



AGE FRIENDLY SACO

75 Franklin St., Saco, ME 04072

207 710-5029

agefriendlysaco@gmail.com

Age Friendly Saco's mission "A Community for a Lifetime," is to promote active aging by optimizing opportunities for health, engagement, and safety, while removing barriers that prevent our citizens from remaining in their homes as they age. FMI contact: Jean Saunders, Committee Chair.

Facebook: Age FriendlySaco



December, 2021 Community Matters!

Age Friendly Saco (AFS) serving the community of Saco. Joined the Network of Age Friendly Communities in 2016.

If you are receiving our newsletter for the first time, please let us know if you want to continue receiving it. Contact us at agefriendlysaco@gmail.com or 710-5029.

Tech Help

Age Friendly Saco has long been aware of the problems that can face older adults who want to age in their homes. We believe firmly that technology can help with solutions. Some older adults are intimidated by technology and have little knowledge of how it can help them. To facilitate the use of technology, Age Friendly Saco recently held a Lunch and Learn in partnership with Saco Parks and Recreation. Fourteen participants watched a video created by Andrew Dickinson, City of Saco Communications, which showed a volunteer using her Echo Dot to help her live a healthy day in her home. Each participant at the workshop was given an Echo Dot, which was purchased with a Saco Bay Rotary grant, and shown how to use it. At the follow up workshop most of the same folks came back with any questions or problems that surfaced in the setup of the Dot at home. Three Technology Neighbors were present to help. Additionally, for older Saco adults who could not attend, one of those same helpers could bring you an Echo Dot and help you establish it in your home. You must have Internet access to utilize the Echo Dot. Call us at 710-5029 for an appointment with a Technology Neighbor.

It is anticipated that there will be another Lunch and Learn in partnership with Saco Park and Recreation early next year on "Cutting the Cord," moving from cable to streaming at a lower cost. Again, participants must have Internet access. It will be announced on our Facebook page as well as by email distribution.



The Saco Cycles Program was launched October 12th by Age Friendly Saco in collaboration with Saco Main Street, with a ribbon-cutting on a glorious Fall day. The "Chat", a rickshaw-like chair was purchased with a grant through Kennebunk Savings Bank from Huntington Commons Charitable Fund. The Fund is earmarked to improve the lives of older adults in York County. The Saco Cycles program is intended to transport older adults who no longer have cars or the ability to drive, on rides in and around Saco and onto the Eastern Trail. The Chat is powered by a pilot and is escorted by two safety outriders. The picture was taken by Andrew Dickinson, City of Saco Communications.



We need more Handy Neighbors!

Would you like to help older adults in our community stay in their homes? That's what our Handy Neighbors do, and we need more of you. We receive more and more requests as people get to know who we are. We are not carpenters, electricians, or plumbers. We are simply men and women who like to help and who have some interests, time, and talents to share. Perhaps you would install grab bars or smoke detectors, hang a mirror or move a piece of furniture, put in or take out an air conditioner, check a home for safety concerns, hang curtains, or bag leaves in the fall. You take on only tasks that fit your interests and abilities and available time. Your assistance means so much to the people who receive your services. Almost without exception they report in follow-up calls how wonderful the Handy Neighbor was and how helpful it was to have someone take care of tasks that they are unable to do. Contact the Handy Neighbor Coordinator, Donna Beveridge for more information or to volunteer. 294-2950 or (dbeveridge18@gmail.com)



Sandbuckets were delivered to residents who requested them Nov.13. If you need a sandbucket at any time during the winter season and cannot pick one up at Saco Public Works on Phillips Spring Rd., call the office at 710-5029 between 10-4 weekdays. If the call is unanswered, leave a clear message with your name, address and phone number. A volunteer will bring you a bucket.



On Demand Transportation

Age Friendly Saco was recently made aware that it has received a \$7,300 grant from the Maine Community Foundation through the Maine Charity Fund. These funds are to support Age Friendly Saco's continuing mission to develop an on-demand transportation program to provide rides to medical appointments for our older residents. Age Friendly Saco also received funds to support an Ameri-corps Member to assist in this new program. Age Friendly Saco in collaboration with the City of Saco will begin this new transportation program in December. Rides will be available weekdays between 8 AM and 5 PM. To schedule an appointment call 207-200-7668 and leave a voice-mail. Someone will call you back. Rides must be scheduled 5 days in advance. Rides can be scheduled to points as far as Portland and Kennebunk. Any other questions may be emailed to: transportation.agefriendlysaco@gmail.com



In '21-'22, we will continue to find new ways to stay connected, and we want you to know that we are here for you. Please call our office at 207-710-5029 with any questions or concerns, and one of our dedicated volunteers will reach out to you. AFS volunteers staff the office weekdays 10-4.

We could use more **volunteers for the office**, especially as our programs continue to develop. The shift is usually either 10-1 or 1-4 weekdays. Volunteers can commit to as little or as much as they wish. A friendly person answering the phone is so much more pleasant than having to leave a voicemail.

