



**February 2018**

Age Friendly Saco, 75 Franklin St. Saco, ME 04072  
Phone: (207) 710-5029 x815 [agefriendlysaco@gmail.com](mailto:agefriendlysaco@gmail.com)

**Age Friendly Saco**

Serving the community of Saco, population 18,874, 23.1% of whom are over 60.  
Joined the Network of Age Friendly Communities in April, 2016

**Mission Statement:**

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.

For more information, contact Jean Saunders, Committee Chair, [agefriendlysaco@gmail.com](mailto:agefriendlysaco@gmail.com)



**Keep York County Warm**

Habitat for Humanity York County's weatherization program, Keep York County Warm! (KYCW!), has partnered with Efficiency Maine and local energy auditors (The Heat Doctors, Portland) to provide professional energy audits and weatherization services up to \$1,000 to qualified low-income homeowners in York County.

Age Friendly groups in Saco and Biddeford will select 12 eligible homes in each community to receive weatherization assistance. Age Friendly Saco will accept applications and determine eligibility. Call for more information: 710-5029



*Danielle Page, Dupuis Hardware employee and Dick Hilton, Age Friendly Saco*

**Sand Buckets for Seniors**

Age Friendly Saco, in collaboration with the Saco Public Works Department, will pick up 5-gallons of sand-salt mixture for any homebound resident older than 65 who needs it, and deliver it to their home in a pail provided by the Age Friendly Saco group. To have it delivered, call [\(207\)710-5029](tel:2077105029) and leave a message if no one is in the office.



*Join us for our*

*1st Annual Swing into Spring Dinner Dance, Saturday, March 17, 5-9 pm \$5 pp. Sponsored by Age Friendly Saco, and The Saco Parks & Recreation Department. It will be a fun night of music, dancing, food & fun! There will be an Irish boiled dinner, dessert, and refreshments to enjoy before the Saco*

*River Jazz Band takes over for a night of music and dancing! Come socialize and celebrate St. Patrick's Day with us.*

**Everyone must preregister! <http://www.sacorec.com/info/activities>**



**Oral Health Center | University of New England in Maine**  
[www.une.edu/ohc](http://www.une.edu/ohc)

Receive Quality Dental Care and Support Maine Dental School Students. Need a dentist in Portland, Maine? Discover UNE's Oral Health Center — the clinical educational center for UNE's College of Dental Medicine. At our state-of-the-art clinic, UNE dental students will address all of your oral health care needs under the supervision of our licensed faculty dentists, at affordable fees. We maintain all current clinic compliance policies required to ensure a healthy, safe environment for our patients.

**New Patients:**

Call (207) 221-4747 today to schedule an appointment. Or, complete register online and our staff will call you.

**Have you met Dick Hilton?**

*Dick Hilton, a retired United Healthcare agent, had a table at the Volunteer Forum Wellness Fair cohosted by Saco Parks and Recreation and Age Friendly Saco on November 4<sup>th</sup>. He offers those interested free help sorting out health plans supplemental to Medicare and drug insurance options. He met with four individuals and one couple, who made adjustments to health or drug plans saving a total of \$7670. These adjustments were made prior to the end of the enrollment period, but Dick stresses there are insurance adjustments that can be made at any time of the year. He also assists people signing up for Maine Care or similar options. He will be available by appointment at the Community Center in the Age Friendly Saco office, Mondays between 9 and 1. Call him at 450-8220 for an appointment.*



**It's That Time of Year Again**

If you or your household made less than \$54,000 in 2017, there is free tax preparation assistance available from York County Community Action Corp. The tax preparation will take place at the Biddeford Office on York Street on Tuesdays, Thursdays, and Fridays. Call the tax line at 324-5762, x2718 to make an appointment.

AARP also offers free tax prep on Thursdays and Fridays at the Ross Senior Center on Alfred Rd in Biddeford. Call 710-0979 to find out more.



**TRANSPORTATION GRANT**

York County Community Action Corporation (YCCAC) has been awarded a two-year \$50,000 grant by the Maine Cancer Foundation. YCCAC's transportation program will use the grant to operate "Connecting to Cancer Care," in strong partnership with the medical providers treating persons diagnosed with cancer, in 2018 and 2019. The program is available to residents of York County who have a cancer diagnosis, need transportation to treatment or related appointments, and do not have other means of transportation. Rides can be scheduled by phone (207-324-5762, Option 2) or by visiting the YCCAC Transportation office at 6 Spruce St., Sanford. For more information, please visit [www.yccac.org](http://www.yccac.org).

**Handy Neighbor Program**

Age Friendly Saco's Assessment revealed that the #1 request seniors had is for handyman services. Age Friendly Saco (AFS) is developing a "Handy Neighbor" program to help seniors with simple maintenance needs that they cannot do themselves. Clients must be 60 or older, priority given to those least able to pay. Examples of some tasks they will do: changing storm windows and screens, changing light bulbs, installing handrails and putting away summer furniture. Volunteers would not do seasonal tasks such as snow shoveling or raking leaves, nor would they do tasks which would normally require a licensed contractor. This is a developing program. Eventually AFS will vet contractors who are willing to do small jobs at reasonable rates for seniors.

