

# Age Friendly Saco Winter 2026 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 the Saco community since 2016

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Consider joining us as a volunteer.

**Share your gifts!**

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## Spotlight



### Volunteers - The Heart of Age Friendly Saco

At Age Friendly Saco, the true spotlight belongs to our volunteers. Their generosity, compassion, and willingness to give their time are what make our mission—"A Community for a Lifetime"—possible.

Volunteers are the quiet force behind so many moments that help older adults remain independent, connected, and supported within the community they love. A volunteer may provide a ride, help with a small task around the home, deliver food, assist with a community program, or simply share a friendly conversation. These simple acts often mean far more than the service itself—they provide reassurance, companionship, and a sense of belonging.

What makes volunteers so special is not just what they do, but the spirit in which they do it. They give their time freely, often balancing busy schedules, family responsibilities, and their own commitments. Yet they continue to step forward because they believe in helping neighbors and strengthening the community they call home.

For many of the older adults we serve, volunteers become familiar and trusted faces. A short ride, a delivery, or a quick visit can turn into a meaningful exchange filled with stories, laughter, and shared experiences. These moments remind us that connection is one of the

most important ingredients in healthy aging.

Age Friendly Saco's programs—from transportation and food deliveries to community meals, home safety support, and technology assistance—are made possible through the dedication of volunteers who choose to serve others. Their contributions help remove barriers that might otherwise prevent residents from remaining safely and actively engaged in their homes and neighborhoods.

Our vision is to make Saco "A Community for a Lifetime," where older adults can continue to live with dignity, independence, and connection. Volunteers play an essential role in bringing that vision to life by sharing their time, kindness, and commitment to their neighbors.

To every volunteer who helps make this work possible—Thank You! Your generosity strengthens our community and reminds us that when neighbors care for one another, everyone benefits.

## A Matter of Balance

A Matter of Balance is a nationally recognized, evidence-based program for older adults designed to reduce concerns about falling and help participants stay active and confident. Through guided group discussion, skill-building activities, gentle exercise, and goal setting, participants gain practical tools to improve balance and reduce fall risk.

The program is offered virtually via Zoom and is free of charge for older adults living in Maine or New Hampshire. Classes are held monthly, and support is available to ensure participants feel comfortable using Zoom- no tech expertise required.

Pictured here is Raya Kouletsis, one of MaineHealth's trained coaches who leads the virtual A Matter of Balance: Managing Concerns about Falls program. This convenient online format allows participants to join from anywhere, without the need to travel or worry about weather.

For more information or to register, call (207) 661-3762 or email [amob@mainehealth.org](mailto:amob@mainehealth.org).





# Stay Informed, Stay Safe: Sign Up for Saco Emergency Alerts.



Did you know that Saco's public safety departments offer a free emergency alert system you can sign up for? CodeRED is the City of Saco's direct emergency notification service. It allows public safety dispatchers to send phone calls, text messages, and emails to residents at the click of a button when there are threats to public safety.

We encourage all community members to enroll so you can receive timely, critical information when it matters most.

## How to sign up or get help

Paper forms are available at the City Administrator's Office, 2nd floor of Saco City Hall, 300 Main Street.

**Need assistance?** Call (207) 282-4191.

## Already registered or need extra support?

Contact Saco's Communications Director, Andrew Dickinson, at (207) 710-5025 or email [communications@sacomaine.org](mailto:communications@sacomaine.org).

**Online option:** Tech-savvy residents can sign up or update their preferences at [sacomaine.org/emergencyalerts](http://sacomaine.org/emergencyalerts).

## What to expect

The following sender information is what you will see when you receive a message. We recommend adding these contacts to your phone's address book or email whitelist so your phone or email provider does not screen them. Depending on your settings, iPhones are now

screening unknown calls.

**Phone Calls:** (206) 536-3695 (please note: 206 area code is accurate, this is not a 207 number)

**Text messages from** 24639

**Emails from** [SacoAlerts@notify.onsolve.net](mailto:SacoAlerts@notify.onsolve.net) (Add these to your contacts so you don't miss an alert.)

When you register or update your profile, you can choose how you'd like to receive alerts. For more details, visit [sacomaine.org/emergencyalerts](http://sacomaine.org/emergencyalerts). Staying informed helps keep our community safe- please take a moment to sign up today.



# 2026 Community Lunch Schedule

Mark your calendars! Age Friendly Saco's community lunch program continues throughout 2026.

**Lunch Dates:** March 12, April 9, May 14, June 11, July 9, August 13, September 10, October 8, November 12, December 10

## Location:

Saco Elks Club, 68 Ocean Park Rd., Saco

**Need a ride?** Call the Mobility Shuttle at (207) 710-8527

**Doors Open:** 11:30 a.m.

**Registration Required:** Call (207) 710-5029

(Registration opens the day following the

## preceding luncheon.)

Meals are prepared and served at the Elks Club by dedicated volunteers. To help keep this program running, a voluntary meal donation is suggested in any amount you feel comfortable with. No one will ever be denied a meal due to an inability to donate. Any amount is appreciated but not required.

Lunch menus are decided by K5 a few days prior to each luncheon.

Menus may change based on availability and cost. K5 is committed to serving a nutritious meal at every

luncheon.

**K5 members include:** Glenn C, Teri A, Lucie H, Susan G, and Jon C.

Age Friendly Saco gratefully acknowledges and thanks the Elks Club of Saco for their continued support of the community lunch program.



# ROMEIO, ROMEIO... where art thou, ROMEIO?

If you're reading this, you may already know that ROMEIOs- Retired Old Men Eating Out- have been spotted gathering at the Lucky Logger Restaurant in the Scammon Street Shopping Center on the third Thursday of each month at 8:00 a.m. Age Friendly Saco is excited to launch a new ROMEIO CLUB™!

ROMEIO (Retired Old Men Eating Out) is part of a national movement encouraging retired men to get out of the house, enjoy a good meal, and connect with other men in their community.

## The best part?

No applications, No dues, No fees, No speakers, No pressure

**Membership is simple:** Just show up, have breakfast, and enjoy some good conversation.

## Who can join?

Our "qualifications" are refreshingly

simple:

Retired (or semi-retired- full-time, part-time, consulting, or "retired in spirit" all count)

Old (generally 50+, but any mature age is welcome)

If that sounds like you, we'd love to have you join us!

## How to attend

Please call Age Friendly Saco at (207) 710-5029 to register and reserve your spot. Space is currently limited to 30 ROMEIOs, and we need a headcount for the restaurant.

Participants are responsible for the cost of their own meal and tip, and everyone will order directly from the menu.

## What to expect

It's time to get out of the house and meet your neighbors. David Steed and Joe Moreshead, Community Connectors

with Age Friendly Saco, will be there to welcome you and help make introductions. Nicole and Glenn Dupuis, owners of the Lucky Logger, are excited to host our group.

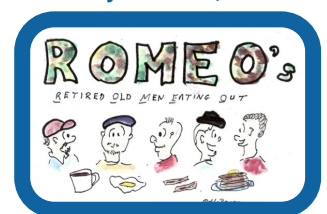
## Upcoming dates

Join us at the Lucky Logger Restaurant, Scammon Street Shopping Center (next to Reny's- "A Maine Adventure") on:

**March 19, April 16, May 21, June 18**

More dates and locations coming soon! Come hungry. Leave with new connections.

**We hope to see you there, ROMEIO!**





# Read the news at Dyer Library!

As local print newspapers increasingly transition to digital-only formats, Dyer Library/Saco Museum (DLSM) is ensuring that all residents stay connected to the pulse of their community. Through a Digital Devices Subgrant from the Southern Maine Planning and Development Commission (SMPDC), the library has launched a landmark initiative to provide on-site hardware and premium digital news access to the public.

To combat the “digital divide,” DLSM

has purchased and configured three iPads specifically designed for computer novices. These devices will serve as a gateway for a new partnership with the Maine Trust for Local News (METLN), providing patrons with unprecedented access to Maine’s most vital journalism.

Through this partnership, METLN is providing DLSM with full on-site digital access to its entire portfolio of publications. Library visitors using the

new iPads, on-site desktops, or even their own devices can now browse the Portland Press Herald, Sun Journal, and Central Maine papers online without running into a paywall.

This allows patrons to access a digital newsroom, and the hope is that by removing paywalls and providing easy-to-use hardware, they are making sure that being ‘offline’ no longer means being cut off from local news.



# Save the Date! Upcoming Community Events at Dyer Library

Age Friendly Saco is excited to announce two upcoming community events in partnership with Dyer Library. Mark your calendars and join us for these engaging and meaningful gatherings!

## Repair Café

Saturday, April 11 (Morning – Time TBD)

Have something broken that you hate to throw away? Bring it along! Repair Café is a community-based event where

volunteers help repair everyday household items, keeping them out of the landfill and saving you money. More details and the exact time will be announced soon.

## Death Café with Leona Oceania

Friday, April 24 at 12:30 p.m.

Join Leona Oceania for Die Well Death Education in a welcoming, respectful setting designed to encourage thoughtful conversation about end-of-life topics. This

is not a grief group or counseling session – it’s a chance to share, listen, learn, and explore ideas in a supportive community environment.

## Location for both events:

Dyer Library (in partnership with Age Friendly Saco)

More information will be shared as event dates get closer- but for now, save the dates!



# Mobility Shuttle



The Age Friendly Saco Mobility Shuttle runs Monday, Wednesday, and Friday from 10:30 a.m. to 3:30 p.m.

If you are a Saco resident aged 60 years or older, still independent, but no longer drive, we may be able to 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. 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 Coordinator at (207) 710-8527.

## Medical Rides Program

Our door-to-door Medical Ride Service provides free transportation to medical appointments for eligible residents. Whether you live in your own home, rent, or reside in an independent living facility, you may qualify.

**Service Area:** Kennebunk to Falmouth

**Volunteers:** All drivers are screened,

trained, and committed to confidentiality. **Scheduling:** Please give at least a 7-day notice when requesting a ride.

**Cost:** Rides are free, but donations are welcome.

For more information or to schedule a ride, call the Age Friendly Saco Mobility Shuttle Coordinator at (207) 200-7668.

If you need a ride during times not offered by Age Friendly Saco’s Mobility Shuttle or the Medical Rides program, the Biddeford Saco Old Orchard Beach Transit also provides door-to-door shuttle service to residents of those communities, Monday through Friday from 7:00 a.m.-6:00 p.m.

To request information or to schedule a ride with Quickride, call (207) 282-5408.



# SACO SENIOR TAX ASSISTANCE PROGRAM

The tax burden for older residents can be extremely stressful. Age Friendly Saco and the City of Saco worked together to develop the Saco Tax Assistance program. The program allows qualified residents to receive a deduction in the amount of property tax owed for that tax year. Here is how it works:

If you receive a refund from the Property Tax Fairness Credit, the City will match that dollar amount toward reducing your tax bill by that same amount.

## QUALIFICATIONS:

- 65 years or older as of the application due date of July 1 of the tax year
- Have lived in Saco for ten consecutive years as a homeowner or renter as of April 1
- Have applied for and received the Maine Property Tax Fairness Credit
- Have paid property taxes due through application deadline of July 1
- If a property owner, have applied for and received the Homestead Exemption.

## How Do I Apply?

The program depends upon receiving a Property Tax Fairness Credit, so applying for that is the priority before April 1, 2026. Please refer to information regarding the PROPERTY TAX FAIRNESS CREDIT in this newsletter.

The application for the Saco Tax Assistance is not due until July 1, and applications will be available in April at City Hall and at Age Friendly Saco office at 75 Franklin Street, where we can help you complete the application if needed, or you can apply online at [sacomaine.org](http://sacomaine.org).

**PLEASE NOTE: The Saco Tax Assistance and the Property Tax Fairness Credit both require reapplying every year.**

For those who qualify for either or both programs, significant savings are possible.

Please call Age Friendly Saco at (207) 710-5029 for questions or more information.

## Property Tax Savings Programs:

Did you know that you might be eligible to receive a refund on a portion of your property tax payment?

If you are eligible, the refund could be quite substantial, so you definitely want to be able to claim your refund. It is YOUR money.

The program is the Maine PROPERTY TAX FAIRNESS CREDIT or the PTFC. This is an income-based property tax and rent (with certain restrictions) relief program available to qualifying Maine residents.

If it is determined that the amount of property tax/rent paid exceeds a certain percentage of your income, you would receive a refund check for overpayment from the State. As a refund, the check is not taxable and may be used any way you wish.

SENIORS WHOSE ONLY INCOME IS SOCIAL SECURITY, please note that you may be eligible for the refund even though you are no longer required to pay income taxes. It does require filing a State form to get your name on list of eligible persons entitled to refund. (Like the Covid rebate checks) Claim what is your money.

## ELIGIBILITY: Property Tax Fairness Credit

Single: income not over \$63,750

Married filing jointly or qualified surviving spouse: income not over \$82,500

1. Were Maine residents during any part of the tax year
2. Owned or rented a home in Maine during any part of the tax year and lived in that home during the year as a primary residence.
3. Paid property tax or rent on the primary residence in Maine during the tax year
4. Meet certain income and property tax and/or rent paid limitations during the tax year.
5. Are not married filing separately

## How Do I Apply For The Property Tax Fairness Credit?

You or a tax professional will need to file the 1040ME FORM AND the SCHEDULE PTFC /STFC FORM. (Property Tax Fairness Credit and Sales Tax Fairness Credit) before April 1, 2026. Free help is available with the AARP TAX-AIDE program and the York County Community Action CASH Maine tax preparation program.

Both offer in-person individual appointments on a limited basis. The forms will be filed electronically during your appointment, and you will receive paper copies of everything. Remember that the application has to be submitted no later than 4/1/2026. When you call the appointment lines, follow prompts for call back.

The appointment line for AARP's help is **(207) 518-8579** with appointments in Scarborough, Gorham, Portland, So. Portland.

The CASH Maine appointment line is **(207) 324-5762** option 7. Appointments are in Sanford and Wells. You may not get your choice of location, day, or time with either program.

