

From Jo Dill's Notebook



The 2011 Maine Senior Games are over and what an incredible journey it was. As the Coordinator and a participant, I had a wonderful time at each and every event. Congratulations to all of you who competed!

Quick facts about this year's games: 428 athletes registered, 65% male, 35% female; 28% of participants were new to Maine Senior Games and finally, the biggest jump in participation was in Candlepin Bowling, which went from 14 in 2010 to 44 this year! Complete results of this year's Games can be found on our website. www.MaineSRGames.org



Suvi Neukam volunteered as a road marshal for the cycling events held in Kennebunkport in September.

Volunteers

Thanks so much to all of you who volunteered for the Maine Senior Games. You are too numerous to mention for fear of leaving someone out BUT I could not have done it without you! Folding T-Shirts, passing out medals, checking folks in, being a road marshal, keeping

score, holding a tape measure, cheering folks on or whatever your role was... thank you, thank you and thank you!

MSG Advisory Board

MSG is so fortunate to have a caring and dedicated advisory board that meets every five weeks to discuss strategies, marketing, development, athletes, volunteers and other pertinent information. Our board consists of staff from SMAA: Peg Brown, Ted Trainer and Eileen Whynot as well as Janet Hoskin, Director of Community Services in Cape Elizabeth; Ginny Ketch, Piper Shores; Jerry LeVasseur, athlete and National Senior Games Board Member; Mary Ann Malloy athlete and owner, Healthy Body Fit Mind; Robin Rutherford, business owner; Deb Smith, athlete and founder, Not Too Late Basketball Camp; and, Kim Williams, athlete and Unum. Thanks to you all for donating your time!

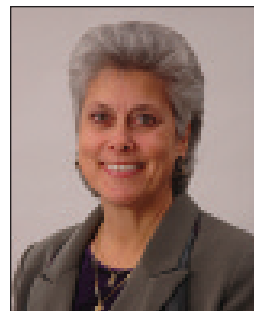


Lauren Ball, a sports management major from the University of New England, gave more than 250 hours of her time to Maine Senior Games and was a tremendous help in many ways. She lifted the heavy stuff and overall, made everything run smooth!

Young Architect Lives at the Veterans' Home for a Week

Evan Carroll participated in the University of New England's Learning by Living nursing home immersion program for a week in September. Although most participants in the program are medical students, Evan Carroll is a 29-year-old Portland architect who has dreams of designing or redesigning buildings that will work for people as they age. He hopes the experience will give him a better understanding of what residents in their own homes or in nursing homes may need in the future. Carroll was admitted to the Maine Veterans Home in Scarborough with the diagnosis of congestive heart failure and left-sided weakness after suffering a stroke. He lived in the dementia care unit for a week unable to use his left arm or leg.

The Learning by Living nursing home immersion program was designed by Marilyn Gugliucci, PhD, Director of Geriatric Research at the University of New England and a board member of the Southern Maine Agency on Aging. Among many honors and awards, Gugliucci was recently named a "Healthcare Hero" for her contribution to outstanding healthcare in Maine by Maine Today Media.



Marilyn Gugliucci, PhD, Director of Geriatric Research, University of New England.

Beach Day Reflections

By Evan Carroll, AIA

Today, the ninth of October, was a beautiful beach day—the kind of day that makes life worth living. My wife and I planned ahead and packed our beach gear into the car before heading to a small family gathering. This gathering was relatively impromptu and brought about by an unfortunate event; the death of my grandfather's wife. I had not known her very well, but thinking of my grandfather I can only begin to imagine the pain I would feel at the loss of my own wife.

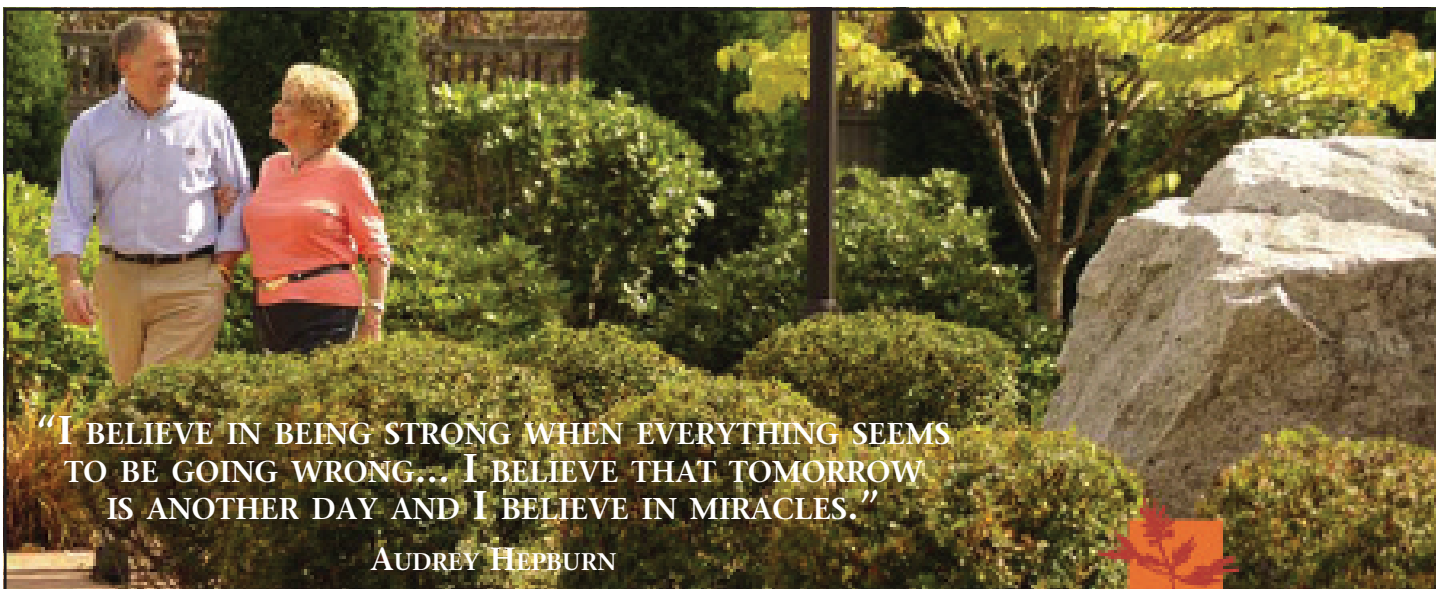


How people grow old, stay happy and pass away has been on my mind lately as a result of my recent experience living in the Scarborough Veterans' Home. I lived in the dementia unit, a place where, from the outside, one might wonder about the point of living. From the inside however, I found myself not questioning for a moment whether these were lives worth living. Undoubtedly they were.

In the unit where I lived for a week each resident could be made to smile, many of them were visited regularly by family and friends, and all of them were loved by the staff who they saw every day. It's true, they often had trouble living in the moment, but it was clear to me that memories of the past were part of their being. How these past memories were worked into the present moment created something that was not necessarily what others would call reality, but was as real to them as their lives had been.

Our relationship to our memories is what determines our self-proclaimed age in life. Those of us who focus on new memories and events of the future are young, or may be the ones who we call "young at heart." Those of us who are raising children tend to focus on the current events, because they will be the memories of the future. Those of us who focus on the memories we've already made do so because we may not see much future ahead of us, or because those memories are the source or the emotions we want to feel.

I was struck by the power of memories at the beach today. As I laid down on my towel to soak in the heat of this warm October day I spotted an elderly couple. They were two but with only one chair, and I could see that just crossing the sand was a challenge for them. I wondered how, with one chair, they expected to find comfort on the beach. I wondered how they would both be content. The chair, it turned out, was for the man, because the woman planned to walk the 300 feet to the surf.



"I BELIEVE IN BEING STRONG WHEN EVERYTHING SEEMS TO BE GOING WRONG... I BELIEVE THAT TOMORROW IS ANOTHER DAY AND I BELIEVE IN MIRACLES."

AUDREY HEPBURN

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She was not moving fast but very clearly intended to make it all the way to the waves to test the water. As I watched, my imagination took control and I could picture the many beach memories that this man and woman must have. I realized that coming here, even though it took great labor, was not as much about what they did but about all of the emotions and memories that the feeling of sand, the crash of the waves, and the patter of children's feet must bring.

I watched the elderly woman walk to the waves and then return to her gazing husband, and found myself hoping that I am creating the sorts of memories that will carry me when I am less physically able. I also realized that as we grow old it is only natural to look back more, and that doing so is not an idle curiosity but a way of bringing meaning to our actions.

Our identities are our stories of our lives and on this beautiful beach day in October I made memories with my loved family members and with an elderly couple who knew as well as I that today could not be missed.

Evan Carroll is an architect with Bild Architecture in Portland, Maine and can be reached at evan@bildarchitecture.com.

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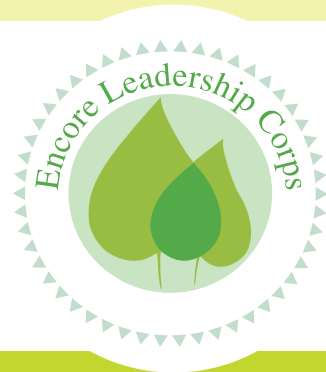
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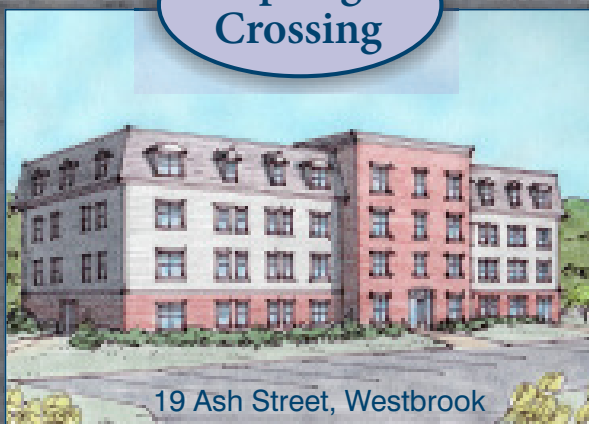


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Favorite Fall Foods

Susan Gay, Registered Dietician
Nutrition Coordinator, Hannaford



Apples and pumpkins, it's your turn to shine! Sure as there were plenty of watermelons and strawberries in July and blue-

berries and green beans in August, my family and I have had our share of fresh apples recently. There's nothing like a crisp apple for an afternoon snack as it's easy, portable and inexpensive. Or a warm baked apple sprinkled with cinnamon, for a post dinner treat. Nothing says fall like pumpkin muffins, pumpkin pudding and recently we had a delicious pumpkin parfait! (See recipe below.) As we shift into the colder weather our taste buds transform, too. And that's when having a variety of foods in our diets can be lots of fun...and beneficial to our health!

What if an apple a day really could keep the doctor away? It's not that simple, however, apples are a "super food" in my opinion. Soluble fiber can help to lower cholesterol by interfering with its absorption and also contribute to blood sugar management by slowing down the absorption of the carbohydrates into the blood stream. Soluble fiber is found in blueberries, citrus fruit, oatmeal, ground flaxseeds and the flesh part of the apple. While insoluble fiber from the skin of many fruits and vegetables like apples, pears, and root vegetables like potatoes, help maintain a healthy digestive system including bowel regularity. A diet rich in fiber decreases the risk for ailments such as diverticulitis that's caused by weak areas in the intestines that become infected. Other sources of insoluble fiber include whole wheat, beans and green leafy vegetables. Contributing to its superior nutritional status, antioxidant properties of the apple help decrease chronic inflammation, which is good news especially for the heart! Pumpkin also is an excellent source of antioxidants that neutralize free radicals particularly helping to protect our eyes and reducing the risk of macular degeneration. Pumpkin is also abundant in Vitamin A for our skin and strengthening our immune system!

This Pumpkin Parfait is rich in antioxidants, fiber, Vitamin D and has fabulous fall flavor! Compliments of the October issue of "Organic and Natural" magazine...free at Hannaford.

Pumpkin Parfait

- 1/2 cup pumpkin puree
- 1/4 tsp cinnamon
- 1/8 tsp ground nutmeg
- 1/4 tsp vanilla
- 1 1/2 tsp low-fat milk
- 2 tsp sugar (Or 2 tsp local, real maple syrup)
- 6 oz low-fat vanilla yogurt
- 1/4 cup granola or favorite whole grain cereal

Combine all ingredients except the yogurt and granola.

Portion out and top with yogurt and granola!



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