



# 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.



**March 2024 Newsletter**  
**Community Matters!**

*Serving the community  
of Saco since 2016*

**Consider joining us as a volunteer!**

**SHARE YOUR GIFT!**



On Feb. 6, 2024 Age Friendly Saco presented their AARP Progress Report 2017-2022 along with an AARP recognition plaque to Mayor Jodi McPhail at a Saco Council Meeting. The City is proud to have partnered with Age Friendly Saco on many of their initiatives, including their initial needs assessment in 2016 all the way up to the present. Many of the Saco Age Friendly operation team volunteers were there to support their Executive Director, Jean Saunders.

On January 26, 2024, the Biddeford Saco Chamber of Commerce & Industry honored Age Friendly Saco with the Non-Profit of the Year Award. This award was given for the countless efforts of our organization to provide exceptional services to the older citizens in our community. Barb Wentworth, President, Board of Directors was there to accept the award.



## **Community Luncheons**

The Community Lunch monthly program has been a big success due to, in no small part, the five volunteers, known as the "Kitchen Five" ( K5 for short)! Lucie, Susan, Teri, Jon and Glenn. The "K5" team, purchase, prepare and cook each meal including the dessert! Age Friendly Saco is appreciative of the grant funds, which enable us to offer the monthly luncheons. This monthly event not only serves a hot, healthy meal, but just as important, offers a function for social engagement. To date, we have served nearly 500 meals at no charge ! Thanks to the generosity of the Saco Elks Club, which allows us to use their facility!



### **SCHEDULED MEALS:**

**April 18th---May 16th---June 20th**

**April-- Lasagna, Salad, Bread... May-- BBQ Chicken, Pasta Salad**

**June-- Pork Tenderloin, Roasted potato Deserts TBD**

Meals prepared and served at Saco Elks Club, 68 Ocean Park Rd.

Saco. Doors open at 11:30. Registration required---call 710-5029

**Saco Biddeford Savings Bank** is sponsoring a Speaker Series . The first one is titled- **Money, Stress and Anxiety: How Financial Concerns Impact Mental Health**

**Date : Wednesday: April 17, 2024**

**Time: 5:00 - 7:00 PM**

**Location: Thornton Academy, 438 Main St., Saco**

If you are interested, please go on the SBSI site to sign up . You may also bring a guest.

**THANK YOU FOR SUPPORTING THE MEAL PROGRAM!**  
**YOUR CONTRIBUTION IS IMPORTANT !**

## COMING UP IN APRIL..



### ONSITE SHREDDING

**EVENT** sponsored by AARP of Maine

**Safe Disposal of Unwanted or Expired Medication** sponsored by the Saco Police Department

Date: Saturday, April 27, 2024

Time: 9AM - 1PM or until truck is full

Location: Thornton Academy

438 Main St. Saco, ME.

Limit - up to 4 large bags/boxes per person

Paper clips and staples do not need to be removed

**Please note.... No plastics or electronics are permitted.**

### AFS Mobility Shuttle

The Age Friendly Saco Mobility Shuttle provides door-to-door transportation to Saco Residents aged 60 years of age or older. In addition to the regularly scheduled stops to Walmart, Market Basket, Target, Hannaford and Shaws - did you know you can schedule a ride to other area businesses? Here are some examples of places the Shuttle can provide transportation:



- Saco Community Center - attend a Lunch & Learn - an exercise class - play cards - play pickleball;
- Banking - attend to banking needs
- Post Office
- Dyer Library - browse the stacks or attend a daytime event
- Lunch at a Saco restaurant
- Saco Sport & Fitness or the YMCA - workout or attend a class
- Saco Transportation Center

These are just examples of places where we can provide transportation. Give our Shuttle Scheduling Coordinator a call to see if we can assist you with transportation to help you with your daily living needs. A 48-hour notice is required to schedule a seat on the Shuttle. For more information or to schedule a ride, call the Age Friendly Saco Mobility Shuttle at (207) 710-8527

### Valentine's Day Meals

Thanks to our sponsor, Bangor Savings Bank and the scrumptious cuisine from the folks at Ferry Beach Retreat and Conference Center, our AFS volunteers were able to deliver a Valentine's Day meal to 266 older residents in the area. Included in the special delivery meal was chicken marsala and the trimmings, veggie, dessert and a beautiful Valentine's Day card designed by the Thornton Academy art students.

Some of the comments are worth mentioning..

Volunteer, Jane Caron said that she loved the part about stopping in to say hi and check in on the older folks at home.

Volunteer, Gail Merritt commented...."Glenn Charette and I delivered 65 meals to Lord Pepperell, Paul Hazelton House and The Wardwell. It went great! Everyone was very helpful. One person even came out with a cart for us to use to bring the meals in. So much joy to see all the happy, thankful people." *Thanks to all of the volunteers who played such an important part in making this event so special.*

### Age Friendly Saco Website Update

Our "in house" website expert, Jonathan Korda has been hard at work re-designing our Age Friendly Saco website. Everything you would ever want to know about our organization is as close as a click.

What's included ....

- Our mission statement
- Officers and Board Members
- List and description of programs that we offer
- Volunteer opportunities
- Newsletters
- An opportunity to use our site to donate
- Photo library, awards, news events

In development are resources and contact information for you to use and much more.

*It's definitely worth the visit...*





## SPOTLIGHT: RICHARD (DICK) HILTON

Dick Hilton has been a volunteer with Age Friendly Saco since the organization was founded in 2016.

A little bit about his life..... Dick was born and raised in Portland. He has 4 children. During his working life, Dick lived in ME, MA and PA – which represents a series of 33 moves. WOW!

Over the years, Dick has done a variety of jobs, owned 3 businesses and managed to volunteer for 53 years. Much of his work life was concentrated in the medical field. He has worked for Blue Cross Blue Shield in Massachusetts and been a consultant for Maine Medical Association, Maine Osteopathic Association and Maine Chiropractic Association.

He is an expert at medical billing codes and Medicare Health Insurance and Prescription Drug Plans.

This is evident in the savings he has brought to hundreds of people over the years.

At this point, Dick still volunteers Medicare advice but concentrates on reviewing RX plans for individuals. He states that it is important that everyone should look at their health coverage yearly. For example, a RX plan might be the right plan in one year and change considerably in cost and coverage the following year. Dick is there to help you make that important choice.

We at Age Friendly Saco have been fortunate to have Dick as a volunteer Medicare and RX advisor. Dick also serves as a handyman for AFS having installed hundreds of smoke detectors and grab bars and done handyman repairs since 2016.

Dare I say that Dick has never really retired!!!!

Thank you, Dick for being an AFS benefactor and volunteer. The countless hours that you give to help support Age Friendly Saco's mission are immensely appreciated.

***Bravo..Dick Hilton!***



## SENIOR PROPERTY TAX SAVINGS PROGRAMS

The tax filing season will be over by the next edition of this newsletter. If you have previously claimed the Property Tax Fairness Credit and/or the Saco Senior Tax Assistance Program, this is a reminder that you need to file your 1040ME form no later than April 1, 2024. If you qualify for either program, it is required to complete and file the 1040ME form by the April 1 deadline. If you are no longer required to file tax returns, you still want to file a 1040ME if you qualify for savings. \*Please look at the savings programs listed to see if you qualify. Don't miss out on these savings\*. If you need help filing the 1040ME forms, the AARP Tax-Aide program is free to anyone 50 + with moderate to low income. A highly qualified tax professional will do a sit down session with you to complete Federal and/or 1040ME tax forms which will be filed electronically the same day. There are several locations in our area and they are posted in our office where our volunteers can see if you call. It is necessary to make an appointment with AARP by calling 207-518-8579. Please call our office for other tax filing options.

If you have filed ME tax forms in the past, you should already have the HOMESTEAD EXEMPTION deduction. Not sure? Look on your property tax bill for the word "Homestead". If you are a permanent resident and have owned a homestead in ME for 12 months prior to April 1 of the current tax year, you may qualify. You only need to apply once. You do not need to file a tax form. Just complete the initial application form. The H.E. is a substantial discount off the overall taxable value of your property which in turn results in a lower property tax bill.

The PROPERTY TAX FAIRNESS CREDIT (PTFC) is an income based program which figures a percentage of the amount of property tax (and sometimes rent) that you paid and your income to determine if you are due a refund whether you owe tax or not. You must be a ME resident and have owned or rented a primary residence for any part of the tax year. Refunds can be in the hundreds. You must file a 1040ME form no later than April 1st every year to receive the PTFC credit.

SACO SENIOR TAX ASSISTANCE is an income based program for residents 65+ who have paid Saco property taxes or rent on their primary residence for ten years prior to April 1 of the current tax year. Homeowners must have applied for or received the Homestead Exemption and received the PTFC as of April 1st. You must be current on your property tax payments. Applications for the program will be available mid May for the application deadline of July 1.

Please call our office at 207-710-5029 for assistance or information. We're here for YOU.

## THE NEW MATCHMAKER .....



Nesterly

Saco State Representative, Maggie O'Neil championed a new housing matchmaking bill which was approved by the State legislature in July 2023. This bill is being funded by Maine Housing. Nesterly (a Boston based company) has been hired to run the program.

The goal is to connect Maine homeowners with renters looking for an affordable place to stay.

Age Friendly Saco as well as other Age Friendly locations across the State will be working closely with Nesterly to facilitate this program.

There are many obvious benefits for both the homeowner and the renter.

The financial impact for both parties can be huge as well as the emotional component. For the homeowner, it can provide some additional income and possibly some household assistance. For the renter, it can fill the need for affordable housing and an opportunity to connect with another individual.

Nesterly offers a multi screening process and support for both parties throughout the process.

Saco Parks and Recreation is planning to hold a lunch and learn where interested parties can learn more about it.

Anyone interested in knowing more can attend the May 15th forum by registering with this link:

[Maine HomeShare: Putting Extra Rooms to Work for Personal & Social Good | University of New England in Maine \(une.edu\)](https://www.une.edu/home-share)

## The Relationship between Step Count & Longevity

By Jason Ardour, PT & DPT

Jason is a member of Age Friendly South Portland and a Doctor of Physical Therapy at Maine Strong Balance Centers

Did you know that in healthcare, we are approaching the treatment and prevention of dementia like the model we use for heart disease. In other words, in addition to thinking about one "cure" we've realized how profoundly impactful making a few healthy choices in combination can be.

As an example, in one study in the UK, 2,000 men were followed over 35 years. They assessed 5 behaviors: regular exercise, not smoking, moderate alcohol intake, healthy body weight and healthy diet. Overall, people who followed 4 out of 5 of the behaviors were up to 60% less likely to develop dementia or cognitive decline....60%.

Worth noting, the most powerful factor of the five was exercise. This trend is seen when we look at the literature more broadly. For example, when looking at 11 studies together, we can conclude that regular exercise alone can reduce the risk of developing dementia by 30% and the risk of Alzheimer's disease by 45%.

Further examination reveals that aerobic exercise specifically is the real key, not any old exercise will do.

Aerobic exercise can be walking/ jogging, swimming, biking.....something you do that makes your heart and lungs work for a sustained amount of time.

The key to aerobic exercise is intensity and dose. It's important to work at a "somewhat hard" intensity level. Working too hard or too easy won't do. The other key is consistency. The American Heart Association recommends 150 minutes per week for most adults.

It's always a good idea to talk to your doctor before starting a new exercise routine.

### Articles referenced:

National Library of Medicine. Healthy Lifestyles Reduce the Incidence of Chronic Diseases and Dementia: Evidence from the Caerphilly Cohort Study.

American Physical Therapy Association. Physical Therapy Guide to Alzheimer's Disease

