



# Age Friendly Saco Newsletter



February, 2019

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

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

**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

## HandyNeighbor Program



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### How It Works

Changing a lightbulb, moving furniture or taking out screen windows can be daunting. That's where our **HandyNeighbor** program can help! AgeFriendly Saco volunteers will provide small repair and home maintenance to older adults in our community.

#### We will:

- Change lightbulbs
- Do touch-up painting
- Move furniture
- Install grab bars
- Clear clutter
- Hang pictures

And more

Call 710-5029 for more

### *Annual*

### *Spring into Spring*

### *Dinner Dance*

*Come enjoy a night of socializing, dancing, music, dinner and fun!*

*Hosted by Saco Parks and Rec and AgeFriendly Saco.*

*Dinner sponsored by Atlantic Heights*

*Music by Saco River Jazz Band.*

*Saturday, March 16, 2019 5pm-8pm \$5/person*

*Saco Community Center Gym*

*Reservations recommended as the dance often sells out.*

### **Shopping Trips**

*We are continuing to provide transportation for seniors who wish to shop at Walmart and various other stores. Paul Hazelton House and Lord Pepperell House residents have all enjoyed these jaunts, Trips are twice a month. For more information call Saco Parks and Rec at 283-3139 or the Age Friendly office 710-5029*





## SENIORITY Lunch and Learn Series

Come and enjoy lunch at the Saco Community Center and learn about different topics throughout the year

Each month we will have a special guest and a new topic to explore.

The menu will change each month but will typically be a sandwich, wrap or pizza, plus fruit, chips and drinks. \$3/ person.

*Pre-registration is required so we are able to plan our lunch order.*

### February 27 BRAIN HEALTH

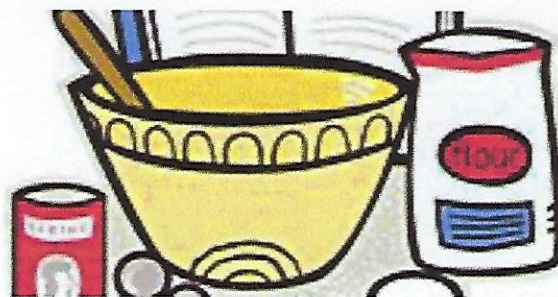
Join us to hear Peter Baker, the Alzheimer Association and Adam Hartwig of the Maine CDC, to learn about risk reduction and early detection of Dementia and Alzheimer's.

### March 13 DIABETIC FOOT CLINIC

For individuals who are diabetic and eligible for Medicare. {Lunch will not be served at this class}

### FREE TAX PREPARATION

If you would like information on free tax preparation, call the office at 710-5029



## Send Us Your Cherished Recipes

Everyone has a special dish that has been passed down from one family member to the next over the years. We would love to include yours in a one-of-a-kind cookbook being designed by AgeFriendly Saco. Whether it's the apple cake your Aunt Molly made every Easter or the chicken soup your mom made when you had a cold, we'd love to include it.

Please add a couple of sentences on how you came by the recipe and why it's special to you. Recipes can be dropped off at the AgeFriendly office at Saco Parks and Rec. 75 Franklin St, or emailed to millychilli2@gmail.com.

Thank you so much for sharing with us.  
Questions? 710-5029

### *Sand Buckets for Seniors*

*We are pleased to tell you that over 100 sand buckets were filled and distributed to older Saco residents this winter.*

*Many thanks go out to our volunteers, Thornton Academy students and Saco Public Works*

**For information on any of these programs: 207-710-5029**