

Southern Maine
AGENCY
On **AGING**
EMPOWERING OLDER ADULTS
AND THEIR CAREGIVERS

Southern Maine Agency on Aging opening new space in Sanford/Springvale!



To address the growing need for services for older adults in Maine, Southern Maine Agency on Aging is excited to announce that **we are opening a new site in Western York County!** Located at the Anderson Learning Center at 21 Bradeen Street in Springvale, this new site will make services more accessible to people living in Acton, Alfred, Lebanon, Newfield, N. Berwick, Sanford, Springvale, Shapleigh, Waterboro, and surrounding towns.

Formerly home to Sanford Adult Education, the new SMAA Community Hub holds plenty of space for

our programs, clients, volunteers, and members and has ample parking with a bus stop right outside. We are hard at work updating the interior of the space, from carpeting to paint to the overall space layout. Keep an eye on our social media, and subscribe to our monthly newsletter to stay up to date as we transform the space. And keep an eye out for news about our Grand Opening event later this summer!

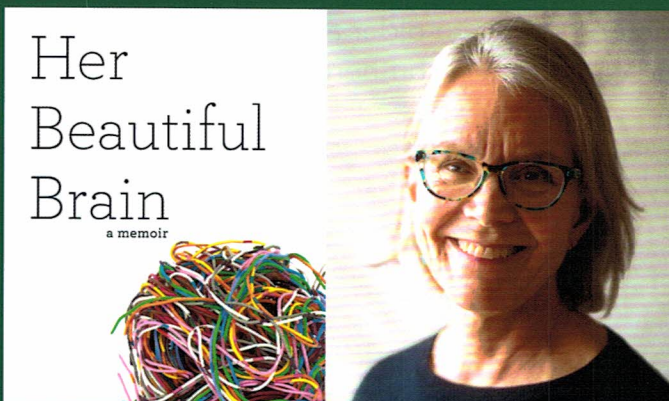
Programming at SMAA's Sanford/Springvale Hub will include:

- An Adult Day Program for individuals with Alzheimer's and other dementias
- Nutrition Services including Meals on Wheels and Community Cafés
- Falls Prevention exercise classes
- Medicare Counseling

Resource Specialists will be available on site to help older adults and caregivers navigate issues with housing, healthcare, benefits, and other components of the complex network of services available in southern Maine.

YOU'RE INVITED: Charting the Future Luncheon

Friday, September 20, 11am-1pm; Holiday Inn by the Bay, Portland



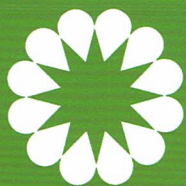
Keynote Speaker Ann Hedreen
Author of *Her Beautiful Brain*

Join staff, volunteers, friends, and partners as we Chart the Future for a stronger Maine. Thanks to our sponsors, all funds raised will directly support SMAA programs that empower older adults and their caregivers!

Register online at smaaa.org/ctf2024

or by contacting us at
development@smaaa.org; 207.396.6500

Ticket: \$75
Table (10 tickets): \$600



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Join us for a tour! SMAA is hosting regular lunch and learns at our Sam L. Cohen Center headquarters in Biddeford, and we'd love to have you. Please contact us at development@smaaa.org or 207.396.6521 to set up a time to visit.

Serving Older Adults Facing a Housing Crisis

Through the Housing Connections pilot project launched last year, SMAA has been providing additional support to older adults facing eviction in order to keep them in their homes and combat rising instances of homelessness. SMAA Resource Specialists provide intensive case management services, help fill out rental and benefits applications, collaborate with partner agencies for legal assistance, and address underlying issues and needs that may have caused eviction risk in the first place. Over the past six months, 28 people have received direct housing support and case management services from a SMAA Resource Specialist.



Did you know? If you're 70 ½ or older, a charitable individual retirement account (IRA) rollover is a wonderful option to give. It allows you to make a gift towards SMAA and our mission, without the distribution counting as taxable income. Please talk with your tax advisor or other financial professionals to determine how an IRA charitable rollover could benefit you.



SMAA CEO, Megan Walton, shares agency updates; Agewell volunteers demonstrate Tai Chi

In April, we had a full house and an amazing time together at our Volunteer Appreciation Luncheon! Mary Lou Ciolfi of the University of Maine Center on Aging kicked off the event with a talk about fighting ageism by building trust in our aging society. We also heard heartwarming words from volunteers of several SMAA programs, witnessed a demonstration by our Tai Chi volunteer instructors, and raffled off some amazing prizes.

With the support of staff, over 400 active SMAA volunteers have contributed thousands of hours providing social support and vital programs to older adults, adults with disabilities, and caregivers in southern Maine.

**Help us bring nutrition, wellness,
friendship, and hope to older
adults in Southern Maine.**

207.396.6500 smaaa.org/giving



Therapy dog, Phern, spreads joy every Friday at SMAA's Adult Day Program in Biddeford.