



AGE FRIENDLY SACO

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207 710-5029

agefriendlysaco@gmail.com

Facebook: Age Friendly Saco



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, Director.

June 2023
Community Matters!

Age Friendly Saco (AFS)
Serving the community of Saco since 2016

Consider joining us as a volunteer!
SHARE YOUR GIFT!

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.

ANDRUS AWARD This annual awards program honors individuals whose service is a unique and valuable contribution to society. Jean Saunders was one of 49 outstanding individuals who was recognized from around the country. We have a star in our midst!



Coming Soon...

Community Lunch Program!

Beginning in July...Age Friendly Saco will offer a community lunch program for older residents



Mark your calendars for these upcoming dates:

July 20th, August 17th and September 21

Transportation will be provided for those residents who wish to participate but do not have transportation. These luncheons are free, but you must register! Luncheons will be served through the summer months at the Saco Elks Club, 68 Ocean Park Rd. Doors open at 11:30. Stay tuned for a link to sign up on our Age Friendly Saco Facebook page or call Age Friendly Saco @ (207) 710-5029 or email: agefriendlysaco@gmail.com

New Database!

Age Friendly Saco is in the process of transferring all of its data to a new database. We want to be sure that we have good information to ensure that everyone receives our Newsletter and notifications. Unfortunately, we are realizing that we may not have everyone's email address, physical address or phone number.

We ask that you call us to verify your information.

Our office is open from 10:00 – 4:00 Monday through Friday. The number to call is 207-710-5029.

Be assured that your information is for internal use only and is never shared with anyone. **Thank You**

Rides To Medical Appointments

If you are 60+ years old or have a disability, you may be eligible for our free transportation service to medical appointments. We welcome Saco residents who live in their own home/rent or reside in an independent living facility to register and schedule rides by calling (207)-200-7668. Rides are provided by caring people who give their time to help others. Volunteers are screened, trained and required to keep confidentiality. All rides depend on volunteer availability, therefore, we request at least a 7 day notice when scheduling a ride. The door-to-door service includes destinations from Kennebunk to Falmouth. While there is no charge for our services, donations are welcome. We look forward to hearing from you!

Meet David Steed, one of 14 volunteer drivers who has been with the program since the spring of 2022. You may recognize David from the many other services he is involved in provided through Age Friendly Saco.



Senior Resources

Saco Parks & Recreation

75 Franklin Street, Saco
(207)283-3139
parksandrec@sacomaine.org



State of Maine
maine.gov

City of Saco Maine

sacome.gov - Property Tax Relief

Elderly Support Solutions

56 Industrial Park Rd. Unit#1
Saco (207)294-7458

Southern Me Agency on Aging

30 Barra Rd, Biddeford
(207)396-6500 info@smaaa.org

American Association of Retired Persons (AARP)

53 Baxter Blvd. Suite 202, Portland (866)554-5380





KNOX BOX

WHY DO I WANT ONE?
WHY WOULD I NEED ONE?



Whether you live alone or not, have you ever given thought to..... What would happen if I had an emergency and couldn't open the door to allow rapid entry by the emergency technicians/the fire department? Yes, I am healthy today.....tomorrow I may fall or experience another kind of health emergency..... Maybe I won't be able to crawl to the door to allow them in my home.

The Fire Department would have to look for another home entry before forcibly entering and possibly causing damage to your front door. This takes time. What if time is of the essence? **Enter the Knox Box...**

This relatively small fixture is attached to your front door and looks quite innocuous. Inside is the key to your house which can only be accessed by the Saco Fire Department. Once installed, your address is listed on a site map at the department along with any emergency contacts.



Age Friendly Saco in collaboration with the Saco Fire Department has purchased a limited number of Knox boxes at our cost of \$200. per box. We are happy to pass along the discount to any interested Saco resident. Any further discount would have to be considered on a case by case basis. If Interested, please contact the Age Friendly Office at (207) 710-5029

CHAT—SACO CYCLES

Through the support of a grant by the Huntington Commons Charitable Fund, Age Friendly Saco was able to purchase a trishaw called the "Chat" which allows for 2 passengers to "chat" as they enjoy a bike ride around the City of Saco. There is nothing like the experience of witnessing our passengers coming back with rosy cheeks, wind in their hair and memories to share. We have been collaborating with several congregate living facilities in Saco. It's a popular program which is volunteer intensive. Please consider volunteering for this wonderful program. Call our AFS office at 710-5029.



SAFETY TIPS FOR SENIORS



Consider:

- grab bars
- waterproof seat or chair in shower/tub
- rubber backed bathmat
- lever type door handles
- plug-in light sensors
- orange tape to floor hazards
- have working flash lights on hand
- scatter rugs can slip underfoot-remove them or stick them in place
- give a spare house key to a trusted neighbor
- install a Knox Box
- update smoke detectors, replace batteries if needed
- know where your shut off water valve is located
- post emergency numbers in conspicuous locations
- add emergency contacts to your cell phone and your emergency number list.

FOR HELP:

Contact Age Friendly Saco "Handy Helpers" (207) 710-5029

IMPORTANT PROPERTY TAX SAVINGS INFORMATION

If you received the **SACO SENIOR TAX ASSISTANCE** program for 2022, this is a reminder that you must reapply yearly. To reapply or to apply for the first time, you must have filed a ME 1040 form for 2022 to be eligible. The application deadline is July 1, 2023. Forms are available at City Hall and our office. Please contact our office for the specific program requirements, information or application assistance.



The **ME PROPERTY TAX STABILIZATION PROGRAM** (also known as the Real Estate tax freeze) is in danger of being replaced or eliminated. State Representatives are concerned because the program has no income guidelines at present. This popular program which has a filing deadline of December 1st. is being discussed and re-worked by the State Taxation Committee. Watch the news for updated information. We will update you as well in our next Newsletter.