



# 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, Director.



## September 2023 Newsletter Community Matters!

*Serving the community  
of Saco since 2016*

Consider joining us as a volunteer!  
**SHARE YOUR GIFT!**

**Notice to Readers:** We are proud to share with you that our Age Friendly Saco newsletter reaches over 700 households. More than half of these are sent by email - the other half by regular mail. If anyone is receiving a mailed newsletter but also has email capability- please allow us to change your Newsletter delivery. The email delivery results in cost savings for Age Friendly Saco and it also allows us to send you Breaking News.

### WELLNESS FAIR

**NOVEMBER 4, 2023 9:00AM-2:00PM**



Northern Light Health will be having a vaccination clinic from 9:00 – 2:00 for attendees who wish to get immunized for Covid-19 booster, flu and RSV shots. Medicare / Insurance cards are required for free immunizations.

#### Workshop 1—Dementia Inclusiveness

Given by Dr. Susan Wehry  
Chief of Geriatrics at the University of New England

#### Workshop 2—End of Life Planning

Given by Maine State Senator/attorney, Donna Bailey

#### Workshop 3—ADU (Accessory Dwelling Unit)

What is involved in building a secondary housing unit on a single family residential lot. Facilitated by Emily Prescott, City of Saco Planner and Christopher Lee from Backyard ADU's. There will be 3 Workshops— participants will have a choice of attending 2 workshops  
**There is no charge for this event. We look forward to seeing all of you there!**

#### Agenda is as Follows:

9:00—9:30 Registration	11:00—11:45 Workshop
9:30—10:00 Welcome	11:45— 1:00 Lunch
10:00 -10:45 Workshop	1:00—2:00 Vendor Fair

**THE CHAT** is an electric bicycle owned by Age Friendly Saco and is being used to give seniors rides in a safe fun trip around the block. We have given rides to seniors from Atlantic Heights, The Landing, Cascade Brook, and The Wardwell, and hope to start private group rides for seniors in Saco as well. The CHAT requires a Pilot, and at least 2 Safety riders for traffic safety. We hope to continue into October. If you would like to volunteer to be a bike Pilot and/or safety rider, please contact Chris McKenney at 207-229-1047



### MONTHLY LUNCHEONS



Volunteers; Lucie, Susan, Teri, Jon and Glenn, also known as "K5" work hard and enjoy every step of the way. The "K5" team prepares meals and desserts from the freshest ingredients possible. Meals are prepared in the kitchen on site. The "K5" team also has two team members that are "Serv-Safe" certified!

**Meals for September, October and December will be held at the Elks Club, 68 Ocean Park Rd, Saco**

The meals for the remainder of 2023 are as follows:

- Wednesday September 20
- Thursday October 19
- No meal planned in November
- Thursday, December 7



### SPOTLIGHT: Rebecca Lyons: Community Engagement Specialist



REBECCA is a Mental Health First Responder with the Saco Police Department. In her role, she works tirelessly as a support to community members experiencing homelessness or crisis and connecting them with critical resources through engagement. Recently, Rebecca was honored by Modern Woodman of America as the recipient of the Hometown Heroes Award. She had the opportunity to choose a charity - a non-profit community based group to receive a donation in her behalf. Rebecca selected Age Friendly Saco. *Congratulations, Rebecca... and thank you for thinking of Age Friendly Saco as the recipient of this special \$100.00 donation.*

### GET YOUR DANCING SHOES ON!!

Get your dancing shoes on October 28th 5:00 - 8:00PM  
Dinner & Dance at Saco Parks & Recreation Hall  
75 Franklin St., Saco **Saco River Jazz Band**  
There will be a small admission fee.  
Please call Saco Parks & Rec at 283-3139 to sign up.



### HANDY NEIGHBOR PROGRAM:



Do you want to make a difference in your community? AFS's Handy Neighbor Program provides services to seniors to assist them to remain safe and comfortable in their homes. A sample of the services our volunteers provide are: installing grab bars and handrails, input or remove air conditioning units, hang screens, weather-stripping, install smoke and/or CO2 detectors, change lightbulbs, move furniture, seasonal yard work, minor home repairs and assembling packaged items. The services are intended to be simple one-time services that do not require licensed contractors.

Our talented, friendly and helpful Handy Neighbors provide services free of charge for residents of Saco who are 50 years of age or older. As a volunteer you can accept or decline any service that does not fit your interest, talents or time schedule. You can decide how much time you want to devote as a volunteer. Saco's seniors have been very grateful for these services. Being a Handy Neighbor is rewarding and fun and makes a difference in the Saco Community! For more information on how to become a Volunteer Handy Neighbor for Age Friendly Saco, call the AFS office or email [handy.agefriendlysaco@gmail.com](mailto:handy.agefriendlysaco@gmail.com) and Diane Ford, Handy Neighbor Coordinator, will contact you.

### COFFEE & CONVERSATION:



Would you like to explore alternatives to driving in our community? Would you like to know about our local buses and/or trains? Join us for our next Age Friendly Coffee & Conversation. We will meet on Tuesday, September 26, from 10:00 a.m. - 11:30 a.m. in the Conference Room at the Transportation Center on 138 Main Street in Saco (before you cross the bridge to Biddeford.) Learn about routes, schedules, fares, ADA and Accessibility, and more from Larry Days, BSOOB's Mobility Manager – even take a brief bus ride into Biddeford or Saco/OOB. BSOOB Transit provides fixed-route services in and between Saco, Biddeford, OOB, Scarborough, Portland, Kennebunk, and Sanford with eight year round routes, and free transfers between all routes when using the DiriGo fare card. We hope you will join us. These gatherings are a great time to make connections with your Saco neighbors, enjoy coffee and treats, and learn about something of importance in your lives. Future topics may include Nutrition for Seniors and Signs of Early Dementia. We'd love to know your ideas for topics. Reserve your space for this free gathering by calling Age Friendly Saco at 207 710-5029. These events are limited to 15 participants. Please call if you need to cancel your reservation so that someone else can attend.

**SENIOR RESOURCES:** Saco Parks and Rec: 283-3139  
Elderly Support Solutions: 294-7458 AARP: 866-554-5380  
Southern Maine Agency on Aging: 396-6500  
If AGE Friendly Saco does not have the resources you need, check out the following links: <https://211maine.org>  
<https://www.maine.gov/portal/residents/seniors.html>

### SENIOR TAX SAVINGS PROGRAMS:

The Property Tax Stabilization Program will be discontinued after this year, and replaced with two options next year. The first option is an increase in the amount of the **Property Tax Fairness Credit**, which will give you a larger return from the State. You do need to file ME 1040 income tax return yearly to receive credit. The second option is the **Property Tax Deferral**, a loan program for qualified seniors who cannot afford to pay property taxes, to prevent them from losing their home. Age Friendly Saco will continue to keep you informed of property tax savings programs. For general questions and assistance, please call our office at 207-710-5029.

### TRANSPORTATION PROGRAM IS ON A ROLL!

Since hitting the road with 2 AmeriCorps Members in February 2022, the transportation program has grown to 14 volunteers. Over 500 rides from Kennebunk to Falmouth have been provided, 9,710 miles were traveled, and 1,095 hours have been spent getting Saco resident to their medical appointments. With approximately 70 riders, the program continues to expand. If you are 60+ years old or have a disability, you may be eligible to benefit from this free service. 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, a 7 day notice when scheduling a ride is required. While there is no charge for the service, donations are certainly welcome. All Saco residents who live in their own home/rent or reside in an independent living facility are eligible to participate. Please call 207-200-7668 for more information. Volunteers are needed!!! If you would like to become a part of a team that provides a meaningful service to your community, consider becoming a driver. Make you own schedule, make a difference, and most importantly, make someone's life less stressful! Call 207-200-7668 to learn more about how to start making an impact by joining our crew.

**WE HAVE MANY MOBILITY ITEMS TO LOAN AT NO COST**

**LOAN CLOSET**

- Crutches
- Walker
- Digital Blood Pressure Machine
- WheelChair
- Shower Seat
- Grabber
- Hospital Bed
- Cane
- Rollator Walker
- Portable Commode
- Transfer lift
- Transfer Chair
- Knee Walker
- & More

FOR MORE INFORMATION  
Contact  
Mary Beth Robillard  
207-468-6454  
Dennis Robillard  
207-468-0443

**Rotary**  
Saco Bay Sunset

**Don't Hesitate to  
Call and Ask!**