



Age Friendly Saco Newsletter



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, agefriendlysaco@gmail.com.

Age Friendly Saco to Pilot Aging Creativity Circle

Age Friendly Saco has been chosen as one of six organizations nationwide to pilot a community-based *Successful Aging Creativity Circle*. This is one of two pilot programs in Maine, the other being in Deer Isle.

The *Successfully Aging Creativity Circle* is a program from the UnLonely Project, a signature initiative of the Foundation for Art and Healing (FAH). FAH was founded by Jeremy Noble, MD, MPH. The project seeks to raise awareness about loneliness and social isolation, reduce stigma around these issues, and develop programming to foster connection.

The goal of the *Successful Aging Creativity Circle* pilot is to test a program designed to help older adults manage a variety of age-related challenges, such as making friends as we age, finding ways to become resilient, keeping the brain and body healthy, managing stress and taking time for self-care.

Using a support group model, the program offers 10-12 participants weekly meetings over a 7-week period where they engage in facilitator-led group sessions that offer an innovative blend of mindfulness, creative arts expression, and social/emotional learning. These three components combine to help participants share personal experiences and reflections, gain skills and feel more connected to themselves and those around them.

For more information about this program, call Age Friendly Saco at 710-5029.

November 5th Election

November 5th there will be another election. Up for election are the Mayor, City Council members and Election Warden and Ward Clerks. What many of you may not remember is that the Mayor's term of office will be extended to four years instead of two, and the City Council will be elected to staggered terms in order to avoid the possibility of an entire council being replaced in one election. The information about the staggered terms is provided courtesy of Michele L. Hughes, City Clerk and Registrar. She has also provided a link to the City elections and voting page on the city website which leads to a wealth of information on the whole election/voting process. If you have relatives or friends who wish to vote but do not have internet access, please pass along this information to them. Should questions remain after reading this email or looking at the webpage, city hall staff will be glad to assist you.

https://www.sacomaine.org/departments/city_clerk/elections_and_voting.php

Wellness Check-In Call Program

On October 26th the Operations Team for Age-Friendly Saco met with our new Chief of Police, Jack Clements. We discussed the possibility of initiating a Wellness Check-In call by members of our staff. This would be available to any of our older resident that would like contact with a member of Age-Friendly staff for the purpose of "checking in" on a daily basis. Should we be unable to reach the resident, the staff would work with the police dept. to initiate a wellness check. We ask that any resident interested in participating to call our office.

Health and Wellness Fair

On November 2nd, 10-2, Age Friendly Saco, in collaboration with Saco Parks and Recreation Seniority Programs, is holding their annual Health and Wellness Volunteer Fair at the Saco Community Center, 75 Franklin Street in the gymnasium. From 10-1130 AM, attendees can attend two breakout sessions of a half hour each. Presenting will be Anne Murray on Sageing while Aging, Joseph Wolfberg on Unfinished Business, Sydney Springer on Deprescribing, and Karen Cassette on Help Save Lives in Your Community. Lunch will be served between 1130 and 12. The vendor fair portion will be 12-1. Vendors will be community resources, both health and wellness-related.

Fee: FREE to attend but must register!

Register: <https://www.sacorec.com/info/>



Age Friendly Saco (AFS) now has a CLYNK account. If you would like to help AFS fund transportation vouchers for low income older residents of Saco, please pick up the free labeled bags at the AFS office, fill them with returnable cans and bottles, and take them to the nearest Hannaford. We appreciate in advance, your help.

Meet and Greet with Local Politicians

Age Friendly Saco held a Meet and Greet with Local Politicians at the Community Center, October 16th. Both mayoral candidates made brief statements. People gathered around tables and their potential council members for informal discussions of local issues like Camp Ellis erosion. Lively discussions, rumors questioned, promises made.

Don't forget to vote November 5th!

Handy Neighbor Program Needs You!

Perhaps you know that our Handy Neighbors provide simple free services for older adults who live in Saco. Maybe you've even received services from them—installing a grab bar or smoke alarm or repairing a step, hanging a shelf, or more.

However, have you considered becoming a Handy Neighbor? **We need you.** Older folks are sometimes the best service providers. We often receive requests other than for repairs. Many would like help with yard work or setting up their computer or cell phone. Are you able to assemble furniture and other boxed items? If you can do any of these things we would love to have you provide the services that you enjoy when you have the time.

Benefits to you include; playing an active part in your community, helping others who struggle to find help with small jobs and feeling good about yourself for your contributions. Call the office 710-5029 if you would like to volunteer or are in need of our services.

Sand Buckets For Seniors

We will be filling and distributing sand buckets for older Saco residents who could not pick up their own on November 16th. Please call 710-5029 to participate. If you participated last year be prepared to swap your used bucket for a full bucket.



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