



The Senior Scoop

APRIL / MAY 2021

AIP Contact Information: Sarah Davis at
829-2208 or sdavis@cumberlandmaine.com



FRIENDLY CALLERS PROGRAM

Aging in Place is pleased to announce a new program, Friendly Callers!

Friendly Callers is a volunteer-based program that matches volunteers with homebound seniors who are seeking additional companionship by phone.

If you would like a regular call from a Friendly Caller, please contact Sarah Davis at 829-2208.

HAPPY SPRING FROM CUMBERLAND AGING IN PLACE!

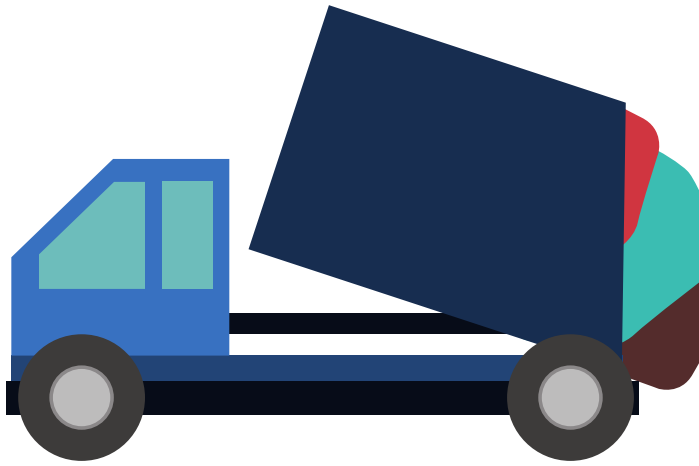
Dear Friends,

As the weather warms, spring brings hope for new beginnings and opportunities to gather! While we wait for a return to "normal" we will still need to wear our masks out in public. The CDC says we can gather in our homes without masks once fully vaccinated with other who are fully vaccinated. You are fully vaccinated two weeks after your second vaccine shot.

We plan to resume our CAR (*Cumberland Area Ride*) program in May and look to this fall to resume in person programs. Please give me a call if you have any questions!

Happy Spring!
Sarah Davis

BULKY ITEM PICKUP



Mark your calendars! Bulky Item Pickup is scheduled for the week of May 17th-21st. This week was designed to assist the residents of Cumberland in the disposal of large, oversized items that cannot fit into the green trash bags during weekly trash/recycling collection.

If an item, or group of items, fits in a town trash bag, the material is not considered a bulky item and will not be collected.

- Bulky items will be picked up on your regular trash collection day.
- Only residential waste is accepted - no commercial trash is permitted.

ITEMS ACCEPTED

- couches/chairs/recliners
- box springs/mattresses
- bathroom fixtures
- cabinets
- carpets (*rolled and taped*)
- dressers
- bicycles
- large metal items
- large toys
- electric stoves
- tables
- two tires without rims
- paint cans (*open + dried out*)
- washers & dryers

ITEMS NOT ACCEPTED

- No wood products (*i.e. pallets, picnic tables, fencing, etc.*)
- No appliances containing freon (*i.e. fridge, freezer, or air conditioners*)
- No brush, construction, demolition, remodeling debris
- No hazardous waste
- No propane tanks
- No windows/glass items
- No yard/tree waste
- No liquid waste
- No plastic bags/boxes of small items
- No clothing/textiles
- No tires with rims
- No computers, monitors, or TV's
- No fluorescent lightbulbs

Questions about Bulky Item Pickup? Please contact Laura Neleski at 829-2200.

BRUSH DUMP FACILITY



The Brush Dump is open for the season! The facility is located at 11 Stiles Way off of Tuttle Road and accepts brush, leaves, and grass clippings. A pass is required to access the facility. One can be purchased at Town Hall during regular office hours (Monday-Wednesday: 8am-5pm and Thursday: 8am-6pm).



Fees

Residential Annual Pass: \$40

Residential Day Pass: \$15

Residential One Trip Pass: \$10

Commercial Annual Pass: \$500

Commercial Day Pass: \$100

The fees have increased this past year as the hours of operation and the length of the season was significantly expanded!



Hours of Operation - April, May, June (first two weeks), October, and November.

Tuesdays, Thursdays, Fridays: 10:30am-2:30pm

Saturdays: 9:00am-3:00pm

Hours of Operation - June (last two weeks), July, August, and September

Tuesdays, Thursdays, Fridays: 10:30am-2:30pm

Saturdays: 9:00am-12:30pm

UPCOMING EVENTS

April 5th - Scavenger Hunt:

Track the ten Cumberland Pines around town! Explore the historic sites and landmarks on this fun-filled trek around Cumberland Center.

September 18th - Twin

Brook Celebration: A fun-filled race for the whole family followed by games, food, and fireworks at Twin Brook.

October 31st - Cemetery

Tour: Tour Cumberland's cemeteries under the cover of night and learn all about the tales of our 200 years.

CUMBERLAND

1821 ↔ 2021

On March 19, 2021 the Town of Cumberland turned 200 years old!

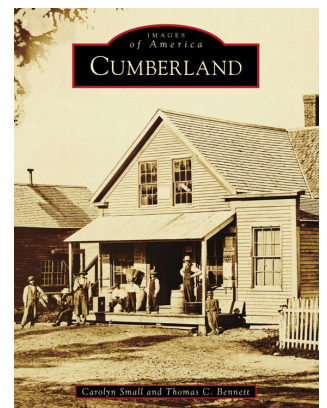
Two hundred years ago, residents of the southwestern side of North Yarmouth signed a petition requesting that a new town be incorporated. These residents cited the travel required to attend town meetings and perform "the ordinary duties as a citizen" in such an extensive area was inconvenient and burdensome. While the distances the residents were looking to reduce are no longer the burden they were, the benefit of a smaller, closer community can still be felt today.

It's a community that has evolved and grown. But for 200 years, during struggles of wars and pandemics, and during times of growth and building, through life's milestones like graduations and birthdays, the people have come together and remained at the heart of this community. The Town of Cumberland invites you to join us in celebrating our past, present, and future.



Celebrate Cumberland's birthday in style with Bicentennial gear! You can purchase non-sized items and place orders for sized items (t-shirt, long sleeve, sweatshirt, onesie) at Town Hall.

In addition to Bicentennial apparel, the Cumberland Historical Society is selling a book! "Cumberland" books are available for purchase at Town Hall and Prince Memorial Library for \$23.20 (sales tax included).



UPDATE ON AGING IN PLACE SERVICES

This year has been a challenge as we have seen our lives changed and our programs suspended. Now that the vaccine has given us hope for a return to “normal”, we are looking to Fall 2021 to resume our programs!



FRIENDLY CALLER PROGRAM

If you would like a regular call from a Friendly Caller, please contact Sarah Davis at 829-2208. Trained volunteers are ready to provide companionship by regularly calling by phone to decrease isolation and loneliness.



CUMBERLAND CRIER

Have you subscribed to the town's weekly electronic newsletter, The Cumberland Crier? Call Sarah at 829-2208 or you can go to www.cumberlandmaine.com to subscribe! The Crier has lots of great information about what's happening in our community!



DURABLE MEDICAL EQUIPMENT

If you need to borrow medical equipment such as walkers, crutches, commodes, etc. please call the Cumberland Fire Department at 829-5421



CUMBERLAND AREA RIDES (CAR)

The CAR program, a partnership with the Cumberland Congregational Church, will restart in May for fully vaccinated drivers and riders. Watch the Crier for update information. If you would like to get registered for the program, please call 829-3367. If you would like to volunteer as a driver, please contact Sarah Davis at 829-2208.



HANDYMAN HELPER

We plan to resume this program in the fall. AIP volunteers will help with minor chores and other simple assignments that do not require a license to perform, such as electrical or plumbing work. Projects might include changing a smoke detector battery, taking out an air conditioner, or small household repairs.



PROGRAMMING

We hope to restart our social and educational programming this fall. We have missed our monthly Mornings with Friends, educational classes and regular get-togethers. Watch for announcements in the Crier.

Questions? Ideas? Contact Sarah Davis, Aging in Place Coordinator at sdavis@cumberlandmaine.com or 829-2208.

OPTIONS FOR DOWNSIZING SENIORS

Article by Harry Cline | info@newcaregiver.org | newcaregiver.org

Downsizing is a wonderful option for many seniors. Moving to a smaller home can help to prevent falls and other injuries, and it's a great way to save money. Making a move is a big life change especially if you've lived in the same home for many years. You may feel overwhelmed at the thought of all the tasks you'll need to complete, or at the idea of living in a completely new community. Whether you choose to downsize to a smaller house or to a senior living community, there will always be the question of what to do with your current home. Should you rent it out? Sell it and let go of that responsibility for good? Here's some info to help you decide.

Consider the benefits of renting: Renting out your home can have multiple benefits, including allowing you to continue to build up equity while earning some extra money. The excess cash can be used to help you pay for a move to an assisted living facility, which can be costly in some areas. There are several different types of these communities; some can help seniors with taking medication and provide medical care and meals. Ideally, the assisted living facility you choose will allow you to have some independence while receiving help with some daily necessities, but all facilities are different, so it's a good idea to tour several to get a feel for them. You can work with a senior living advisor to help make the transition easier and narrow your search field.

Downsize to a smaller home: If you are completely independent and want the freedom of aging in place, selling and downsizing to a smaller home might be the best option for you. Moving to a more compact, accessible space will not only save you money, but it will also help to prevent falls, which is one of the leading causes of injury to older adults. In a home with no stairs and low thresholds, you'll have peace of mind knowing that your physical safety is in check. When starting the house hunt, be sure to research average home prices in the area to help you find a place that fits your budget. The move itself will require some planning as well in order to maintain efficiency, so make sure you have your movers booked right away.

Ask for some help: If you're keen on keeping your home but know you won't be able to maintain it after the move, ask a family member to help with things like keeping the lawn trimmed and making small repairs for the sake of upkeep. This is a good option for seniors who aren't quite ready to sell and it will take some of the worries off your shoulders so you can get through the moving process smoothly.

Downsizing takes a lot of planning and preparation in order to ensure that everything goes correctly, so give yourself some time to decide what would be the best route to take with your current home--and don't forget to ask for help from your loved ones. Your living situation should be safe, comfortable, and accessible so that you'll have peace of mind.