



# The Senior Scoop

MARCH 2020

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*At the February Luncheon we had some special guests, golden retriever puppies!*



## UPCOMING EVENTS

### Indoor Walking

- **Monday, Wednesdays, Fridays** @11am-12pm (*North Yarmouth Community Center*)  
- No walking on holidays!
- **Saturdays @9am-10am** (*Greely High School*) - Sponsored by Bob Poor & Friends In-Home Care

### Mornings With Friends

No reservation required! Coffee, tea, and goodies.

- **MaineCare** -Wednesday, March 18th @10am (*Cumberland Congregational Church*)
- **Genealogy 101** - Wednesday, April 15th @10am (*Tuttle Road United Methodist Church*)

### Luncheons

- **Soup, Salad, Bread, and Dessert** - Thursday, March 26th @11:30am (*CFD Community Room*). Reserve your spot by calling 207-829-2208.

### Trips

- **Portland Flower Show** - Friday, March 27th @11:30am (Fee: \$25 - Register through the Rec Department 829-2208)

# COMMUNITY RESOURCES



## CUMBERLAND AREA RIDES (CAR)

Stuck at home and need a ride somewhere? CAR and AIP volunteers can provide rides to where you want to go Monday-Friday (9am-3pm) and Sundays (9am-12pm). Volunteer drivers are needed to! For more information, email [cumberlandrides@gmail.com](mailto:cumberlandrides@gmail.com) or call 829-3367.



## DAILY REASSURANCE CALLS

Would you like someone to check in with you each day? Sign up for the call-in program. If you don't call the Cumberland Fire Department each day by 9am, someone at the department will call you. For more information or to be a part of this program, call 829-5421.



## DURABLE MEDICAL EQUIPMENT

Are you recovering from an injury or surgery and need medical equipment? AIP will loan you a walker, shower seat, commode, or other medical equipment at no charge. For more information, email [eberner@cumberlandmaine.com](mailto:eberner@cumberlandmaine.com) or call 829-5421.



## FRIENDLY VISITOR PROGRAM

Are you isolated? Feeling lonely? Need a friend? Our volunteer Friendly Visitors will spend time with you at home on a regular basis. For more information, email [AIP@cumberlandmaine.com](mailto:AIP@cumberlandmaine.com) or call 829-2208.



## HANDYMAN HELPER

Do you need a light bulb changed? Is there a minor repair that will make your home safer, but that you're unable to perform without risk? Need help raking or shoveling? AIP volunteers are ready to help with minor chores/tasks that don't require licensure (*e.g., plumbing, electrical*). For more information, email [AIP@cumberlandmaine.com](mailto:AIP@cumberlandmaine.com) or call 245-8033.



## MORNINGS WITH FRIENDS

Looking for a place to socialize with friends? Every month Mornings With Friends offers free coffee, tea, and goodies while we entertain you and your friends (*old and new*) with fun, informative programs. For more information, email [AIP@cumberlandmaine.com](mailto:AIP@cumberlandmaine.com) or call 829-2208.



## SENIOR PROPERTY TAX ASSISTANCE

Would you like to get a rebate (up to \$750) on your property taxes? The Town of Cumberland offers a tax assistance program every August for seniors who meet certain criteria. For more information call 829-5559.



## VENDOR GUIDE

Who can you call when the fridge goes on the fritz? Aging in Place has compiled a list of local vendors who have agreed to follow our guidelines and have referrals for local people. For more information email [AIP@cumberlandmaine.com](mailto:AIP@cumberlandmaine.com) or visit [www.AIPCumberland.org/vendors](http://www.AIPCumberland.org/vendors).



# FIVE BENEFITS TO EXERCISING AS A SENIOR



*Seniors participating in the indoor walking program. It is offered at North Yarmouth Community Center on Mondays, Wednesday, and Fridays from 11am-12pm and on Saturdays at Greely High School from 9-10am.*

Many of us know exercising is not always easy and it sometimes feels like a bother, but it has some amazing benefits! Getting an exercise routine will help you in the following ways:

**Greater Balance:** When an older person's muscles weaken, and if they are in pain they have more trouble with balance and there is an increased risk of a fall. Regular exercise helps improve not only muscle strength and pain levels, but it can help regain balance.

**Stronger Joints, Bones, and Muscles:** With a regular exercise program senior's work muscles and joints which helps them grow stronger. It also helps bones become stronger. With a regular exercise program, seniors become stronger and can do more.

**Reduces Pain Levels:** When we are in pain, we do not want to move much, which in turn results in decrease in mobility. Those joints and muscles that are hurting do not get used and become weaker. Exercise along can help manage pain levels so they're not as debilitating.

**Better Mood:** A happy side effect of exercising is the release of chemicals called endorphins that help with mood and issues such as depression. Especially in the winter, some of us get down. Regular exercise can help to improve our mood and combat anxiety.

**More Independence:** Starting an exercise routine can be instrumental in allowing you to feel more in control of your life.