

AGE-FRIENDLY COMMUNITY

Bethel Area ~ Volume 25 ~ January 9, 2017

Happy New Year! Here's a great New Years resolution: decide to **volunteer**. Many non-profits in our community need volunteers of all varieties and with widely differing skills. Here's one: A New Year's shout-out to Maryvonne Wheeler and **Bethel's District Exchange**, which she's directed for about a dozen years. As you probably know, the Exchange is a valuable community resource for those who have gently used clothing to donate and for those who would like a great deal on clothing purchases. Maryvonne and a small crew of volunteers work tirelessly to provide this service, and they need a volunteer to work the first Saturday of each month, 10:00-noon. You and another volunteer would be manning the facility, and responsibilities would be accepting and organizing clothing donations and handling purchases. FMI and to volunteer: Maryvonne Wheeler (maryvonnewheeler@yahoo.com, 836-2330). We feel honored! Recently the **Associated Press** published a feature article on age-friendly initiatives; the subtitle was "Bethel, Maine is one of over 130 communities committed to enhancing seniors' quality of life." The article quotes Caroline Gould on how our Volunteer Driver Network (824-4444) has helped her and her family, and John Holliday is cited as walking on the Bethel Parkway and using the indoor walking program. Both Caroline and John are in **photos** appearing in newspapers across the country.

The afore-mentioned **walking program** resumes on January 10 – Tuesdays and Thursdays, 1:30-2:30 in Gould Academy's Bingham Gym.

There are other ways of staying fit in these cold, cold months. The new Bethel Village Trails Center at the Bethel Inn Resort announces a new cross-country ski program especially for Seniors and others who don't like to ski alone. The **Soup & Ski** activity will begin on Wednesday, January 11 at a cost of \$12 per session. Skiers should report to the Trails Center at the Bethel Inn at 10:00 am for assistance with trails and such. They will ski with companions for two hours and then report back to the inn for a simple soup lunch. FMI call the Center: 824-6276 or visit bethelvillagetrails.org.

We are delighted to be sponsoring a unique opportunity presented by the Reeve Foundation (see attached flyer). On Saturday, January 28, two healthcare professionals and yoga therapists will be at the Bethel Town Office Meeting Room on Main Street from 1:00-2:30. They will share **seated yoga** techniques to help rejuvenate mind and body. The session is free, and participants will receive a free DVD to continue practice at home. Space is limited so pre-register: Jackie Cressy (rivendellhousebnb@me.com, 824-0508).

How wonderful it is to have **fresh produce** in the winter! The Greenwood Farmers Market, in the old Greenwood Town Hall on Rt. 26, has expanded its program to every Friday, 4:00-6:00. SNAP benefit discount coupons are available.

The Bethel Farmers' Market is in the Gem theater every Saturday from 1:00-3:00. On January 14th, it will be followed by a showing of the film, "**SEED: the Untold Story.**" FMI see the full story in last week's *Citizen* or contact Bonnie Pooley (pooleyb@gouldacademy.org, 381-7944).

Learn more about LIHEAP, the **Low Income Heating Assistance Program** - apply for assistance if applicable. A recent *Sun Journal* article suggests that there are several myths preventing seniors from applying to the program, among them:: "(1) I make too much money ... (2) I don't heat with oil ... (3) I rent, and heat is included." Call for the real scoop (Community Concepts: 795-4065 or 866-5588).

SeniorsPlus will be at the Norway Savings Bank in Bethel on the third Thursday of the month starting January 19th, 12:30pm-4pm. FREE and open to the public, this is an opportunity to have questions or concerns answered about services and resources for older adults and adults with disabilities and their families. FMI: 1-800-427-1241.

Memory lapses? Who, me? AARP suggests these tips to help you remember: (1) Make an acronym: "My shopping list is FLEB: flour, lettuce, eggs and butter." (2) Take a hint: to recall a name or word, go through the alphabet or focus on any sounds you associate with the word. (3) "Conjure an image: if you want to remember to call Tom, pay a bill and make a doctor's appointment, create a mental picture of Tom at the doctor's office, writing a check."

There are many age-friendly projects – large and small – that we learn about from other communities. Here's one: <http://www.pewtrusts.org/en/research-and-analysis/blogs/stateline/2016/10/25/as-rural-america-ages-volunteers-give-a-hand>, which describes the Harpswell Dream Team **(volunteers in their 60s and 70s) that perform home maintenance** or do chores that residents can't do themselves— all for free.

If you or someone you know would like to be included on my electronic newsletter list (which is emailed out every three weeks), please let me know – and FMI on any of the above: nancydavis.bethel@gmail.com, 381-1110.