

Age Friendly Saco Spring 2025 Newsletter

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.



Serving Saco community since 2016

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Consider joining us as a volunteer
Share your gifts!

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Spotlight

Hello Everyone,

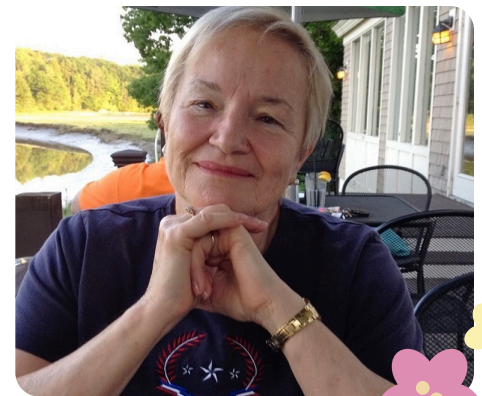
My name is Nancy Drisko and I have been a volunteer with Age Friendly Saco since June 2022. I first joined as a bookkeeping volunteer, leveraging my 29 years of experience in banking. Like any new endeavor, there was a learning curve, but I welcomed the challenge. Within a year, I stepped into the role of Treasurer, and during this time, I have witnessed incredible growth- thanks to the vision of our Executive Director, Jean Saunders, the work of our dedicated volunteers and the ever-expanding programs we offer. It has been truly exciting to see our audience grow as well.

A few months after joining, I also took on the responsibility of managing our quarterly newsletter, which I have been publishing since 2023. What started as a two-page publication has now grown to four pages, filled with exciting updates and news. Today, we reach approximately 1,700 people- 200 via email and another 480 through USPS. This wouldn't be possible without the invaluable help of Jonathan Korda, my Publisher colleague and the many volunteers who assist in preparing the newsletters for mailing.

Creating the newsletter has been a labor of love, but as my responsibil-

ities as Treasurer continue to grow, I am thrilled to pass the baton to a new volunteer who will bring their own talent and energy to the role.

I now look forward to being a reader, just like you, eagerly awaiting each new issue of our quarterly



Save The Date: Repair Cafe at the Dyer Library on May 17, 2025 10:00-12:00

Join us for Age Friendly Saco's Repair Cafe, a community event where residents can bring broken or damaged items to be repaired by skilled volunteer fixers- free of charge!

Bring your bike, phones, tablets, any technical device or small appliances that need repair. Also in attendance will be seamstresses, knitters, and jewelers.

This initiative promotes sustainability by reducing waste and giving new life to cherished belongings. Don't toss it- fix it!

Age Friendly Saco Mobility Shuttle

Are you a Saco resident aged 60 years or older, still independent, but no longer drive? The Age Friendly Saco Mobility Shuttle can help!

The Shuttle provides door-to-door transportation to area businesses in the Saco/Biddeford area. We have regularly scheduled stops to Walmart, Market Basket, Target, Hannaford, and Shaw's. We can also schedule a ride to other area businesses.

Outside of our regular scheduled days, if Age Friendly is affiliated with the net happening in the Saco area, we will provide rides to that event. We offer rides to our Community Luncheons that order once a month at the Elks Club - just let the office know when registering for the luncheon that you need a ride. In addition, when we have partnered with Saco Parks and Rec for events such as the Sock Hop and Hoedown, we offered rides to those events as well.

Any questions? 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. FMI or to schedule a Ride, call the Age Friendly Saco Mobility Shuttle at (207) 710-8527.

Enhance Your Independence: Free Echo Dots & Smart Plugs for Saco's Older Residents!

Age Friendly Saco, in collaboration with the University of Maine Center on Aging and with funding provided by UNE's Geriatrics Workforce Enhancement Program, is pleased to offer a limited number of Echo Dots and smart plugs to older residents of the City of Saco.

Did you know that a simple Echo Dot can function as a virtual personal-assistant in your home? Echo Dots are voice-activated devices that allow you to control various smart devices

using voice commands. With just your voice, you can turn on lights, make phone calls, set timers, play music, and more. The device can also provide reminders for taking medications and assist with daily tasks.

Pairing an Echo Dot with a smart plug gives you even more control over plugged-in devices. For example, if you plug a lamp into a smart plug and then connect it to a wall outlet, you can use voice commands to turn the lamp on or off. You can even program the Echo Dot to turn the light on automatically when your alarm goes off.

For a real-life example of how an Echo Dot can assist with daily activities, check out Age Friendly Saco's video showcasing a day in the life of a woman using her Echo Dot.

Click here:

<https://www.facebook.com/saco-maine/videos/229935152411453/>

For more information or to add your name to the list for an Amazon Echo Dot, please call Age Friendly Saco at (207) 710-5029 or email us at agefriendlysaco@gmail.com, mentioning your interest in signing up for this exciting new program.



How to Avoid Being Scammed

Individuals are increasingly targeted by sophisticated scams designed to exploit their trust and financial stability. Understanding these fraudulent schemes and implementing protective measures are crucial for safeguarding oneself and loved ones.

Prevalent Scams:

Internet Romance: Fraudsters create fake profiles on dating websites or social media, cultivating a seemingly genuine romantic connection. They gain the trust of seniors over time and then exploit the emotional bond to request money, gifts, or sensitive personal information under the guise of personal emergencies or travel difficulties.

Sweepstakes and Lottery: Victims are informed they've won a prize or lottery but must pay fees or taxes upfront to claim it. After payment, the promised winnings never materialize.

Robocalls and Phone: Automated calls offer fraudulent services or products, such as extended warranties or investment opportunities. Some may claim a loved one is in trouble, urging immediate financial assistance.

Computer Tech Support: Scammers pretend to be tech support, warning of viruses or issues on one's computer. They request remote access or payment for unnecessary services.

AI Voice Cloning: Advanced technology enables scammers to mimic voices of relatives or friends, making urgent requests for money due to fabricated emergencies.

Government Impersonation: Scammers pose as officials from agencies like the IRS, Social Security Administration, or Medicare, claiming unpaid taxes or issues with benefits. They often threaten arrest or benefit suspension to elicit personal information or immediate payments.

Protective Measures:

Verify Identities: Always confirm the identity of individuals or organizations contacting you. Use official channels to reach out directly and validate claims.

Safeguard Personal Information: Never share sensitive details like Social Security numbers, bank accounts, or passwords over unsolicited calls, emails, or messages.

Be Skeptical of Unsolicited Offers: Approach unexpected communications with caution, especially those requesting immediate action or payment.

Use Secure Payment Methods: Avoid unconventional payment methods such as gift cards, wire transfers, or cryptocurrency for transactions.

Monitor Financial Accounts: Regularly review bank and credit card statements for unauthorized transactions and report any suspicious activity promptly.

Stay Informed: Keep abreast of common scams and educate yourself and loved ones about potential threats.

By remaining vigilant and adopting these protective strategies, you can significantly reduce the risk of falling victim to scams and maintain your financial security.

If you need assistance or have questions, call Rebecca Lyons at (207) 710-2665.

Make a Difference: Help Seniors Save on Property Taxes!

Age Friendly Saco is looking for compassionate volunteers to assist a small number of older residents in filing the 1040ME tax form. This crucial step allows them to claim the Property Tax Fairness Credit and benefit from the Saco Senior Tax Assistance Program- programs that can provide significant financial relief for those on fixed incomes.

Many eligible seniors miss out simply because they've never filed before and need guidance. Your help in E-filing this form could make all the difference!

If you're willing to volunteer, please call our office and leave your name and phone number. We'll match you with a resident in need, and all arrangements will be coordinated directly between you and them.

Deadline: The 1040ME must be filed by **April 1, 2025.**

Thank you for making Saco a more age-friendly community!

Property Tax Savings Filing Deadline Reminder

If you are applying for the Saco senior tax assistance program, the 1040ME form must be filed no later than **April 1, 2025.** If you have not filed yet, time is running out, and we urge you to get the 1040ME form submitted on time and not miss out on this big savings.

If you do not qualify for the Saco assistance program and are applying only for the property tax fairness credit, the deadline is **April 15, 2025.**

Additional reminder: You must apply every year for both programs.

Crock Pots Travel to the Kimball Center

Residents of the Arthur B. Huot Veterans Housing at the Kimball Health Center in Saco recently enjoyed a delicious home-cooked meal thanks to the Age Friendly Saco “K5” team.

The event included a crockpot cooking class, where participants learned how to prepare three different recipes for a two-quart crockpot. Each veteran received their own crockpot to take home, along with ingredients for a nutritious meal.

For this session, “K5” prepared and served a “melt-in-your-mouth” pot roast with a delicious dessert. Special thanks to Susan for leading the class and Lucie for her wonderful dessert!

This event was made possible through funding from a CHEF grant by the Maine Council on Aging, and it was truly appreciated by the veterans.

Thank you, MCOA!

2025 Community Lunch Schedule

Mark your calendars! Age Friendly Saco’s community lunch program is back for 2025!

Location: Saco Elks Club, 68 Ocean Park Rd., Saco

Doors Open: 11:30 AM

Registration: Call 710-5029 (Register the day after the preceding meal)

Lunch Dates:

- April 10
- May 8
- June 12
- July 10
- August 14
- September 11
- October 9
- November 13
- December 11

Need a ride? Call Mobility-Shuttle at 710-8527

Meals are prepared and served by dedicated volunteers. To keep this program running, a suggested donation of \$8.00 is encouraged. Any amount is appreciated! Due to market conditions, menus are determined closer to each lunch date.

Marcia’s Chicken Corn Chowder Recipe A “K5” Favorite!

Looking for a warm and comforting meal? Try Marcia’s Chicken Corn Chowder, a highly requested recipe from “K5”!

Ingredients:

- 1 lb. cooked chicken, cut into chunks
- 2 cans kernel corn
- 4 cups chicken broth
- 12 oz. potatoes, chopped
- 3 minced garlic cloves
- 1 medium diced onion
- 3 diced carrots
- 2 stalks diced celery
- ½ tsp. thyme and oregano
- Dash of cayenne pepper, salt, and pepper to taste
- ½ cup half & half
- 2 tbsp. cornstarch
- 2 tbsp. butter

Instructions:

Place all ingredients (except cornstarch and half & half) in a crockpot and cook for 3 hours on high or 7 hours on low. In the last 30 minutes of cooking, whisk together half & half with cornstarch and butter, then stir into the crockpot.

Optional: Marcia caramelized the onions and parboiled the carrots and potatoes beforehand for extra flavor.

Enjoy this warm, hearty dish!

“K5” LOVES COOKING FOR YOU!

Lucie • Teri • Susan • Jon • Glenn

Elks Club Support Acknowledgment

A big thank you to the Elks Club of Saco for their continued support of the Age Friendly Saco luncheon program!

By generously providing their facility free of charge, the Elks Club ensures that this vital community program continues to serve delicious meals and foster connections among local residents.

Age Friendly Saco deeply appreciates this partnership!