

AGE FRIENDLY SACO

75 Franklin St., Saco, ME 04072

207 710-5029

agefriendlysaco@gmail.com

www.agefriendlysaco.org

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.

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 207-710-5029.



May, 2021 Community Matters!

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

As a volunteer-run 501(c)3 non-profit, the services we provide to Saco residents would not be possible without the donations we receive throughout the year.

Consider making a gift in any amount today!

DONATE



Zooming 2021



Even though 2020 has been a different and challenging year, Age Friendly Saco pivoted and continued to address the needs of our residents in the following ways:

Our volunteers **called over 2500 households** to assess their needs during the shutdown. These calls helped us direct our focus to food insecurity.

We secured a grant from AARP and **provided over 400 food boxes** from the Saco Food Pantry.

We partnered with USDA's Farmers to Families Food Box program and **distributed over 3500 food boxes**.

Our volunteers **delivered over 40 food boxes each month** for the USDA Senior Food box program.

We partnered with Ferry Beach Retreat & Conference Center and **provided meals-to-go for Thanksgiving and Valentine's Day for more than 600 community members**.

We **sponsored two of the meals** hosted by the Saco Parks and Recreation's Meals Program.

We secured a COVID-19 relief grant from the SMAA to increase technology access for our older residents. This **funded the tablet program** to help bring more of our older residents online.

Our **Handy Helpers provided home modifications/repairs safely by doing outside repairs**.

With Thornton Academy faculty and the Public Works Department, we **delivered over 100 sand buckets** to our older residents.

In 2021, we will continue to find new ways to stay connected, and we want you to know that we are here for you. Please call our office at 207-710-5029 with any questions or concerns, and one of our dedicated volunteers will reach out to you. As of April 5th, AFS volunteers are staffing the office weekdays 10-4.



Find us on
Facebook

@AgeFriendlySaco



How can our Handy Neighbors Help You?

Age Friendly Saco's Handy Neighbors have been lying low – just like you – trying to stay well, keeping their distance, wearing masks. They have not been going into people's homes to provide services to protect themselves and you!

Spring and the COVID vaccines are bringing some changes to our program. Some of our fully vaccinated Handy Neighbors are available and willing to provide services inside your homes – if you are vaccinated and wear a mask. They will, of course, wear masks and keep socially distanced.

What does this mean for you? You can call the Age Friendly Office and request help. Leave a message and someone will call you back. As usual, we provide services at no cost to you other than the cost of materials. What can we do for you? Move furniture, put your grille on the deck, hang a picture or a shelf, install a grab bar or smoke alarms, hang curtains or blinds, make simple repairs, and more. Use your imagination! We do not, however, provide any services that require a licensed plumber or electrician.

When your first service is provided for you, we will ask you to sign an Authorization Form, allowing our Handy Neighbors to provide services for you without liability. We keep that form on file, so you need only sign it once. We hope to hear from you.



Ease COVID-19's Social Isolation with Technology

Do you wish you had more options for connecting with family, friends, and health care providers? Are the effects of social isolation during this COVID pandemic compounded because you have limited or no access to the Internet?

Perhaps you used to depend on the computer room at your local library, which was closed due to the pandemic. Perhaps your health care providers are encouraging you to make tele-health appointments, and you do not have the equipment to do that or the skills and resources to “get connected.” Perhaps you are missing friends and family and do not know how to visit virtually on a computer, tablet, or phone.

Age Friendly Saco's Technology Helpers can help you acquire tablets at a relatively low cost, (You do, however, need to have Internet access.) Our Technology Helpers can get the devices to you, have them ready for you to plug in and loaded with the apps you most desire, and support you on the phone or in socially distanced ways as you learn to use them. If you wish in-person help, we ask that you and our helpers wear masks. Our helpers could, also, talk with a tech savvy family member or friend in your social bubble, who might be able to assist you in person.

Our Technology Helpers are, also, able to provide and install “virtual personal assistant” devices such as the Echo dots. They will help you learn how to connect these devices and fully utilize all that these devices can do to help keep you safe. For example, you might want to set up reminders when leaving the house (“Do you have your keys?”, “Is the stove turned off?”... etc.), set timers, turn lights on and off, remind you of appointments and when to take medications, access contacts in an emergency.

How can you acquire a tablet or Echo dot? Contact Age Friendly Saco and request an application form. One of our Technology Neighbors will contact you.