

# AGE FRIENDLY SACO

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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: AgeFriendlySaco



## August, 2020 Community Matters!

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

### How COVID-19 is impacting the work of AGE FRIENDLY SACO

Early on in the crisis, Age Friendly Saco had to pivot quickly and find new ways to operate in order to honor our mission, which is to help our older residents stay in their homes as they age. Given the crisis, and the fear that many of our older residents may be isolated and lonely, we embarked on creating a wellness check-in program for all of the households in Saco with residents over the age of 70. During these phone calls we assessed individuals' needs, offered solutions for food insecurity as well as for other health-related issues. (See separate article.)

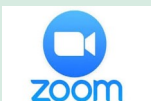
Since the beginning of the pandemic, Age Friendly Saco connected "virtually" with city leaders. Jean Saunders partnered with the City's COVID response team about COVID-related issues in our community.

We, as an organization, have stayed in touch with bi-weekly Zoom meetings with our Operations Team members. We discuss plans for the future as well as any new issues that have arisen.

In addition, Age Friendly Saco volunteers continue to deliver food to our residents through the USDA Food Commodity program as well as from the Saco Food Pantry as needed. Using an AARP grant, Age Friendly volunteers were able to provide contactless food deliveries to over 200 older residents

Age Friendly Saco just won a CARES Mini-Grant which will enable us to expand out technology programs. Stay tuned for more details, and please stay safe.

Your Age Friendly  
Saco Team



Age Friendly Saco  
Virtual Ops Team Meeting



### Our Helpful Neighbors Are Still Here!

The need for social distancing challenges the ability of our Helpful Neighbors to help you. Helping you, however, is not impossible.

**Handy Neighbors:** Perhaps you have a repair or task outside your home. Even a simple inside task might be possible. Depending on time, location, wearing masks, and keeping social distance, a Handy Neighbor may still be able to help you.

**Technology Neighbors:** During this time of social isolation, we have a greater need for our phones, computers, and other assistive devices. Our Technology Neighbors can help you set up devices and/or teach you how to use them—either by phone or in person while observing social distance.

Internet access can help us feel safer in our homes by increasing our skills of daily living. Using Alexa and digital devices, we can see visitors before opening the door, turn on lights before entering a room, set timers and alarms, receive appointment reminders, contact our families in an emergency, and more.

Because we may need to stay at home, we are more likely to experience isolation and loneliness. Internet access can facilitate connections with friends, family, and community services—even doctors—through Zoom and other face-time conversations.

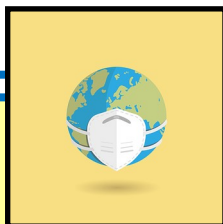
Our Technology Neighbors are thinking creatively about how to help. In addition to one-on-one help, we hope to create YouTube videos to help you set up and use your technology devices.

What do you need? How can we help?

## Take fun and interesting classes online !

The UNE Center for Excellence in Aging & Health (CEAH) has been offering a variety of supportive and learning oriented programs online via the Zoom platform since late March. All programs last an hour and are open to adults aged 55 years and older. Offerings include peer connection discussion groups, a knitting/crafting group (i.e., work on your project and visit with others), and various informational "Coffee & Conversation" events – the most popular involving visits with older adults from around the globe (including China, South Africa, Iceland, England, Spain, and other places). Go to <https://sites.une.edu/ceah/legacy-scholars/online-learning-support> to register and view the July-August schedule. New events will be added over time, including a planned visit with folks in The Netherlands. Questions? Contact CEAH Administrative Assistant, Kelly Abrams, at

kabrahms@une.edu



## Did we call you?

Between April and early June, Age Friendly Saco created and participated in a wellness check-in program. Using Voter Registry information, 39 trained community volunteers called all Saco residents over 70. A total of 1709 calls were made. The purpose of our calls was to check on the well-being of our older citizens and to make them aware of resources available through the City, such as the new COVID hotline and the Senior Meal program. Our callers also offered residents access to a newly developed guide that contained information on obtaining masks, a list of State resources, shopping hours for seniors, and other helpful information. Call recipients were asked if they were able to get groceries and prescriptions themselves or with help from someone else, and if there were other needs for which we could provide information or assistance.

The call process revealed that some phone numbers were incorrect or no longer active. In collaboration with the City, a follow up postcard was sent to everyone we were unable to reach, informing residents how to find and access the City resources.

## From Amelia Meier, Saco Parks and Rec. Community Outreach Coordinator



We hope you are all doing well. If you participated in our weekly meal distribution program, we hope you enjoyed the meals as much as we enjoyed offering them! The program provided about 3,000 meals to Saco residents over the 13 weeks, and supported local businesses. The program sponsorships and donations helped to make the program sustainable and it put about \$20,000 into the local restaurants! Thank you to everyone who participated, supported, sponsored meals and donated!

We will be offering a few active outdoor programs in July & August. Otherwise we are currently on hold for adult programming until the fall when we will reevaluate and make real time decisions based on regulations and guidance from the state. Please check our website [www.sacorec.com](http://www.sacorec.com) or call 207-283-3139 for updates !

Stay safe and we hope to see you soon!

## Want to Save Money?

### Community Discounts for Older Adults



Are you making use of community discounts? Many businesses offer discounts for you; but are you unsure which businesses offer them, for how much, on what days, and how old you must be to qualify.

Age Friendly Saco has compiled a chart of businesses in Saco, Biddeford, OOB, and Scarborough. The list includes eateries, pharmacies, theaters, transportation, box stores, and more.

Ask for your discount at checkout. You may want to call the business ahead of your visit to confirm the discount. Let Age Friendly Saco know if you learn of updated discounts. We would love to add more local businesses to our list.

If you would like a copy, email Age Friendly and we will send you one. No email? Call the office, leave a clear message, and we will mail one to you.









