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Richard Plourde photo
Richard Plourde, of Lewiston, caught this beautiful picture of the Basilica of Saints Peter and Paul in Lewiston on July Fourth.

Maine

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SeniorsPlus to hold grand opening of Encompass Education and Nutrition Center August 21



We welcome you to share in the official opening of an important resource for older people and adults with disabilities in Androscoggin, Oxford, and Franklin counties.

What: A grand opening and ribbon cutting will take place at the new Encompass Education and Nutrition Center. The event will feature speakers, light refreshments prepared by SeniorsPlus Nutrition staff, and tours of the Meals on Wheels kitchen and distribution facilities, education center, technology spaces, and privacy pods.

Who: SeniorsPlus Board, funders, and dignitaries will address the public. Interviews can be arranged following, or in advance, with participants as well as volunteers and clients.

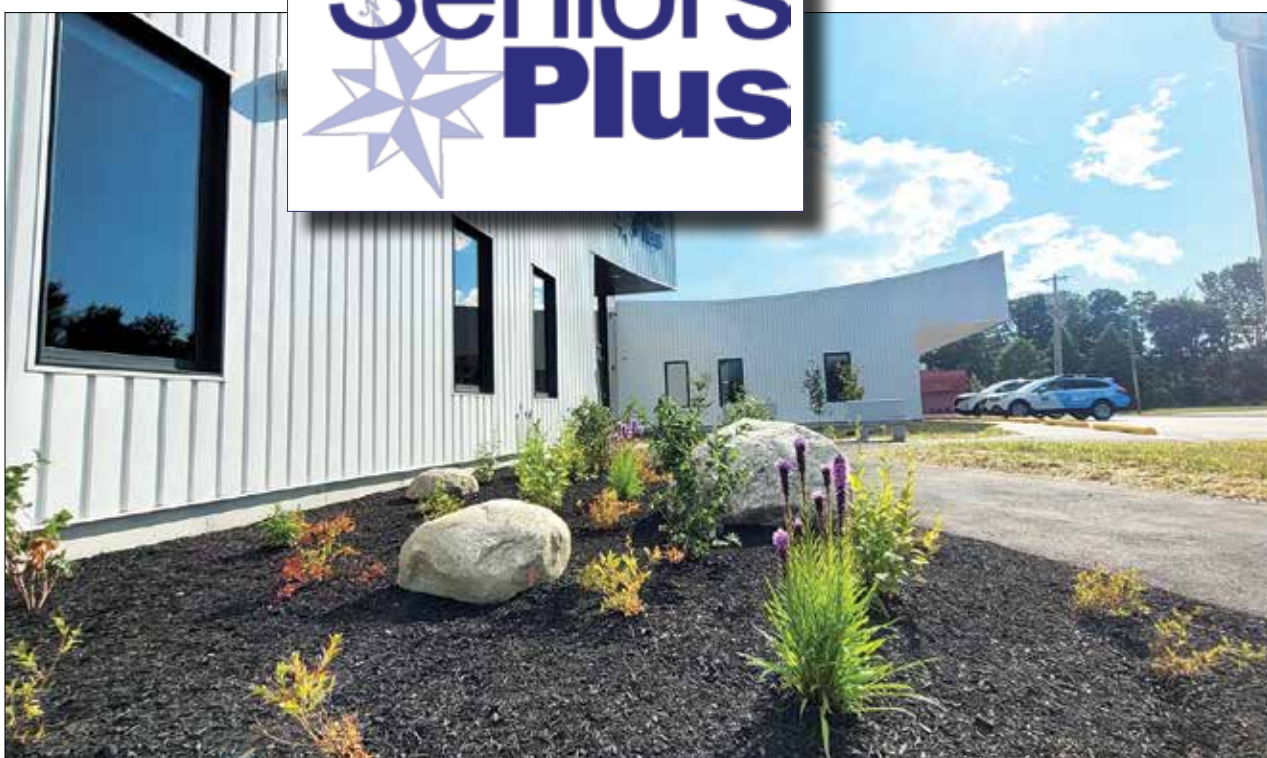
When: Friday, August 21, 10 a.m. to noon, rain or shine

Where: 14 Mollison Way, Lewiston, Maine. Additional parking available in front of Just-In-Time Recreation.

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CEO Leadership Transition Statement from the SeniorsPlus Board of Directors

With the recent announcement of our current CEO's intended resignation, the Board of Directors of SeniorsPlus has begun a search for the organization's next leader.

The Board's Executive Committee evaluated several potential paths forward and determined that conducting an executive search is the most appropriate course of action.



Betsy Sawyer-Manter



SeniorsPlus is a large and complex organization with both regional and statewide impact. Its continued success requires a leader with the experience and skill to guide a multifaceted

organization, while preserving its strong culture and commitment to high-quality service.

The full Board of Directors supports this direction and is fully committed to ensuring a smooth and successful leadership transition in 2026.

Adopted by the Board of Directors 5/18/26

In the Meantime...

Please join us in thanking Betsy Sawyer-Manter for her incredible legacy. You can send a note of gratitude or congratulations to development@seniorsplus.org and we will share it with Betsy.



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AARP NEWS



Joyce Bucciantini

historic forts played important roles during colonial conflicts and throughout World War II. A visit to any of Maine's forts combines the opportunity to view our scenic rivers and coast with a walk-through history.

Starting at the southern tip of Maine on the Piscataqua River near Kittery, Fort McCleary. There has been a fort on this point of land for over 275 years. The current buildings reflect the changes in military architecture and technology over the last 200 years. This site was manned during five wars, from the Revolutionary War until World War I.

By Joyce Bucciantini, AARP Maine Community Outreach Volunteer At long last, summer is finally here! This summer, America's semi-quincentennial, or 250th birthday, is a good time to explore a little bit of U.S. history close to home. Maine's

Farther along the coast toward the Kennebec River are Fort Popham and Old Fort Western. Fort Popham was built in the 1860's near Phippsburg. Old Fort Western in Augusta is one of the oldest intact forts in Maine and is a National Historic Landmark. The original 1754 garrison building is the oldest wooden French and Indian War era garrison in North America. Both forts served to protect the people and ship-building industry along the Kennebec.

Fort Knox, near Prospect on the Penobscot River, is one of the best-preserved military fortifications in New England. Visitors can explore the fort buildings and stand on top of the thick stone walls to view the Penobscot Narrows just below. The British invaded this lumber-rich area during the Revolutionary War and the War of 1812. Fort Knox was established in 1844 to guard the Penobscot River valley against possible future British incursions. Although soldiers were garrisoned at Fort Knox from 1863-1869, the fort never came under attack.

The first naval battle of the Revolutionary War took place just offshore of Machiasport. In response, Fort O'Brien was built in 1775 to guard

the mouth of the Machias River. The fort was destroyed by the British twice, rebuilt twice and saw duty during the Revolutionary War, the War of 1812, and the Civil War. Earthworks and cannons remain for visitors to explore.

I could not possibly list all the historic forts and places to visit in Maine. The Maine Bureau of Parks and Lands website at <https://www.maine.gov/dacf/parks/> can help to locate interesting historical sites where modern-day Mainers can walk in the footsteps of history.

As always, check out the AARP Maine website to find an AARP summer event near you.

Joyce Bucciantini is a retired middle school educator. She currently coordinates Delta Kappa Gamma's Read to Me program, is a tutor with Literacy Volunteers-Androscoggin, and is an active AARP Maine volunteer. She enjoys her gardens, being outdoors and traveling.



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Grilled kebabs made a flavorful addition to any backyard barbecue

Grilling enthusiasts are always on the lookout for something new to cook over an open flame. While traditional staples like steaks, hamburgers and hot dogs will never lose their favor among lovers of grilled food, expanding one’s grilling repertoire can open doors to new flavors and ensure meal time is always something to look forward to.

Fans of foods cooked over an open flame who want to try something new and flavorful can try this recipe for “Grilled Pork and Mango Kebabs With Chili Sauce” courtesy of Lines+Angles.

Grilled Pork and Mango Kebabs With Chili Sauce

Makes 4 Servings

For the chili sauce:

- 1/2 cups rice wine vinegar
- 1 tablespoon sesame oil
- 1 tablespoon fish sauce
- 1/2 teaspoon salt
- 1/4 teaspoon caster sugar
- 2 red chilies, sliced

For the kebabs:

- 2 tablespoons whole grain mustard
- 1 cup pineapple juice
- 1 lime, juiced
- 1 teaspoon salt
- 1/2 teaspoon ground black peppercorns
- 1 1/4 pound pork tenderloin, trimmed of silver skin and cut into chunks
- 1 large ripe mango
- Olive oil, for brushing
- 1 handful small mint leaves



1. For the chili sauce: Whisk together all the ingredients for the chili sauce in a small saucepan. Warm over a low heat, stirring until the sugar and salt have dissolved. Set aside until needed.
2. For the kebabs: Preheat a grill to a moderately hot temperature.
3. Stir together the mustard, pineapple juice, lime juice, salt, and pepper in a large mixing bowl. Add the pork, stir well to coat, and set aside until the grill is preheated.
4. In the meantime, halve and pit the mango. Cut away the skin before cutting the flesh into cubes.
5. Thread the pork onto the skewers, alternating with the mango flesh. Brush the grates of the grill with some olive oil.
6. Lay the kebabs onto the grill and leave to cook, turning occasionally, until the pork and mango are lightly charred all over, about 8 to 10 minutes.
7. Remove from the grill to a plate and let rest for 5 minutes, covered loosely with aluminium foil.
8. Scatter with mint leaves and serve with the chili sauce on the side.

Metro

Steve Smith Trial Lawyers

Estate planning is not just about money or documents. It is about protecting a lifetime of work, preserving family harmony, and making sure loved ones are not left guessing during a difficult time.

A thoughtful estate plan can answer important questions before they become urgent. Who should make financial decisions if you are unable? Who should speak with doctors about your care? How should your home, savings, personal belongings or business interests be handled? Without clear instructions, these decisions may fall to family members who are already under stress.

Estate planning commonly includes a will, powers of attorney, health care directives, and in some cases, a trust. Each tool serves a different purpose. A will directs how certain assets should pass after death. The financial power of attorney allows someone you



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trust to manage financial matters if needed. A health care directive helps guide medical decisions. A trust may help with privacy, continuity or planning for beneficiaries who need extra support.

It is also important

to remember that estate planning is not a one-time event. Retirement, the death of a spouse, a move, a new grandchild, a change in health or the sale of property can all be reasons to review existing documents. Even a well-prepared

plan may no longer reflect your current wishes, if it has been sitting in a drawer for many years.

The best estate plans are clear, current, and personal. They reflect your values as well as your assets. If it has been

several years since you reviewed your estate plan, this season may be the right time to take another look. A short conversation now can provide lasting peace of mind for you and the people you care about most.



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Dr. Peggy Cyr.

Remarkably Bright Creatures

My spouse had told me the book Remarkably Bright Creatures was an excellent read. I was suspect as I know it had something to do with a talking octopus and I just didn't think it was my genre. When I saw that the book was now a Netflix movie starring Sally Field, I decided to watch.

First off let me say, what is not to like about Sally Field? She is a powerhouse actress with numerous accolades including two Best Actress in a Leading Role Academy Awards for Norma Rae (1979) and Places in the Heart (1984). Sally has also won three Primetime Emmy Awards for her television work (Sybil, ER (guest actress), and Brothers and Sisters). She will be 80 years old this November and still appears to be going strong!

Marcellus is the famed elderly Pacific Octopus that Tova (Sally's character) develops an emotional attachment to while she works as a cleaning woman at an aquarium at night. Marcellus is the narrator of much of the movie. (Voice over by Alfred Molina). If you google Alfred, you will surely know who he is. Tova is widowed, lonely and still grieving the loss of her husband and her teenage son who died over 30 years ago while out on the lake. Town's people have claimed her son's death was a suicide. Tova has never bought that version of events.

The plot turns interesting when an unemployed musician named Cameron arrives in town to look for the birth father he has never met. He lives in the shabby camper van that used to belong to his mom, a drug addict who died of an overdose. Cameron's character is played by Lewis Pullman. When Tova sprains her ankle, Carmeron is hired to fill in, and Tova takes him under her wing. She teaches him the job but goes well beyond that by encouraging him to continue his music and even joins him for an open mike night. She also goes with him to try and find his birth father.

There are other forces at play including her decision to sell her house to move to a retirement community and a love interest from a kind and funny single man who has known her for ages Ethan Mack (played by Colm Meaney). Side plots develop with Cameron who starts dating a woman that owns a surf shop and Tova has three women friends from a knitting group called the Knit-Wits.

If you are paying close attention, you will understand the final twist well before the end

of the film. The film is overall beautifully done and heartwarming. I loved it. As far as the whole octopus' connection, apparently octopuses are fairly intelligent creatures being able to solve complex puzzles like opening jars, unscrew filters and use tools. The octopus can also change color, excrete an ink to camouflage itself and even walk on two arms. As you will see, Marcellus helps solve the long-standing family mystery.

Lesson learned for me on this one. Wacky concepts (talking octopus) can have very deep meanings.

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What's on the minds of older voters in 2026?

Older voters are one of the most powerful forces in American elections — and this year is no exception. In every national election since 2002, Americans 65 and older have voted at higher rates than any other age group. In midterm elections like this one, that gap widens considerably. In 2022, nearly 67 percent of citizens 65 and older cast a ballot, compared to just 28 percent of those between 18 and 24. That kind of turnout means older voters have an outsized role in shaping the direction of the country — and the issues they care about matter enormously. So what's on their minds heading into the 2026 midterms?

According to a December 2025 AARP poll, the cost of living tops the list. From groceries and utilities to housing and prescription drugs, the pressure of rising prices is felt across all age groups — but it weighs heavily on those living on fixed incomes. Related concerns, including health care, taxes, jobs and the future of Social Security and Medicare, are also ranked high. When asked if they felt financially secure than the year before, 39 percent of those 65 and older said less, while only 26 percent said more.

Beyond the economy, two issues stand out as priorities for voters 50 and older: protecting Social Security and supporting family caregivers. These are not abstract policy debates — they are deeply personal. Millions of older Americans rely on Social Security as a cornerstone of their retirement security, and millions more are juggling the demands of caring for aging parents, spouses, or other loved ones, often without adequate support.



AARP is nonpartisan and does not endorse or oppose any candidates for office. But that does not mean staying on the sidelines. AARP's role is to make sure the voices of older Americans are heard loud and clear — and to ensure that candidates at every level address the issues that matter most to people 50 and older.

Learn More and Get Involved

There are several ways you can get involved and make your voice count this election season. You can pledge to vote for candidates who will protect and strengthen Social Security and support family caregivers. You can sign up to become an AARP activist to receive the latest news and alerts on issues you care about. And you can learn everything you need to know

about voting in Maine this year, including registration deadlines, polling locations, and absentee ballot information, at www.aarp.org/government-elections/how-to-vote-2026.

AARP Maine will also be hosting and participating in community events throughout the state in the coming months, where staff and volunteers will connect with fellow Mainers about these critical issues. Check out the events hub at aarp.org/eventsME for the latest schedule, including coffees, fraud watch workshops, movie nights and more.

Whether you have been engaged for years or are just tuning in now, there is a place for you in this effort. The midterms are coming — and older voters in Maine have the power to shape what happens next.

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Keep Your Balance Boomers

Did you know that we all lose our balance over time as we age if we do not work at keeping it strong? After the age 50, balance ability declines steadily with each decade and by age 70, many people lose up to 30–40% of their balance-related functions; this includes muscle strength, reaction time, and sensory functions. Balance loss is a part of aging, and it is one of the main contributors to falls and loss of independence in older adults. Also did you know falls are the leading cause of injury-related deaths among adults 65 plus. Did you know that over 3 million older adults are treated in emergency rooms each year for fall injuries? Did you know that poor balance is one of the top 3 risk factors for falls, along with muscle weakness and vision problems

Here are 3 of my favorite simple daily exercises to improve balance and stability.

- 1. Single leg stands** – We should do this exercise throughout the day or several times a day when hanging out around the house. It’s easy and simple to do and helps immensely to keep balance strong.
- Stand behind a chair or alongside the kitchen counter or bar to hold on to for a little support until you can let go freely.
 - Lift one foot off the ground and hold for 20 to 30 seconds
 - Switch legs and alternat doing this for 5 to 10 minutes a day.

- 2. Heel to Toe Walk** – Some of you may know this one, it is similar to what the police officer has you do when pulling you over for a DUI.



FALLS ARE THE **LEADING CAUSE** OF INJURY-RELATED DEATHS AMONG ADULTS 65+.



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POOR BALANCE IS ONE OF THE TOP **3 RISK FACTORS** FOR FALLS, ALONG WITH MUSCLE WEAKNESS AND VISION PROBLEMS.

- Walk in a straight line, placing the heel of one foot directly in front of the toes of the other for 20 steps
- Keep your shoulders back and posture upright and eyes forward without looking at your feet. Use a wall or chair for support if needed for the first couple of times until you get used to it.
- Stand behind a

- chair and hold lightly for support
- Lift one foot off the ground and hold
 - Switch legs
- 3. Chair squats** – chair squats are great for lower body strength and stability and help with balance. By using a chair, it helps coordinate and active the correct muscles in the correct position in a very safe way.
- Sit in a sturdy chair with feet flat on the floor
 - Stand up slowly (use hands if needed)
 - Lower yourself back down with control.
 - Do 10 of these and take a little 2-minute rest and do 10 more or as many as you can take and gradually increase as you get stronger.

As with anything in life, Consistency is key! Even a few minutes each day can help improve balance, reduce risks of falls, and increase ease of movement.

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Rethinking Good Posture: Why Pulling Your Shoulders Back Isn't the Answer

The Posture Myth Most People Get Wrong

If you've ever been told to "sit up straight," chances are you were also told to pull your shoulders back. While well-intentioned, this cue can worsen symptoms in people with neck and upper back pain. Pulling the shoulders back does not significantly reposition the spine, and instead often increases muscular tension in the neck and upper shoulder region.

Why "Shoulders Back" Can Increase Neck Tension

Actively retracting the shoulder blades increases activity in the levator scapulae and upper trapezius, both of which attach to the cervical spine. Increased activation of these muscles has been associated with greater neck pain and muscle fatigue in individuals with postural dysfunction and prolonged sitting habits.^{1,2}

A Better Starting Point: "Lift Your Sternum"

A more effective cue is to focus on gently elevating the sternum. This subtle adjustment promotes thoracic extension, improves rib cage positioning, and allows the head to balance more efficiently over the spine. Improving thoracic posture has been shown to reduce mechanical strain on the cervical spine and decrease neck pain.³

What Better Posture Actually Does

Rather than forcing the shoulders backward,

optimal posture reflects a stacked alignment in which the rib cage, spine, and head are balanced. This reduces the workload of cervical extensors and improves overall biomechanical efficiency.^{3,4}

Awareness Alone Is Not Always Enough

While "sternum up" is a useful cue, long-standing postural habits often involve structural adaptations. Prolonged flexed postures are associated with thoracic spine stiffness and reduced mobility, which can limit the ability to achieve upright positioning without intervention.⁵

Restoring Mobility: Why the Spine Needs Help

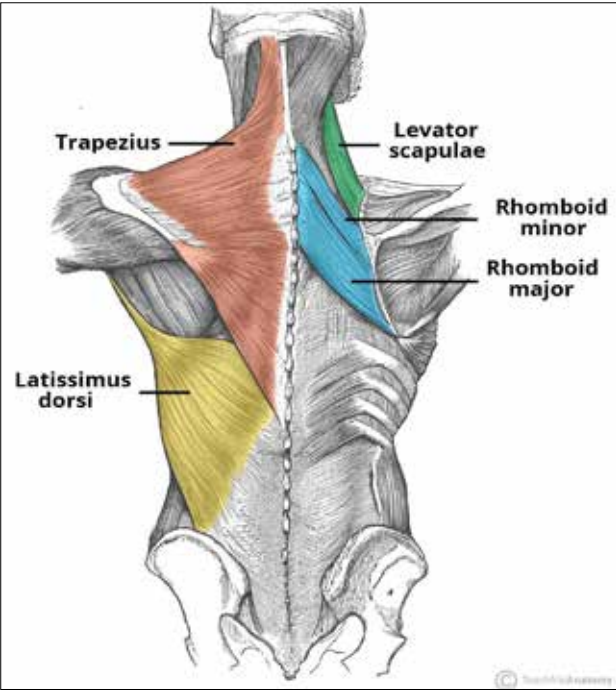
Manual therapy, including joint mobilization and manipulation, has been shown to improve thoracic mobility and reduce neck pain when combined with exercise.⁶ These interventions help restore the movement necessary for improved posture, making upright positioning more natural and sustainable.

Strength Matters: Supporting Your Posture

Postural endurance depends on the strength of spinal stabilizers, including the erector spinae and deep cervical musculature. Strengthening these muscle groups has been shown to improve pain and function in individuals with chronic neck pain.⁷ Without sufficient endurance, individuals tend to revert to slouched positions due to fatigue.

The Role of Passive Support

Even with improved strength and awareness, prolonged sitting leads to muscle fatigue. The use of lumbar support has been shown to help maintain spinal alignment and reduce strain on the lumbar and thoracic regions during seated tasks.⁸ Placing a lumbar support cushion in the small of the



back can significantly reduce the tendency to slump over time.

The Big Takeaway

Good posture is not about forcing your shoulders back—it is about creating a system where your body can maintain alignment comfortably and efficiently.

- Start with "sternum up"
- Restore mobility where needed
- Build strength for endurance
- Use support when necessary

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How to deal with economic uncertainty

By: Stan Popovich

Rising prices, job uncertainty, and concerns about the future can leave many people feeling anxious. While you can't control the economy, you can control how you respond to it.

Here are several practical strategies that can help you manage stress during uncertain economic times.

- 1. Focus on What You Can Control:** Instead of worrying about every headline, concentrate on actions you can take today. Create a budget, update your resume, or review your emergency savings.
- 2. Limit Negative News Consumption:** Staying informed is important, but constantly checking the news can increase anxiety. Consider setting specific times to catch up on current events.
- 3. Avoid Catastrophic Thinking:** When you find yourself worrying, pause and ask: Am I assuming the worst? What evidence do I actually have? What are other possible outcomes? A more balanced view of the situation can help reduce unnecessary stress.
- 4. Maintain Healthy Daily Habits:** Regular exercise, adequate sleep, nutritious meals, and spending time with supportive people can improve your ability to cope with uncertainty.
- 5. Prepare Instead of Panic:** Develop a simple plan for possible financial challenges. Even small preparations can increase confidence and reduce feelings of helplessness. For example, reviewing your monthly expenses or identifying areas



where you can reduce unnecessary spending can help you feel more prepared if your financial situation changes.

- 6. Practice Stress-Management Techniques:** Deep breathing, mindfulness, journaling, prayer (if it aligns with your beliefs), and other relaxation techniques can help calm anxious thoughts.
- 7. Remember That Economic Conditions Change:** History shows that economies experi-

ence cycles. While downturns can be difficult, they do not last forever. Keeping a long-term perspective can help reduce fear.

Economic uncertainty affects nearly everyone at some point. While no one can predict the future, focusing on practical actions instead of fear can help you stay calm, make thoughtful decisions, and move forward with greater confidence.

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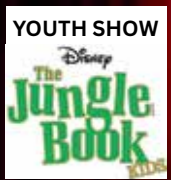
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Protecting people with dementia during extreme heat- 5 tips for families

With a heat dome creating dangerously high temperatures and triple-digit heat indexes for millions of people, the Alzheimer's Foundation of America (AFA) is sharing important safety guidance to help families caring for loved ones living with Alzheimer's disease and other dementia-related illnesses minimize the risks associated with extreme heat.

"Extreme heat is especially dangerous for someone with dementia because the illness can affect a person's ability to recognize thirst, communicate discomfort, or realize they may be overheating," said Jennifer Reeder, LCSW, SIFI, AFA's Senior Director of Educational and Social Services. "Taking a few simple precautions can help caregivers protect their loved ones and prevent heat-related illnesses during periods of dangerous temperatures."

AFA advises caregivers to take the following steps:

1. Watch for wandering warning signs

Wandering is a common behavior among individuals with dementia and becomes especially dangerous during extreme heat, where heat-related illnesses can develop in just a few minutes. A person with dementia who becomes lost or disoriented may not recognize they are overheating or know how to seek help. Someone with dementia may want to go outdoors for many reasons: seeking purpose, responding to overstimulation, escaping noise or activity, or attempting to meet an unmet need such as hunger, thirst, or boredom. Watch for signs

“Extreme heat is especially dangerous for someone with dementia because the illness can affect a person's ability to recognize thirst, communicate discomfort, or realize they may be overheating,” said Jennifer Reeder, LCSW, SIFI

such as pacing, restlessness, or anxiety. Reduce the chances of wandering by ensuring the person's basic needs are met, as well as creating safe, stimulating alternatives to going outdoors. These can include walking paths around the

home with visual cues, engaging the person in simple tasks, or offering activities like music, crafts, or games. Keep a recent photo and medical information on hand, as well as information about familiar destinations that are currently, or formerly, frequented, which can be shared with emergency responders if the person wanders. This will expedite search and rescue efforts.

2. Monitor fluid intake

Dementia can af-

fect a person's ability to recognize when they are thirsty, increasing the risk of dehydration. Caregivers should offer fluids frequently and monitor intake. Avoid alcohol and limit caffeinated beverages, which can cause dehydration.

3. Recognize symptoms of heat-related illness

People living with dementia may have difficulty recognizing or communicating symptoms and distress caused by extreme temperatures. Warning signs can include excessive sweating, exhaustion, hot or red skin, muscle cramps, rapid pulse, headache, dizziness, nausea, or sudden changes in mental status.

If signs of heat-related illness manifest, move the person to an air-conditioned or cooler location, remove excess clothing, apply cool compresses, and encourage fluid intake if they can drink safely. Call 911 immediately if the person faints, becomes unconscious, or experiences severe confusion.

4. Know your local cooling center

Many communities open air-conditioned cooling centers during heat waves. These may

Dementia on page 15



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Maine Sexual Assault Helpline at **1-800-871-7741**

Dementia from page14

include senior centers, libraries, community centers, and other public buildings. Identify nearby cooling centers, even if you have air conditioning in your home, as these can be backup plans in case of a power outage.

5. Have a plan

Make sure the person has sufficient water and access to air conditioning or other cooling mechanisms. Heat waves can place addi-

tional strain on electrical systems, increasing the possibility of power interruptions. Make sure phones, tablets, and other devices are fully charged, and keep flashlights accessible. Have emergency contact information for utility providers, police, and fire departments readily available.

Caregivers who do not live near their loved one should arrange for someone nearby to check in during extreme heat or schedule an in-home aide during the heat wave. Make sure

that person has access to important information, including medical records, insurance information, and emergency contacts.

AFA's Helpline, staffed entirely by licensed social workers who are specifically trained in dementia care, can provide additional information and support for families. The Helpline is available seven days a week by phone 866-232-8484, text message 646-586-5283, and web chat www.alzfdn.org.

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