


**Bowdoinham Advisory Committee on Aging (COA)**  
**Activity and Resource List**  
 ~ September 2015 ~

	Mon	Tue	Wed	Thu	Fri	Sat
		1 10:00: <u>Shipmates trip</u> <sup>R</sup> will be to Rockland, for an on-your-own explore (cost varies with activity chosen, see description). Meet at Maily Waterfront Park to carpool	2	3 10:00: <u>Golf</u> (Country Fareway) <sup>R1</sup>  Shipmates: 10AM-1:00PM 10:00: <u>Coffee and Cribbage</u> 10:00: <u>Blood Pressure Checks</u> 11:00: <u>Movie: Still Mine</u> 1:00: <u>Decorate Parade Float</u>	4	5
6	7 <b>LABOR DAY</b> 	8	9	10 10:00: <u>Golf</u> (Country Fareway) <sup>R1</sup>  Shipmates: 10AM-1:00PM 10:00: <u>Coffee and Cribbage</u> 10:00: <u>Crafting with Wendy</u> 12:00: <u>Lunch</u> , Bowdoinham Estates (cost: \$4.00)	11	12 <b>Celebrate Bowdoinham</b> 10:00-12:00 Cribbage 12:00: Bingo (until prizes run out) 9:00-4:00: Tool Table display 9:00-2:30: Photo contest judging 3:00: Photo prizes announced <i>Free popcorn and water</i>
13	14 9:00 <u>Bridge</u> <sup>R1</sup>	15	16  12:00: <u>Lunch with Lynn</u> Join Lynn at the Town Landing for lunch (\$5.00) and trivia.	17 10:00: <u>Golf</u> (Country Fareway) <sup>R1</sup>  Shipmates: 10AM-1:00PM 10:00: <u>Coffee and Cribbage</u> 10:00: <u>Blood Pressure Checks</u> by Nancy Curtis 11:00: <u>Let's Talk about Aging</u>	18  10:00-11:00 <u>Shipmates planning meeting</u> at Bowdoinham Estates.  <i>All are welcome!</i>	19
20	21 9:00 <u>Bridge</u> <sup>R1</sup>	22 9:00-12:00: <u>Wellness Fair</u>	23 <b>First Day of Fall!</b>  9 - 1:00: <u>AARP Safe Driving Class</u> <sup>R</sup> <i>To Register for this class, contact Joe Hahn (751-9364). Cost: \$15.00 for AARP members; \$20.00 for non-AARP members</i>	24 10:00: <u>Golf</u> (Country Fareway) <sup>R1</sup>  Shipmates: 10AM-1:00PM 10:00: <u>Coffee and Cribbage</u> 11:45: <u>Village Elders Lunch</u> <i>Speakers: Tom DeForeest &amp; Wendy Cunningham</i>	25	26
27	28 9:00 <u>Bridge</u> <sup>R1</sup>  3:00-4:30: <u>Advisory Committee on Aging Meeting</u> <i>Public is welcome!</i>	29 10:00: <u>Scavenger Hunt</u> and Nature Walk (760 White Road). Bring a lawn chair and water to drink. <sup>R</sup>	30 10-11:30: <u>Matter of Balance</u> <sup>R</sup>	<p>FMI about any of the Advisory Committee on Aging sponsored activities or to register for one of our programs, contact Patricia Oh, Coordinator of Older Adult Services (phone: 207-666-5531, ext. 110 or email: <a href="mailto:poh@bowdoinham.com">poh@bowdoinham.com</a>).</p> <p><b>Note:</b> Activities followed by a <sup>R</sup> require registration. Activities with an <sup>R1</sup> only require registration the first time you attend (to make sure you are "in the know" about any changes in the schedule. Activities with nothing after them do not require registration.</p>		

## Bowdoinham Advisory Committee on Aging (ACOA) Activity and Resource List: September 2015

As this lovely (and too short) Maine summer begins to wind down, it's time to look ahead to the activities and events ACOA has planned for the fall.

**ACOA photography contest!** If you are an amateur photographer with a knack for taking beautiful and interesting photographs, there is still time to enter the photography contest! The theme for this contest is “Bowdoinham: A Great Place to Be”. Photos of nature, architecture, activities, events, friends, family, and pets are all welcome! The only restriction is that the photo are taken in Bowdoinham.

Entries will be displayed at *Celebrate Bowdoinham* in the ACOA tent. Visitors to the tent will be asked to vote for their favorite photo. To vote for your favorite, visit the ACOA tent from 9:00—2:30. Winners will be announced and prizes awarded at 3:00. Winners will be featured in future publications of ACOA.

First, Second, and Third prizes will be awarded to the entries with the most popular votes. Have you been wondering what the prizes will be? **The first prize will be a custom frame and matted 8x12 enlargement of your winning photograph.** **Second prize will be a set of two 15 oz. ceramic coffee mugs featuring your photo.** **Third prize will be a reusable grocery tote printed with your winning photo.** For more information and to enter, see the attached flier.

It is hard to believe that **Celebrate Bowdoinham** is only a few days away! The Shipmates have designed a ship-shape float. If you aren't on the design committee, be sure to come to the parade to see their creative genius! If you would rather be in the parade than watch the parade, meet them at the Fire Station and wear something fun and nautical. There is always room for one more Shipmate!

In addition to the display of the entries in the photo contest, ACOA we will give *freshly popped popcorn and water* so that visitors to the tent can keep their energy level up for the fair.

Helen Read will call *BINGO* from 12:00 until the prizes run out. Prizes will include 10 certificates, donated by the Bowdoinham Public library, to get a free book at the used book sale held in the Library tent.

### **Emergency Services Questionnaire**

Bowdoinham EMS is creating a list of residents who may need special support in case of individual emergencies or in times of natural or man-made emergencies.

Forms will be available in the ACOA tent at Celebrate and at the Wellness Fair. A form can also be found at the end of the resource list.

*Cribbage* also starts at 12:00. If you haven't played for a while or if you are an avid player, join them for a challenging game. The National Institute on Aging says that strategy games, board games, word games, and card games (such as cribbage!) are all brain fitness exercises. Join the cribbage players for a fun brain workout!

### Medicare Advantage Plans

Open enrollment for Medicare Parts C & D will start October 15<sup>th</sup>! This is the time of year to make sure that your Medicare Advantage Plan meets your needs. There are four types of plans:

**Health Maintenance Organizations:** Members receive all of their care from a network provider or facility. In emergencies, members are covered by the nearest ER. Many (but not all) HMO plans include Medicare D prescription drug coverage.

**Preferred Provider Organizations:** Similar to an HMO plan but you have the option to pay a higher co-pay if you want to see a provider outside of the network. Many (but not all!) include Medicare D prescription drug coverage.

**Special Needs Plans:** Only open to people with chronic conditions that qualify them for the plan. All Special Needs Plans include prescription drug coverage.

**Private Fee-for-Service Plans** allows you to select any primary care provider or specialist who takes Medicare payment. Some offer prescription drug coverage but many do not.

A single provider, such as *Generations Advantage*, may offer different types of plans. Be sure to review your medical care needs to determine the best plan for you.

If you have questions or concerns about coverage, call *Spectrum Generations Consumer Helpline* at 1-800-639-1553.

Some of you have heard about the *tool table* created by ACOA's Safety and Accessibility planning group. When you visit the ACOA tent, all of the tools on the tool table will be available for you to try. Drop by to get some ideas for ways to make daily life at home and in your car a little easier.

*Registration is not necessary for any of the Celebrate activities.*

The **Second Annual Aging Well(ness) Fair** will be even larger than it was last year! You will be able to find out if there are ways to improve your balance, try out a few new exercises, and watch (and taste!) a demonstration of frugal, healthy eating. There is something for everyone! For more information see the enclosed flier. We hope to see you!

An **AARP Safe Driving class** will be held on September 23<sup>rd</sup> from 9:00AM to 1:00PM at the Fire Station (57 Post Road, Bowdoinham). Learn proven safety strategies to maintain confidence behind the wheel. Older residents aged 50+ who take the class are eligible for a discount on their auto insurance premium for up to three years. Call your insurance company to find out how much money you will save. The cost to take the class is \$15 for AARP members and \$20 for non-members. To register (required), call Joe Hahn at 207-751-9364.

For a description of all activities sponsored by ACOA during September, see below. If there is a fee, it is noted in the description. Near the end of

the activity and resource list, you will find listings of activities that are not sponsored by ACOA.

## Advisory Committee on Aging Sponsored Activities

FMI about any of the Advisory Committee on Aging activities please contact Patricia Oh, Coordinator of Older Adult Services (tel: 666-5531, ext. 110; email: [poh@bowdoinham.com](mailto:poh@bowdoinham.com)).

**Aging Discussion Group.** Join the Shipmates for a discussion about aging. Is aging what you expected? Are there benefits and challenges that you didn't expect? Come to share your experiences and learn from others. Meets September 17th at 11:00 in the basement of the Second Baptist Church, at the Shipmates Senior Center. *Registration is not required.*

**Weekly Bridge.** Old and new Bridge players will have something to celebrate on September 14<sup>th</sup>. It's Back to Bridge Day! The Bridge group meets on Mondays at 9:00AM in the Graduate Room at the Town Office. If you haven't played for years and want to get back into the game, this is a perfect opportunity. If you play and want to know what to do after your first bid or to answer your partner, this is for you. *Weekly registration is not required. However, it is a good idea to let us know you are coming the first time so that we can add you to the contact list and let you know if there is a last-minute change of plan.* If you have never played Bridge, or only played a little, and are interested in lessons for first time players, call Patricia Oh (666-5531, ext. 110). We will contact you when there is enough interest to start lessons again.

**Community Luncheons.** Join your friends and neighbors for a delicious meal.

- **Bowdoinham Estates. 2<sup>nd</sup> Thursday** (September 10<sup>th</sup>) at Bowdoinham Estates at 12:00 noon. Cost: \$4.00. BINGO follows the meal. *Registration is not required.*
- **Lunch with Lynn (and trivia games).** 3<sup>rd</sup> Wednesday of the month at 12PM (September 16<sup>th</sup>) at the Town Landing, \$5.00. *Registration is not required.*
- **Village Seniors Luncheon.** Rodney Chute and his kitchen crew promise a treat for your taste-buds! In September, the luncheon will feature Sloppy Joes. Socialization starts around 11:30. The meal will be served between 11:45 and 12:00. All are welcome! Everyone who comes is eligible for one of the many door prizes! After the meal Tom Deforeest and Wendy Cunningham will share slides of their trip to the Galapagos Islands and Machu Piccu. For more information, contact Patricia Oh (phone: 666-5531, ext. 110 or email: [poh@bowdoinham.com](mailto:poh@bowdoinham.com)). *Registration is not required.*

### Rides, INC.

Rides, INC (Rides In Neighbor's Cars) is a new volunteer door-to-door driver service that provides rides to older Bowdoinham and Bowdoin residents who have chosen to stop driving or who are living with a disability that prevents them from driving.

*If you are interested in getting a ride or want more information, call Barbara Cree, Coordinator of Rides, INC at 666-3873.*

**Crafting with Wendy**. Join Wendy Rose for a crafting circle at 10:00 on the second Thursday of each month at the Shipmates Senior Club. Bring a craft project to work on while sharing ideas and tips with other crafters. Wendy Rose, a renowned quilter will help you with any quilting question. This is your opportunity to get advice from an expert! If your craft of choice includes yarn, Nan Curtis will help you interpret your pattern, learn new stitches, and assist you to add your own personal touches. If you don't have any crafting questions or problems, come to share your expertise with others or just to relax and enjoy the company of other crafters. *Registration is not required.*

**Cribbage**. Meets Thursdays at 10:00AM at the Shipmates Club (in the basement of the 2<sup>nd</sup> Baptist Church, on Main Street). Dick St. Cyr and George Hardin are the very popular (and patient!) leaders of this open group for beginners and experienced Cribbage players. *Registration is not required.*

**Golf**. Dick Rose and other enthusiastic golfers meet on Thursdays at 10:00AM at Country Fareways on Route 201 in Bowdoin for a round of golf. The group is open to all—newbies, people who need a refresher to bring their techniques back to par, and those who have played for decades. The fee for people age 55 or more is \$12.00 for one round; \$16.00 for two. *Weekly registration is not required. However, it is a good idea to let us know you are coming the first time so that we can add you to the contact list and let you know if there is a last-minute change of plan.*

**Matter of Balance** is an 8-session evidence-based group program that has been shown to reduce the risk of falling. Matter of Balance includes a fitness class designed specifically for older adults as well as educational materials and self-assessments. Participants in the class will set realistic goals to increase activity, learn how to change their environment to reduce fall risk factors, and participate in exercises to increase strength and balance. Join us to explore practical strategies to reduce the risk of falling and increase activity levels. There is not cost for the class but registration is required. Course leader is Patricia Oh, assisted by Linda Jariz. The class will meet on Wednesdays and Fridays from 10:00 to 11:30 at the Bowdoinham Fire Station. Class dates are September 30, October 2, 7, 9, 14, 16, 21 and 23. To register, contact Patricia Oh (tel: 207-666-5531, ext. 110 or email: [p.oh@bowdoinham.com](mailto:p.oh@bowdoinham.com)). Minimum class size is 5. **Registration is required.**

#### **Registration**

Registration is **required** for many activities sponsored by ACOA. Registration helps us to plan for the number of people coming and allows us to notify you if there is a change in the schedule. To avoid disappointment, please register early!

**Scavenger Hunt.** Has it been a while since you enjoyed a scavenger hunt? It is never too enjoy again! Take a leisurely stroll through field and woods with your friends and neighbors while looking for a series of clues. The winning team will win congratulations from their fellow scavengers and \$100,000. The group will meet at 10:00, weather permitting, at 760 White Road, Bowdoinham on September 29<sup>th</sup>. Bring water or juice to keep hydrated and granola or a piece of fruit to stay energized. Although this is a mowed trail, ticks and insects can show up. Bring insect repellent if you use it. **Registration is required** so that we can reach you if it is too hot for the walk or if we cancel for rain. Only people who are registered will be notified if there is a change in schedule. For more information or to register, contact Patricia Oh by phone (666-5531, ext. 110) or email ([poh@bowdoinham.com](mailto:poh@bowdoinham.com)).

### **September Trip:**

**Explore Rockland:** On September 1<sup>st</sup>, the Shipmates will go to Rockland. Join your friends and neighbors at Maily Waterfront Park at 10:00AM to carpool. Admission will vary according to the activity you choose. Some of the things to explore in Rockland include the Rockland Breakwater Light (a one-mile walk each way), The Maine Lighthouse Museum (admission: \$6.00 for seniors), Farnsworth Art Museum (admission: \$10.00 for seniors), the Project Puffin Visitor Center (free), and a vital downtown district with shops and places to get coffee/treats. Lunch will be at the Brass Compass. To reserve your spot contact Patricia Oh (phone: 666-5531, ext. 110 or email: [poh@bowdoinham.com](mailto:poh@bowdoinham.com)). If there are changes in the trip planning, only people who are registered will be notified. **Please register so no one is disappointed.**

**Well-Made Writing.** Just as houses are built from blueprints, stories are built from outlines, whether they are fiction or non-fiction, memoir, personal essay, or novel. Come with an idea that you have started to develop and David Compton will offer you guidance to fill in the outline. If you already have done some writing, David is happy to offer general advice about your work or to discuss a particular point with you. David understands the struggles of writing first-hand. He has published 30+ books. For more information or to make an appointment with David, contact Patricia Oh (phone: 666-5531, ext. 110 or email: [poh@bowdoinham.com](mailto:poh@bowdoinham.com))

### **Bowdoinham Shipmates (the Bowdoinham Senior Center)**

The Bowdoinham Shipmates meet on Thursdays from 10:00AM to 1:00PM in the basement of the Bowdoinham Second Baptist Church. Each day opens with coffee (decaf and high test), newspapers, and catch up! Theresa Turgeon is the group facilitator. The Shipmates Planning Committee meets September 18<sup>th</sup> at 10AM at Bowdoinham Estates to plan activities and field trips. *All are welcome!*

## September 3<sup>rd</sup>

10:00: Coffee and Cribbage

10:00: **Blood Pressure Clinic.** Do you need to monitor your blood pressure? Nancy Curtis is available every first and third Thursday at 10:00 to take your blood pressure. Midcoast Hospital donated cards that you can use to record your blood pressure so that you can share the information with your health care provider.

11:00: **Movie:** James Cromwell gives a tour de force performance in *Still Mine*, an exquisitely crafted and deeply affecting story about an octogenarian couple. Based on true events and laced with wry humor, *Still Mine* tells the heartfelt tale of Craig Morrison, who comes up against the system when he sets out to build a more suitable house for his ailing wife Irene (Geneviève Bujold). A favorite quote from the movie: *Age is just an abstraction, not a strait jacket.* **Free Popcorn!**

## September 10<sup>th</sup>

10:00: Coffee and Cribbage

10:00: Crafting with Wendy

12:00: Lunch at Bowdoinham Estates, 29 Preble Road (cost \$4.00)

## September 17<sup>th</sup>

10:00: Coffee and Cribbage

10:00: Blood Pressure Checks with Nan Curtis.

11:00: Let's Talk about Aging, discussion group.

## September 24<sup>th</sup>

10:00: Coffee and Cribbage

11:30: The Village Elders meal will feature Rodney Chute's famous Sloppy Joes and will be served by his kitchen crew of renown. Join us and welcome them back from the summer break!

*Speaker:* Tom Deforest & Wendy Cunningham will talk about their travels to the Galapagos Islands and Machu Piccu.

### Bowdoinham Durable Medical Equipment

The Town is accepting donations of medical equipment such as canes, walkers, wheelchairs, shower chairs, and commodes in good condition for town residents to use. There will be donation and loan forms to be filled out when equipment is donated or borrowed. For more information, to donate used equipment, or to borrow equipment, contact Ann Davis (phone: 798-1830 or email: [adavis@bowdoinham.com](mailto:adavis@bowdoinham.com) or [adavis0624@yahoo.com](mailto:adavis0624@yahoo.com))

## Other Activities

### [Bowdoinham Public Library](#)

Open Tuesdays 10-12, 2-5, 7-8; Wednesdays 2-6; Fridays 2-5; Saturdays 10-3.

**Loose Ladies Book Club:** Meets: 3<sup>rd</sup> Thursday of month; 1:00 pm at the Library. Contact: Joanne Savoie 373-8253 email at [jopasav@icloud.com](mailto:jopasav@icloud.com) or Kate Cutko, Librarian, 666-8405.

## Bowdoinham Historical Society

Lancaster Bishop Archive and Research Room: 3rd floor of Coombs Municipal Building.  
Tuesdays 10-12 & 2-5 (BPL hours) other times by appointment.

## Exercise Equipment Loans

Exercise equipment is available to borrow through the Bowdoinham Recreation Dept. FMI, call the Town Office: (207)-666-5531.

## Exercise Opportunities, *not sponsored by the Town of Bowdoinham or by ACOA*

- **Silver Sneakers:** All of the Silver Sneaker classes at Cathance Fitness Center, 1201 Main Street in Bowdoin, are free to participants whose Medicare Supplemental insurance includes the Silver Sneakers benefit. Contact your insurance company if you have questions about whether your policy includes Silver Sneakers. The cost is \$2.00/class for all others. Call 1-207-666-3463 for more information.
- **Zumba Gold and Zumba Gold Toning.** Join Stephanie in the basement of the Second Baptist Church for a fun workout that will melt away the pounds, increase flexibility, and improve balance. Zumba Gold meets Saturdays at 9:00AM. Zumba Gold Toning meets Mondays at 5:00. Cost of either class is \$5.00. FMI, contact Stephanie (email: [rdustin1@comcast.net](mailto:rdustin1@comcast.net) or phone: 666-8333) or Facebook *Zumba with Stephanie* (<https://www.facebook.com/pages/Zumba-with-Stephanie/242124915824247>).

## Town Resources

**Food Pantry:** The Food Pantry is open on Friday from 3 to 6PM. It is located in the old FHC building near the Merrymeeting Arts Center. FMI call Kathy Tome (207-751-0080).

**Merrymeeting Arts Center:** MAC is open on Saturdays from 10:00AM to 1:00PM and on Sundays from 1:00-4:00PM or by appointment. Their summer exhibit, Bay, Clay, Bay Bricks, Bay Pottery, features work made by local artists with local clay. FMI call 370-5002.

## Activities outside Bowdoinham

**Chronic Pain Workshop.** The Chronic Pain Workshop is a 6-week workshop for those who want to learn better ways to manage long-term or chronic pain lasting longer than 3 – 6 months, or beyond the normal healing time for an injury. The workshop is held once a week for 2 ½ hours. Participants in this interactive workshop learn ways to deal with frustration... fatigue... poor sleep... isolation. You will also learn appropriate exercises for maintaining and improving strength, flexibility, endurance.... techniques for pacing activity and rest... how to evaluate new treatments... appropriate use of medications... and much more. The next series of classes will be held in Richmond, starting September 22<sup>nd</sup>. For more information, contact Spectrum Generations' Jennifer Fortin at 800-282-0764, ext. 1657.



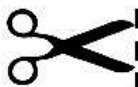
## **Avoiding Fraud!** (taken from “*Senior Source: A newsletter from US Senator Susan Collins*”)

Senator Collins is warning of a series of related “technical support” scams meant to trick seniors who own a computer into needlessly paying hundreds of dollars and giving out their private information. Through these scams, con artists often try to gain your trust by pretending to be associated with well-known companies, such as Microsoft, Apple, or Dell, claiming your computer has been infected with a virus. They may ask you to go to your computer and perform a series of complex tasks believing they can help fix your “problem.”

Once they’ve gained your trust, these scammers may ask to gain re-mote access to your computer or ask for your credit card information so they can bill you for phony repair services.

The Federal Trade Commission (FTC) has issued tips to help consumers avoid becoming victim to this scam:

- *Don’t give control of your computer to a third party who calls you out of the blue.*
- *Do not rely on caller ID alone to authenticate a caller. Criminals spoof caller ID numbers. They may appear to be calling from a legitimate company or a local number, when they’re not even in the same country as you.*
- *Never provide your credit card or financial information to someone who calls and claims to be from tech support.*
- *If a caller pressures you to buy a computer security product or says there is a subscription fee associated with the call, hang up. If you’re concerned about your computer, call your security software company directly and ask for help.*
- *Make sure you have updated all of your computer’s anti-virus software, firewalls and pop up blockers.*



### Tips from Senator Susan Collins for **Avoiding Phone Scams**

- ✦ **Con artists force you to make decisions fast and may threaten you.**
- ✦ **Con artists disguise their real numbers, using fake caller-IDs.**
- ✦ **Con artists sometimes pretend to be the government (e.g. IRS).**
- ✦ **Con artists pressure you not to call friends or family.**
- ✦ **Con artists try to get you to provide them personal information like your Social Security number, or account numbers.**
- ✦ **Before giving out your credit card number or money, please ask a friend or family member about it!**

**If you receive a suspicious call, hang up and please call the U.S. Senate Special Committee on Aging’s Fraud Hotline at 1-855-303-9470**

## Advisory Committee on Aging in Bowdoinham Resource List

If you are looking for a resource that is not listed below, call 2-1-1. The operator will connect you to information about a full range of health and human services. If you have a question, the 2-1-1 operator will have an answer.

For an extensive list of resources, request *Maine's Aging and Disability Services Resource Guide* from the office of Aging and Disability Services (phone: 207-287-9200 or 1-800 262-2232). Copies will be available at the ACOA tent during Celebrate Bowdoinham and at the Wellness Fair.

### Abuse /Assault

- Adult Protective 24 hour hotline: 1-800-624-8404
- Suicide Prevention:1-800-273-8255

No matter what problems you are dealing with, we want to help you find a reason to keep living. When you call, you will be connected to a skilled, trained counselor at a crisis center in your area, anytime 24/7.

### Adaptive Equipment

- Alpha I: 1-800-640-7200 or on the web: <http://www.alphaonenow.com/>  
Alpha One annually assists more than 6,000 people of all ages with a range of disabilities: mobility impairments, traumatic brain injury, deafness, blindness, other vision and hearing impairments, developmental disabilities, mental illness, and AIDS. Call if you need help with accessible design, finding equipment to make life easier at home or in the car, or finding funding for needed changes—like a ramp or home modification.
- Maine CITE: 621-3195 or on the web: [www.maineCITE.org](http://www.maineCITE.org)  
The mission of Maine CITE is to improve access and acquisition of assistive technology by people of all ages and all abilities in the areas of education, employment, community living, information technology, and telecommunications. If you are looking for information about assistive devices, call Maine CITE (or look through their website) and they will help you find the equipment you need.
- Disability Rights Maine: 1-800-452-1948  
Call if you are looking for free or low-cost equipment for a person with hearing or vision loss.

### Advocacy

- Alzheimer's Association: 1-800-272-3900  
Trained counsellors can answer questions about Alzheimer's or a related dementia. 24/7 service is available to offer support, information, and referrals to people living with a disease that includes dementia as well as their families, friends, and neighbors. The counsellors can provide information about locating and paying for services.

- Attorney General (Consumer Assistance): Call 1-800-436-2131 if you have a consumer problem or complaint. Look at their consumer protection information on the web: <http://www.maine.gov/ag/consumer/index.shtml>.
- Consumers for Affordable Healthcare: 1-800-965-7476.  
Trained counsellors can answer any of your insurance-related questions.
- Legal Services for the Elderly: 1-800- 750-5353
- Long Term Care Ombudsman Program: 1-800-499-0229  
Call if you or a loved one is a resident of a long-term care facility or is receiving paid in-home care and you have concerns about the quality of care.
- Mediation: trained volunteer mediators work with consumers to help resolve issues. (Tenant/Landlord issues, problems with housing, neighbors, service providers, etc.) If you think you may be interested in mediation services, call Volunteers of America Northern New England at 373-1140 (services are free or low cost).
- National Do-Not-Call List: 1-888-382-1222  
The National Do-Not-Call Registry gives you a choice about whether to receive telemarketing calls at home. Most telemarketers should not call your number once it has been on the registry for 31 days. You can register online at <http://www.donotcall.gov> or by phone.
- National Direct Marketing Association opt-out (<https://www.dmachoice.org/>). Allows you to opt out of direct marketing mailing, telemarketing or e-mail lists. Register on-line for free. If you do not have a computer at home, the Bowdoinham Public Library has a public computer that can be used to register. Postal mail registration requires payment.

## **Dental and Vision**

- EyeCare America 1-800-222-3937 or on the web: [www.eyecareamerica.org](http://www.eyecareamerica.org)  
EyeCare America, a service of the American Academy of Ophthalmology, provides free eye care services for US residents age 65 and older who have not seen an ophthalmologist in at least three years and who do not have insurance that covers the cost of eye care. If you are eligible for the program, you can schedule a free comprehensive eye exam with a participating local ophthalmologist. If chronic eye problems such as cataracts, diabetic retinopathy, or glaucoma are found, you will receive free eye care for the condition for up to one year. The program does not cover the cost of eyeglasses, prescription drugs or hospital services or fees from other medical professionals. Volunteer ophthalmologists will accept Medicare or other insurance as full payment, with no additional payment from you. If you don't have any insurance, the eye care is free.
- Maine Donated Dental: 207-620-8276  
Provides free comprehensive for older adults and people living with disabilities.
- New Eyes for the Needy provides prescription eye glasses for people who meet income requirements and who do not have insurance that covers the cost of prescription glasses. For more information: <http://www.new-eyes.org/> or call: 973-376-4903.  
Applications must be filled in by a social service agency. If you believe you are qualified,

contact Spectrum Generations (1-800-639-1553) or Bowdoinham's Coordinator of Older Adult Services (666-5531, ext. 110) to file the application.

- University of New England Dental Clinic- 221-4900 Preventive services in Westbrook \$30 fee for services

### **Emergency Response/Emergency Medical Information**

- DNR (Do Not Resuscitate) State EMS To request a form, call 626-3860 or download on the web at: <http://www.maine.gov/ems/documents/EMSDNRDirective.pdf>

- Poison Control 1-800-222-1222.

If you have questions about your medications after your pharmacy or primary care office is closed, call poison control. Trained nurses and pharmacists can help you with questions about pill identification or what to do if you think you took a double dose or forgot to take your medications. They can also answer questions about food safety and general poison control questions.

### **Financial**

- Fairpoint Lifeline program allows substantial discounts for telephone service in households where at least one member receives help from federally or state funded programs including MaineCare, Supplemental Security Income, Emergency Assistance Program, or LIHEAP. For more information call Fairpoint at: 1-866-984-2001
- Income Tax Aids: Call AARP at 1-888-227-7669.
- The LIHEAP Heating Assistance Program is administered by KVCAP. For an appointment, call 207-859-1500 or 1-800-542-8337. For program guidelines see: [http://www.kvcap.org/index.php?id=451&sub\\_id=306](http://www.kvcap.org/index.php?id=451&sub_id=306)

### **Home Maintenance and Repair**

- Habitat for Humanity 7 Rivers Maine: 504-9333

Two programs are designed to help older people stay in their homes as they age. The weatherization program makes basic repairs and installs energy-saving materials. The Stay in Your Home program makes improvements, especially accessibility and safety changes to help homeowners stay in their homes.

### **Nutrition**

- The Bowdoinham Food Pantry is open on Fridays from 3:00—6:00PM. The pantry is located beside Merrymeeting Arts Center, at 9 Main Street. For more information, call Kathy Tome (207-751-0080).

### **Respite Care/Adult Day Service**

- Brunswick Respite Care (729-8571) provides adult day services to seniors in order to give caregivers time off from continual supervision of a family member or friend. Charges an hourly fee. Limited sponsorship money is available on request.

### **Transportation**

- Rides, INC (Rides in Neighbors Cars). For more information or to request a ride contact Barbara Cree, Rides Coordinator at 666-3873.

## Bowdoinham Emergency Services Questionnaire

The Bowdoinham EMS team is collecting information about residents in the event they are called upon in an emergency situation. Filling out this questionnaire and sharing the information with EMS is voluntary. The information will help EMS to create a list of residents who may need special support in case of individual emergencies or in times of natural or man-made emergencies.

Please fill out this form and drop it off at the Town Office or return it by mail: Bowdoinham Town Office, ATTN: EMS Director, 13 School Street, Bowdoinham, ME 04008.

**Any medical information which you choose to provide to us will be kept confidential.**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

Where is your house number located? \_\_\_\_\_

Can it be seen from all directions? \_\_\_\_\_

OTHER MEMBERS OF HOUSEHOLD \_\_\_\_\_

PHONE NUMBER (HOME): \_\_\_\_\_ PHONE NUMBER (OTHER): \_\_\_\_\_

EMERGENCY CONTACT NAME (optional): \_\_\_\_\_

EMERGENCY CONTACT PHONE NUMBER: \_\_\_\_\_

FILE OF LIFE/MEDICAL INFORMATION IS LOCATED: \_\_\_\_\_

### **In case of individual emergencies or in times of natural or man-made emergencies:**

1. Do you or someone in your household have a medical condition or disability which we should know about in case you are unable to communicate with us: i.e., diabetes, implanted defibrillator or pacemaker, cardiac problems, etc.? List (if additional space is needed, use back):  
\_\_\_\_\_

2. Do you or someone in your household have medical equipment which is dependent on electricity to run such as oxygen compressor, in-home dialysis, in-home IV pump, etc.? List (if additional space is needed, use back): \_\_\_\_\_

Do you have a generator: Yes \_\_\_\_\_ No \_\_\_\_\_

3. Do you or someone in your household have mobility or communications impairments: i.e., wheelchair, blindness, very hard of hearing, unable to speak, etc.? List (if additional space is needed, use back):  
\_\_\_\_\_

4. If you have the choice, what hospital would you prefer to be transported to by ambulance?  
\_\_\_\_\_

### **When do you want someone to check on you?**

5. Would you like us to check on you during an emergency such as a hurricane or extended power outage?

Yes \_\_\_\_\_ No \_\_\_\_\_ Do you live alone? Yes \_\_\_\_\_ No \_\_\_\_\_

How would you like us to check on you: Phone (if working) \_\_\_\_\_ Home Visit: \_\_\_\_\_

### **Facts about your home environment**

6. Please describe the location of the room where you are most likely to sleep.  
\_\_\_\_\_

7. Is there anything you would like us to know that we have not asked? If more space is needed, use back.  
\_\_\_\_\_