



Age Friendly Saco Newsletter



May, 2019

Age Friendly Saco, 75 Franklin St. Saco, ME 04072
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Age Friendly Saco (AFS) serving the community of Saco. Joined the National 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



We Need and Welcome Volunteers

***AgeFriendly Saco is a
volunteer organization.
We welcome people of all
ages to join us in our mission.
Here are a few of the friendly
people who are waiting for
you to join them.***

Call us

207-710-5029



We're waiting!

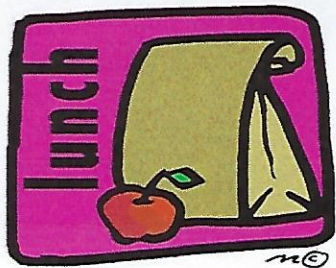
HandyNeighbor Program



Do you have trouble climbing a ladder to change a light bulb or a battery? Do you need grab bars installed in your shower or tub? Do you need help moving heavy pieces of furniture? AgeFriendly Saco's Handy Neighbors are available to help with these services and more.

These are intended to be simple one-time services that do not require licensed contractors. **Services are free and are available to Saco residents 50 or older.** Even seniors who can afford to pay may be interested in requesting the services of our HandyNeighbors. It can be challenging to find contractors willing to take on small jobs, Perhaps you have a more major project or one that requires a licensed contractor. You may not know who to call nor who can be trusted to work with seniors, We are currently creating a list of contractors who will work reliably for seniors. We will make this available to you once it's ready

Let us know if you have need of weatherization services-window inserts, LED light bulbs, carbon monoxide and smoke detectors and more. We can give you an application and put you in touch with Habitat For Humanity and Efficiency Maine.



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.

May 15 ECO-MAINE: WISHFUL RECYCLING AND HOW IT WORKS 12-1

Wishful recycling happens when you are unsure if an item can be recycled but you put it your bin anyway. Those items do more harm than you might think. Learn about Eco-Maine's recycling process and how it has created a global problem for the recycling industry.

JUNE 26 DE-PRESCRIBING 12-1

The de-prescribing session will begin with a 15 minute presentation about the effects of aging on medications and how to partner with your pharmacist to improve your medication outcomes, followed by a 10 minute Q & A session. The remaining 30 minutes will consist of individual meds reviews by Doctor of Pharmacy students and Pharmacists.

Inter-Generational Home-Share Focus Group Meeting

Age Friendly Saco is working with the University of New England (UNE) to explore the feasibility of implementing an inter-generational co-housing effort that will pair home owners with a UNE student to provide housing for a modest rent in exchange for assistance in various household duties. Two 90 minute focus group sessions will be held at UNE Biddeford campus in May or June with home owners and UNE students to work through a series of questions together. If you would like to learn more we can provide you with additional information. *Participation in the focus group in no way obligates you to participate in the housing program.*

United Way Day of Caring June 5th At the Saco Community Center

The Saco Seniority Program in Collaboration with Age Friendly Saco will welcome volunteers to help re-establish the raised garden beds and prepare them for summer. These beds are located at 75 Franklin St. and were tended last year by Saco Parks and Recreation summer campers as well as community volunteers. A Garden to Table Dinner was held for all those who participated. Please contact Amelia at 207-283-3139 ext.807 for more information.

Commodity Supplemental Food Program

boxes are available to people over 60 without income restrictions. The boxes are delivered the 1st Thursday of the month to the Saco Baptist Church parking lot on Cross St.. The boxes contain 30 lbs of non-perishable food. Call Age-Friendly Saco for an application.

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