



AGE FRIENDLY SACO

Serving the community of Saco
since 2016

75 Franklin St., Room 204, Saco, ME 04072 (207) 710-5029 agefriendlysaco@gmail.com

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 staying in their homes as they age. FMI contact Jean Saunders, Director.



September 2024 Newsletter
Community Matters!

Consider joining us as a
volunteer!



JEAN SAUNDERS RECEIVES AWARD

The University of Maine Center on Aging recently presented our Executive Director, Jean Saunders, the Patricia Oh Lifelong Maine Award. This award recognizes Jean's exceptional contributions to life-long Maine, her mentorship of others and her unwavering advocacy for age friendly programs and policy. Jean is known to all for her enthusiasm and collaborative leadership which has served to inspire other communities in Maine and throughout the country. Congratulations Jean... ..well deserved!

IMPORTANT AGE FRIENDLY SACO TELEPHONE NUMBERS

AGE FRIENDLY SACO OFFICE 710-5029
AGE FRIENDLY SACO MOBILITY 710-8527
AGE FRIENDLY SACO MEDICAL RIDES. 200-7668

Community Luncheons

As you know, our grant for the free community luncheons ends in September. We hope that you have enjoyed our home cooked meals so much that you will agree that in order to keep giving you delicious "soup to nuts" meals, we now have a suggested donation. This suggested \$8.00 donation per meal began with the August luncheon and will be standard at each meal going forward. You may donate the \$8.00 on the day of the luncheon at the registration area.

Thank you for your cooperation.

The menu for the rest of 2024 is as follows:

- Sept. 19:** Pasta/meat sauce, Caesar salad, garlic bread, dessert
 - Oct 17:** Pulled pork, baked beans, corn bread, dessert.
 - Nov 21:** Pot roast, mashed potatoes, vegetable, dessert
 - Dec. 12:** Meatloaf, roasted potatoes, vegetable, dessert
- All luncheons are held at the Saco Elks, 68 Ocean Parks Rd, Saco

Please call the AFS office @ 710-5029 to register

WE LOOK FORWARD TO SEEING YOU THERE!

Age Friendly Saco
Community Luncheons
Program



SO THAT WE CAN CONTINUE
OFFERING MONTHLY MEALS,

AGE FRIENDLY SACO
IS SUGGESTING AN \$8.00
DOLLAR DONATION
TO COVER THE COST
OF YOUR MEAL !



Thankyou For Your Support



Senior Resources

KEEP YOUR FAMILY SAFE:

NEW SACO FIRE DEPARTMENT
EMERGENCY CARDS AVAILABLE

SAFETY is a priority that we all cherish and being prepared can make all the difference in the world when an emergency arises. The Saco Fire Department is excited to introduce this new valuable resource to help you and your loved ones stay safe:

the Saco Fire Department Emergency Card.

Why would you need it??

This card is designed to provide quick access to critical information in the event of a fire or other emergency. It is bright yellow in color and readily accessible if placed on the front of your refrigerator or another easily visible location in your kitchen.

How to get your card?

This card is available free of charge at in the entrance of the Saco Fire Department.

Get yours today!

SACO FIRE DEPARTMENT

FOR EMERGENCY DIAL 911

BUSINESS NUMBER: 282-3244

REFRIGERATOR CARD

Name: _____ Date Card Completed: ____/____/____
 Address: _____ Telephone: (____)____-_____
 Allergies: _____
 In Case of Emergency, Contact – Name / Phone #:
 1. ____/____-____ Date of Birth: ____/____/____
 2. ____/____-____ Major Illnesses: _____
 3. ____/____-____ _____
 Doctor's Name: _____
 Doctor's Phone: _____
 Health Care Plan: _____
 Medicare No: _____ Other: _____

(OVER FOR MEDICATIONS)

MEDICATIONS

Current Medications	Dosage Strength	How Often Taken	When Taken
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

(PLEASE KEEP CARD UPDATED AND/OR REMOVE WHEN NO LONGER NEEDED)



BED SHAKER TO THE RESCUE...

Did you know that every day, 7 people in the U.S. die in home fires. Working smoke alarms can decrease the risk of dying but what if you can't hear the smoke alarm alerting you??

In June 2024, Age Friendly Saco volunteer, Dick Hilton, while replacing 2 expired smoke detectors for Saco residents, Alice & Tom Davis learned that Alice was extremely hard of hearing and does not wear hearing aids to bed. Dick referred us to the American Red Cross who came to Alice's rescue.

Mary Ellen Tarling, Campaign Leader for the American Red Cross of Southern Maine's Fire Campaign program along with co-worker, Gregory McFeat-Costello, AFS volunteers, Dick Hilton and Lynn Steed installed a bed shaker alarm system. This system works in conjunction with a sound-based smoke alarm. When the smoke alarm sounds, it triggers the bed shaker to flash and vibrate. The extension of the bed shaker is placed under the pillow or mattress to alert and awake the person who is sleeping. Along with a strobe light which flashes on a device which looks like a clock radio, this bed shaker alarm system gives Alice peace of mind while she is sleeping.

Alice is grateful for the sense of comfort that came with the installation of the bed shaker smoke alarm. Thank you to our Age Friendly Saco volunteers and the American Red Cross for helping to solve this potentially critical situation.



Coming event that you won't want to miss...

We hope to see you at our annual **WELLNESS FAIR** which will be held on November 9th at Thornton Academy in Saco.

We will host 3 workshops which we will be announcing soon.

There will be vendor tables for everyone to visit.

Door prizes will be drawn

The event will be free of charge to our participants.

This includes free coffee and donuts and lunch.

Stay tuned. More information is coming soon.

Alternative TV Programming to Cable

Streaming Devices for your TV- Presented by Age Friendly Saco

Age Friendly Saco will present a session on "how to cut the cord". Maybe you're looking for a more cost effective solution to watch the latest episodes of your favorite show. Or maybe you are interested in learning how to stream TV! During this session, the Tech Handy Helpers will pass out a streaming device at no cost to you and introduce you to the art of streaming. The tech helpers will be able to help you with how to set-up and troubleshoot!

When: Wednesday, December 11th

Where: Hosted by Saco Parks and Recreation- Saco Community Center

Time: 11:45am-1:00pm

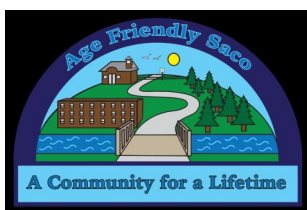
Fee: \$5/members; \$8/non-members

Registration: Space is limited. Registration is required at www.sacorec.com

SENIOR PROPERTY TAX SAVINGS PROGRAMS

When you have the receipt from paying your 9/10/24 property tax bill, put that together with the 3/8/24 tax bill receipt and put in a place where you keep tax information for 2024.

The total amount of property tax paid in 2024 will be used to determine if a refund is due to you in 2025 with the Property Tax Fairness Credit program.



Congratulations to the Medical Transportation Program for reaching 2 milestones!!

Since its inception in February 2022, our 19 volunteer drivers have driven over 20,000 miles.

These dedicated drivers provide an average of 60 rides per month and have donated 2,140 hours of their time.

The total number of trips since February 2022 is 2,240 trips. Wow! I'm impressed and proud that we can help folks get to their medical appointments.

Reaching out to our community....

Did you know that quarterly Newsletters are sent out to 1500 residents and businesses?

1,042 residents have email. Approximately 465 are mailed to residents without access to email, computers, etc. Newsletters are often the only way we can reach out to our residents. We welcome comments and suggestions for future newsletters.

SEEKING VOLUNTEER FOR NEWSLETTER DESIGN USING MICROSOFT PUBLISHER

AGE FRIENDLY SACO is looking for a volunteer who knows Microsoft Publisher and would be willing to assist in the layout of our quarterly community newsletter. If you have experience with Publisher and are passionate about helping us keep our community informed and connected, we'd love to hear from you.

Our newsletter is published quarterly and contains 2 pages with print on both sides of the page.

The articles would be sent to you edited and ready to print. Our office computer has the Publisher program which would be available for your use.

If you are interested in volunteering and would like more details, please reply to ...

Media.agefriendlysaco@gmail.com or call Age Friendly Saco at (207)710-5029 to leave a message with Nancy.

Thank you so much... Nancy Drisko AFS Publisher

VOLUNTEERS NEEDED FOR TAX PREPARATION HELP

Age Friendly Saco is looking for Certified tax preparers who would be willing to volunteer a few hours of their time during the 2025 tax season to help some of our older residents have their taxes (especially the 1040ME) electronically filed. It can be a particularly confusing and stressful time for older residents. If you would like to volunteer your time, have any questions, or would consider partnering with AFS as our tax professional, please call our office at 207-710-5029.

IMPORTANT COMMUNITY CONTACT INFO

CITY OF SACO: Police Department, 20 Storer St. sacomaine.org/police
Non-emergency: 284-4535 Police Administration: 282-8214
Community Engagement Specialist: Rebecca Lyons 710-2665 RLyons@sacomaine.org
Fire Department, 271 North St. sacomaine.org/fire
Non-emergency: 282-3244

City Municipal Offices, 300 Main St. sacomaine.org
282-1032
Parks & Recreation, 75 Franklin St. parksandrec@sacomaine.org
283-3139
Dyer Library, 371 Main St. sacomuseum.org
283-3861

OTHER RESOURCES:

American Association of Retired Persons AARP
53 Baxter Blvd., Suite 202, Portland states.aarp.org/Maine
(866) 554-5380
Maine.gov links for State agencies
Informe.org links for State services
Legal services for the elderly: 1-800-750-5353

Department of Health & Human Services, 109 Capitol St., Augusta
287-3707 maine.gov/dhhs
Southern Maine Agency on Aging, 30 Barra Rd., Biddeford
396-6500 or 396-6508

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AGE FRIENDLY SACO MOBILITY 710-8527

AGE FRIENDLY SACO MEDICAL RIDES. 200-7668



OTHER IMPORTANT TELEPHONE NUMBERS

PUBLIC WORKS	284-6641
TRANSFER STATION	282-7230
MAINE WATER COMPANY	282-1543
SACO POST OFFICE	284-7611
SACO FOOD PANTRY	468-1305