

## Classes Not to Miss!

- **A Matter of Balance Class:** *Thurs, May 3 - June 21, Yarmouth Town Hall, 1:00-3:00pm* - This nationally recognized program will reduce the fear of falling and encourage physical activity.
- **Understanding Cognitive Loss: Basics for Family Caregivers:** *Thursday, May 17<sup>th</sup>, Yarmouth Town Hall from 4-6 pm* - This two hour class will include basic information about cognitive changes and dementia and learn helpful strategies for communication.
- **Living Well with Chronic Pain:** *Weds, May 30 – July 11, Bartlett Circle 10:00-12:30pm* - A 6-session workshop designed to help suffering people learn to manage their pain, improve their health, and get back to life.
- **Welcome to Medicare Seminar:** *Tuesday, May 15<sup>th</sup>, Yarmouth Town Hall 10am-12pm* - This seminar offers participants information presented in plain and understandable language. They will cover all of basics you need to know as well as useful enrollment options.

**\*\*\*Pre-registration required for all classes. Please call 207-396-6500/ 1-800-427-7411 to register or for more information**

## THANK YOU TO OUR SPONSORS!

### Building Community One Neighbor At A Time

- Food Pantry
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- Senior Services– Aging in Place
- Community Garden
- Operation Bundle Up
- Project Holiday



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# Yarmouth SENIOR NEWS

Spring, 2018

Vol. II Issue 5

*Feeling Good In the Neighborhood*

## The Benefit of Dog Therapy

MiMi is a 9 year old female Heinz-57 dog. She was adopted eight years ago after she was found roaming the streets in Arundel for over a week. I had been volunteering at a local animal shelter and upon retirement decided I needed/wanted a dog to call my own. MiMi and I became a registered dog team four years ago. I have always been an animal activist and my goal was to help give my dog a voice and to give back to our communities.



Dog therapy can make a real difference in a person's life. Dogs seem to be able to lift us out of our melancholy, physical pain or anxiety. It is therapeutic for all involved – the dog, the handler, and the recipient who is being visited. It is comforting to know therapy dogs make a difference. Some people just sit with the dog, some talk to the dog, others pet or hug the dog. There is no judgment by a dog and they treat everyone the same. Smiles and joy are easily transmitted during a pet visit. Persons who may not have been responsive may perk up. There is nothing like a warm fuzzy to bring some sunshine into someone's life.

MiMi and I have volunteered at schools to help relax students preparing for exams, at various healthcare facilities and have also

done home visits. There is nothing like the joy a dog brings to the lives of those we visit and there is nothing like the joy I receive by working with my dog, MiMi. MiMi has come a long way since being a stray roaming the streets. I am blessed to have adopted her and proud of the role she plays. Giving back to other people and seeing the joy and smiles is a gift without a price tag. No amount of money can buy a smile.  
*-Yvonne St Michel*

## STAY in Yarmouth, Save on Taxes

It's that time of year again, not for the Red Sox in the World Series, but tax season. The Town of Yarmouth offers the Senior Tax Assistance Yarmouth (STAY) program to help aging residents stay in their homes. The STAY program puts money back into the pockets of our low- and moderate-income seniors who own or rent in the town of Yarmouth, by providing property-tax assistance to Yarmouth residents of at least ten years, who are 67 years old and over, and meet certain income requirements. It also provides benefits to senior residents who rent their homes. In past years not all of the funds were used up:

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## Welcome to Maureen Brosnan!

Maureen is a Community Resources Specialist from the Southern Maine Agency on Aging (SMAA), and is now here to provide support and resources for Yarmouth's older adults and caregivers. Maureen will connect Yarmouth residents with community resources they need related to nutrition, housing, financial security, health insurance, transportation, Medicare, and other issues. She is based in the tutoring room of Merrill Memorial Library on Tuesdays and Fridays from 11AM-3PM, or by appointment. She can be contacted at 835-9866 or by email at mbrosnan@yarmouth.me.us. Maureen is also working on opportunities for you to meet one-on-one with SMAA certified Medicare counselors, a Caregiver presentation and a Chronic Disease Self-

Management class. (please see the back page for more information.) If you have questions or ideas for programs, please contact Maureen.



## Planning Your Future Medical Care - The What and the How

On Monday, April 30 at 5:30 in the Library, please join us for this important and challenging conversation about Advance Care Planning. Presented by Dr. David Giansiracusa. Please RSVP dgiansiracusa@gmail.com or with Maureen at the Library (835-9866).

Continued from **STAY.**

let's not let that happen again! Get your applications in soon to the town office!

### Criteria for Assistance

- Must be 67 as of April 30, 2018
- Yarmouth resident for the last 10 consecutive years
- Must have resided at current residence for at least one year
- Meet income guidelines based on the 2017 median income for greater Portland
- Assistance available to eligible homeowners and renters

### Additional Information

- Applications are available at Merrill Memorial Library, Town Hall, the Yarmouth History Center, Yarmouth Community Services, and on the town website: [www.yarmouth.me.us](http://www.yarmouth.me.us)
- Submit your application to the Town Clerk by April 30, 2018
- For assistance with the application or more information contact Jennifer Doten, Town Clerk at 846-9036

By the way, this year taxes are due on April 17<sup>th</sup>.

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

**Contributors:** Raelene Bean, Kathleen Connelly, Jan Day, Leigh Kirchner, Mary Lynn Engel, and Antonina Pelletier.

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

For more information about Yarmouth's Aging In Place program, call Leigh Kirchner at 207-712-7244 or [leighmk2050@gmail.com](mailto:leighmk2050@gmail.com)



## Time to Get Potted

If you're like me you've been dreaming about your garden all winter, or at least about the mouth-watering harvest of fresh produce you hope to reap from it. Ripe red strawberries! Cherry tomatoes and basil, warm from the sun. Mountains of zucchini and cucumbers! Thanks to the abundance of farmers' markets in the area offering organic and locally-sourced foods, healthful eating is easier than ever. But here's a thought: what could be more local – and more rewarding than growing your own? Even if you have no garden, no time, or limited physical ability, I assure you with a sunny windowsill, back step, or small patio or porch, you can grow plants for food, beauty or both, with surprisingly little trouble.

Many herbs and veggies are easily grown from seed, and it's even easier to buy seedlings or fully-grown plants at your local nursery. An amazing number of food plants have been adapted for life in pots.

Depending on space and sun you can grow blueberries, strawberries, citrus fruits, even pomegranates and bananas. Cherry and full-size tomatoes, cucumbers, lettuce, and other greens like herbs thrive in pots. In fact mint should be grown in pots because it's notorious for overrunning gardens! I have raised many herbs and even tall flowers like cosmos and sunflowers in pots on sunny back steps. Your plant's basic needs are just light, soil, and water. The amount of light will determine what you grow, as most plants need at least six hours of sun per day. There are all kinds of soils on the market.

When growing food I prefer to use organic soil and fertilizers, but you don't have to. Be aware that soil in pots, especially earthenware ones, dries out faster than ground soil so you should water potted plants

more frequently, especially during a heat wave.

What happens in winter? That depends on what you're bringing indoors. I have successfully kept lemon balm (makes great tea), mint (ditto), sage, and flowering geraniums at my south-facing windows throughout the Maine winter. But my basil, with roots (pun intended) in hot sunny lands, was not happy and eventually died. Do some research before you try to overwinter anything. Grow lights are available from various sources and can work miracles, but they can be expensive. This is just a brief overview, but there's plenty of information easily available. One of my favorite books for small-space gardeners is "From Container to Kitchen: Growing Fruits and Vegetables in Pots" by D.J. Herda (New Society Publishers, 2010). The internet will give thousands of hits that will answer your questions. The University of Maine's Cooperative Extension at [extension.umaine.edu](http://extension.umaine.edu) has a large selection of helpful resources. And of course there's always your local nursery, a valuable source for advice as well as plants. So no matter how little space you have or how inexperienced a gardener you are, try your hand at growing something this summer. You may be surprised to find you have a green thumb after all!



