



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

July 29, 2025

Town of Windham
Tammy Hodgman
8 School Road
Windham, ME 04062-4899

"The general public doesn't understand how hard it is. I didn't expect to do this (caregiving) when we got married 54 years ago. It helps to just talk to other caregivers. I feel like I can breathe."

SMAA Family Caregiver Support Group Participant

Dear Tammy,

Thank you for your loving gift to Southern Maine Agency on Aging!

Your trust in our mission helps more older Mainers and family caregivers receive the critical services they need to lead healthy and socially active lives.

Each year, Southern Maine Agency on Aging provided resources, support and direct services to over **19,000 individuals** in Cumberland and York Counties. With your help, we can continue to empower Maine's older adults by improving their physical, social, emotional, and economic well-being.

Thanks to generous supporters like you, we are able to create more engaging and inclusive care in our Adult Day Program, deliver meals *and* social connection via Meals on Wheels, provide **27,000 hours** of respite for family caregivers like the above participant, and provide essential Medicare Counseling to over **1,500 individuals**. All of this *and more* is possible because of community support like yours.

Thank you for creating a healthier, more socially connected, and more equitable Maine.

Warmly,

Megan Walton, CEO
Southern Maine Agency on Aging

Gift Amount: \$5,000.00

Date Received: July 25, 2025

6047

Fund: Unrestricted

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