIVER RESPITE PROGRAM

- Eligibility requirements
- In-home assistance
- Adult day program
- Overnight in facility
- Home adaptation
- 80% reimbursement up to cap
- May be a wait list



## THE MONEY MINDERS PROGRAM

- Check writing
- Reconciling checkbook with bank statement
- Trained, bonded volunteers
- Clients retain control over their finances
- Work done in clients' homes



# ADVANCE HEALTH CARE PLANNING

Individual counseling and seminars on:

- Reflect on values and beliefs
- Select a health care decision-maker
- Express your wishes
- Complete an Advance Directive
- Share your wishes and Advance Directive with family and health care providers





## COMMUNITY SUPPORT PROGRAM

- Serves people with dementia who live alone
- Makes home visits to all clients
- Often deals with highly complex situations
- Creates a comprehensive plan of care that connects the client's formal/informal supports, and increases the dementia capability of their circle
- Friendly volunteer visitors serve as a link between the client and the CSP social workers

# ADULT DAY CENTERS

**Sam L Cohen Adult Day Center (Saco)** - The former Truslow Center has relocated to Biddeford after 30+ years and been rededicated as the Sam L Cohen Center in 2016. Hours are Monday through Friday from 8:00a.m.-5:00p.m.

**Stewart Adult Day Center (Falmouth)** - Hours are Monday through Friday from 8a.m.-5p.m. Some weekend and evening programs and events. Drop-in hours are available - conditions apply.

At each center person-centered activities are designed to honor and engage the individual in ways that will be fun, stimulating, and interesting.

Activities offered during a typical day at the Day Centers might include:

- Arts and crafts
- Music, song, and dance
- Story-telling
- Baking
- Pet therapy
- Gardening
- Woodworking
- Jigsaw puzzles/word-search games

# AGEWELL WORKSHOPS

## Living Well for Better Health and Chronic Pain Self-Management

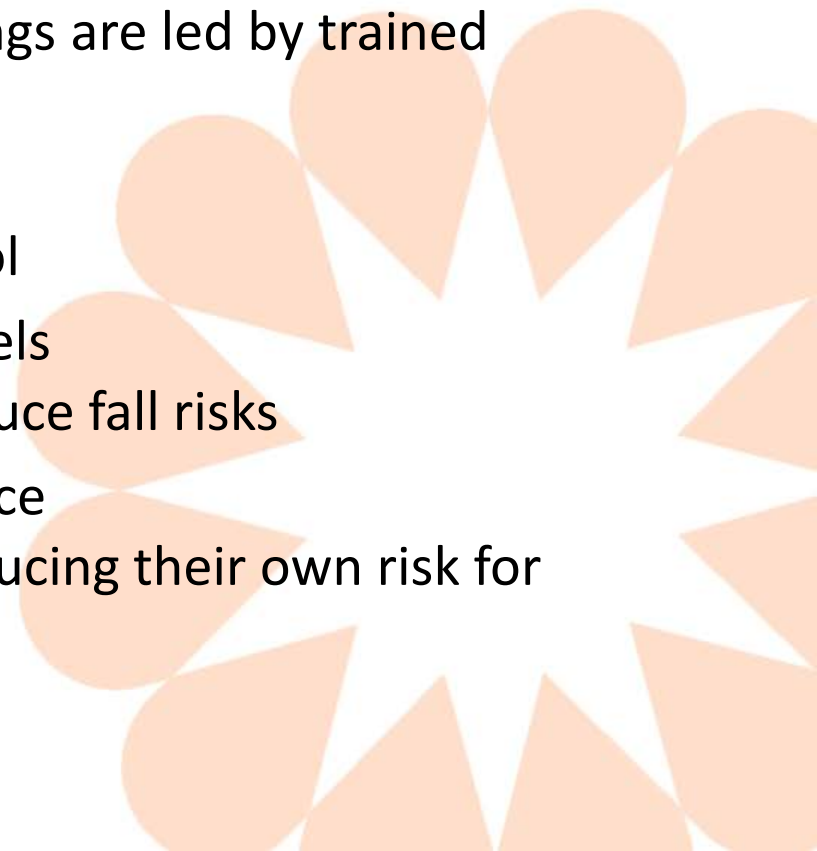
Living Well for Better Health (also known as the Chronic Disease Self-Management program) is a 6-session workshop designed to help people with chronic health issues learn about different "tools" or techniques to manage their symptoms, improve their health, and start living a more fulfilling life. Participants and trained leaders meet once a week for 2.5 hours each session to discuss various strategies to become proactive self-managers of one's own health.

# AGEWELL WORKSHOPS

## A Matter of Balance

A Matter of Balance is a nationally recognized program designed to reduce the fear of falling and encourage physical activity. The workshop is conducted over eight sessions, meeting weekly or twice weekly for two hours per session. Meetings are led by trained volunteer leaders. Participants learn to:

- View falls as something they can control
- Set goals and increase their activity levels
- Make changes around the home to reduce fall risks
- Exercise to increase strength and balance
- Become proactive self-managers in reducing their own risk for falls



## Tai Chi for Better Health and Balance

Tai Chi is a low-impact exercise that works well for older adults because it is performed in slow, fluid movements which puts minimal stress on bones and joints. Tai Chi can be done seated or standing, which allows for people to participate at their own ability level. Tai Chi has been shown to prevent falls by:

- Improving balance
- Reducing fear of falling
- Increasing flexibility
- Increasing leg strength
- Improving mobility
- Improving psychological health



# MAINE SENIOR GAMES

Maine Senior Games hosts annual athletic and wellness events for adults over the age of 45. 2017 marks MSG's 31<sup>st</sup> senior games which run June through October.

## Eligibility and Age Groups

The Maine Senior games is open to anyone 45 years of age or older. Competition will be held in the following 13 age groups for men and women. Age group placement is determined by your age as of December 31 of the current game's year. Age groups are as follows: 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99 and 100+.

## Events Include

Archery, basketball, candlepin bowling, ten pin bowling, cycling, golf, horseshoes, pickleball, racquetball, men's softball, swimming, table tennis, triathlon, tennis, track and field, 5K/10K road races, hot shot/foul shot and others as added.

## Awards

Medals are presented to the top three places and a ribbon for fourth place. Awards will be presented as soon as results are posted and/or announced at each event, or may be picked up at the Maine Senior Games office during the week following the event.

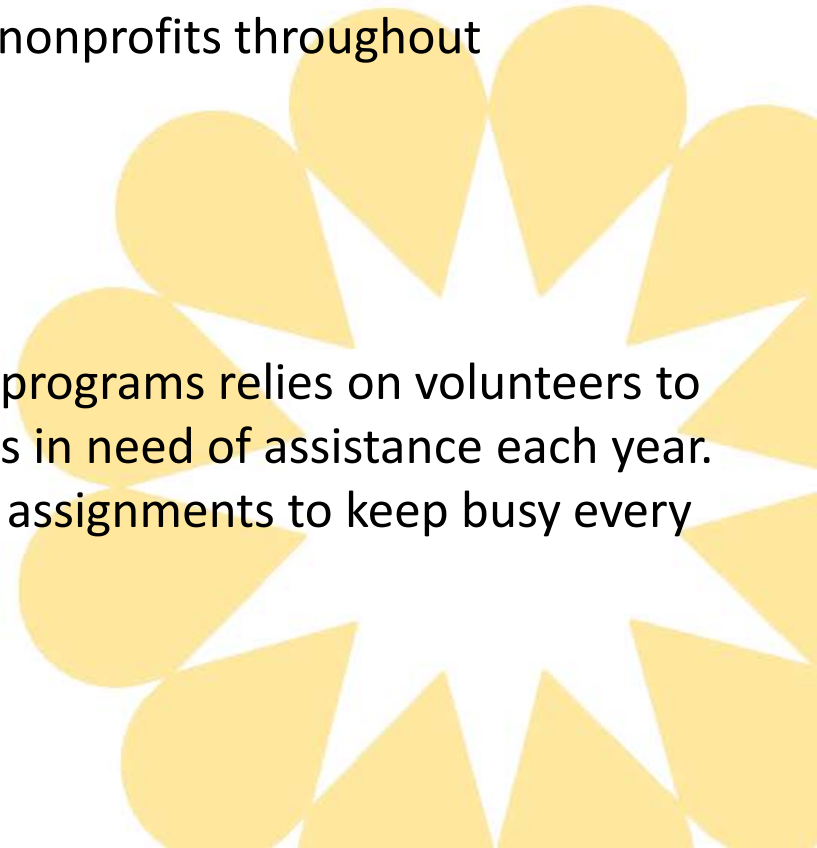
# VOLUNTEER OPPORTUNITIES

## **For Volunteers 55 and Older**

The Retired and Senior Volunteer Program (RSVP) is part of the Corporation for National Community Service's (CNCS) SeniorCorps. RSVP acts as a clearinghouse, connecting volunteers to positions at dozens of nonprofits throughout Cumberland and York counties.

## **For Volunteers of All Ages**

Southern Maine Agency on Aging with its many programs relies on volunteers to provide services to the thousands of older adults in need of assistance each year. Occasional assignments a few hours a month or assignments to keep busy every week can be found at SMAA.



## VET TO VET: VETERANS HELPING VETERANS

Vet to Vet matches a homebound or disabled veteran with a volunteer who is a veteran for peer contact and visitation.

The veteran receives:

- Visits from a trained veteran volunteer
- At least 2 visits a month
- Companionship of a fellow veteran
- Referral for services if needed





# OTHER RESOURCES

- Check out SMAA's website at [www.smaaa.org](http://www.smaaa.org)
- Visit us on Facebook as well
- Sign up to receive the Senior News



# THANK YOU

**You are now ready to take the Quiz and begin  
volunteering!**

