

**BEING MORTAL**  
**by Atwul Gawande**  
**Film & Discussion**

Movie Night/Discussion

When?

**New Date  
and Time!** **Monday, Jan 29, 5-7 PM**  
Snow Date: Feb 12

Please join us on January 29th from 5-7 pm at Merrill Memorial Library for Being Mortal. This viewing of an important movie about end of life issues includes a community conversation. Carol Schonenberg from Hospice of Southern Maine will be our facilitator for the evening. This event is sponsored by Yarmouth's Aging in Place and YCAN.

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# Yarmouth SENIOR NEWS

Winter, 2018 Vol. I, Issue 4

## Being Cared For/Prepared For

### All about Meals on Wheels

There comes a time when it just gets too hard to cook. Whether because of impairment, illness or loneliness, feeding one's self or spouse can become challenging. Eating out every night can become a drain on the wallet and on a person's energy.

Perhaps you worry about a neighbor not getting enough to eat, or are aware that they aren't getting enough social contact. Here is where a Meals on Wheels program can help out.

The home delivery part of Meals on Wheels is available to seniors 60 years or older who would benefit from receiving home cooked meals. This program is not dependent on a person's income but there is a suggested fee. Five frozen meals (or less) are delivered one day per week, either on Tuesdays or Thursdays. A quart of fat-free milk and a loaf of bread is included. Meals on Wheels can accommodate special diets such as low sodium, gluten free, vegetarian, and the need for pureed foods.

A great opportunity for all area seniors to get out, socialize and enjoy a catered meal is the

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### Importance of Asking For Help

Let's face it no one wants to admit that they might need help, most of us want to be able to maintain control of how, when, and why we do certain things. Although anyone of any age can ask for help, it becomes even more im-

portant as we age. Not because we can't do things, but because we may not be able to do them as easily or safely as we once did. Many of us tend to act on something after it has happened, as opposed to taking the necessary steps to prevent it from happen-

ing. Sometimes we don't know where to go to ask for help, other times we may be afraid that we are bothering someone by asking them to assist us in some way. Consider this: **when you are proactive and ask for assistance, whether from family, friends, your physician, or people in your community, you may maintain a higher level of independence and quality of life than if you tried to do everything on your own.**

"Asking for help isn't weak; it's a great example of how to take care of yourself."

-Charlie Brown

**Help** - *verb* To make it easier for (someone) to do something by offering one's services or resources

## AIP Welcomes New Staff in 2018

Yarmouth AIP is about to enter an exciting new phase. We will have our first staff person! Many thanks to Yarmouth Town Council for approving a resource Specialist from SMAAA to be here in Yarmouth twelve hours per week.

Maureen Brosnan will assist Yarmouth seniors on the phone and in person to access resources that are available both locally and through SMAAA. This new staff person will also allow Yarmouth to offer additional SMAAA programs locally, such as A Matter of Balance and Support for Caregivers. Maureen will be available at the Library Tues and Fri from 11-3p for walk ins or call for a scheduled appointment. Maureen can be reached at **835-9866** or email her at [mbrosnan@yarmouth.me.us](mailto:mbrosnan@yarmouth.me.us)

## Where Were You When The Lights Went Out?

Even in the best of weather, we can lose power as most of us experienced this past October. Are you prepared?

Emergency Preparedness means having extra food on hand that does not need cooking, extra lights such as flashlights, and larger battery powered lights. (Candles should not to be used for emergency lighting.) Ensure you have potable water for cooking and drinking and other water for washing or flushing toilets. A camping cooler would be good to have handy. Quickly put in it all foods from the refrigerator that you might need to use, with ice from the freezer. Once done, do not open the freezer again!

For winter emergencies it means warm

clothes, blankets and heavy coats. Keep your car's gas tank full. Close drapes over large windows and close doors to rooms not needed. Do you have books to read, puzzles to do, a deck of cards – Solitaire anyone?

Cell phones are especially good to have when the power goes out, so that you have a source of communication with the “outside world”, with a cell phone storage battery. Fortunately, old fashioned phones with landlines are often still working even when the power is out.

During periods of long electric outages in the winter, remember that the Library (with wi-fi), Bartlett Circle Community Room and the Town Offices might be open for you to have a warm place to go and meet people. Call the library at 846-4763 or the town at **846-3333** for more info. Please look out for your neighbors and help each other by keeping in touch. This is so important and especially during snowstorms. Stay warm and safe!!

## Snow Shovel Brigade

For the second season, Aging In Place will provide shoveling for seniors. Each customer is paired with a volunteer and after each storm the volunteer will get to the shoveling within a couple of days. We do not do decks and we don't do driveways. The service is primarily for egress (sidewalks). Cynthia Foss coordinates between the customers (seniors) and the volunteers (high school students, families, etc). She can be reached at **415-310-0779** or [cynthiafoss@gmail.com](mailto:cynthiafoss@gmail.com). Eva Then is our volunteer coordinator: she recruits volunteers and communicates with them after each storm. We can always use additional volunteers. If you would like to volunteer, Eva can be reached at **838-6863**.

## Economic Security 101: *Make A Plan While You Can*

Yarmouth's "Aging in Place" project will host an Economic Workshop on March 17<sup>th</sup> from 10:00 AM to 2:00 PM at First Parish Church Yarmouth. Our Community Survey indicated that many seniors have questions and concerns about their personal finances. This **free** event will provide resources and experts that can help navigate these challenging and confusing topics.



Topics under consideration include:

- Security, Scams, Fraud
- Medicare
- Budget Basics
- Financial Aspects of Senior Housing & Home Care
- Local and State Tax Relief
- Wills and Other Estate Planning Documents
- Cooking on a Budget

As we plan this event, we seek input and suggestions regarding which topics are of greatest interest. Please contact Penny Gage at **846-9297** or at [pgage@maine.rr.com](mailto:pgage@maine.rr.com) with ideas. Remember to mark your calendars: March 17<sup>th</sup> from 10:00 AM to 2:00 PM at the First Parish Church Yarmouth. Watch for informational flyers around town!

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**Congregate Catered Luncheon** held on the first Tuesday of each month. Luncheon is held at the Casco Masonic Lodge, at 20 Mill St. It is open to all seniors. You do not need to be receiving meals on wheels delivery to participate. However, registration and reservations are required and a donation of \$6.00 is appreciated. The next luncheon dates are Feb. 6<sup>th</sup>, March 6<sup>th</sup> and April 3<sup>rd</sup>.

All other Tuesdays there is the **Weekly Congregate Café Lunch** which provides a place for friendship and social interaction. It is open to all area seniors, not just those receiving Meals on Wheels delivery service. The Café Lunch is also held at Casco Lodge, 20 Mill St; here folks can meet and eat the heated Meals on Wheels prepared meals. Registration and reservations are required. Donation of \$4.00 is appreciated. Meals on Wheels is sponsored by the Southern Maine Area Agency on Aging (SMAAA) and is available to people of all income levels. To find out more or to register for any of these programs, please call Jane Hurst at **846-6693**. She is available Mon - Thurs 8:30 am to 12:30 pm or leave a message and she will call back. Or call SMAAA at **396-6500** for more information.

*Yarmouth Senior News is a quarterly publication of Yarmouth's Aging in Place program.*

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**[www.ycan.org/seniorservices](http://www.ycan.org/seniorservices)**

*For more information about YAIP program, call Leigh Kirchner at 207-712-7244 or*

*[leighmk2050@gmail.com](mailto:leighmk2050@gmail.com)*

