

The Rockin' Years

A newsletter to keep Belgrade's seniors informed and active

Spring 2024

A Note from the Senior Resource Committee

In addition to providing programs which promote the wellbeing (social, physical, and nutritional) of our citizens. The Senior Resource Committee's purpose is to review and when necessary, make recommendations to the Selectboard on services and programs, which focus on helping seniors obtain better access to services and infrastructures, so they may live safely and with dignity as they age.

In January, Maine was awarded a \$2.5 million federally-funded initiative to establish a community navigator program at each of the state's five Area Agencies on Aging. The intent is to help connect older adults to local, state and regional resources. The most recent biennial budget signed by the Governor provides funding for a number of supports for Maine Seniors. These funding allocations signal the recognition of the needs and in response support to address them. We will continue to share information as we learn more about what opportunities may exist to assist our residents.

Game Day

Starting Wednesday May 8th, Committee volunteer, Mike Ashland, will be opening the North Belgrade Senior Center weekly for game days from 10 am to 3 pm. Bring your lunch and spend the afternoon. There will be options for card games including Yahtzee and board games. Come socialize and have fun.

Yarn Donations requested

The crafting group is asking for donations of yarn. Several hats have been made and provided to the food bank to be distributed as needed. The supply is dwindling. We will gladly take anything you might have around and wish to donate. Please leave donations at the Town Office.

Plant Swap

A plant swap will be held Saturday June 1st. As you are preparing your gardens, you may find that you need to divide some of your perennials, you may have herbs or vegetables that you do not need or may decide it's time to give the inside of your house a makeover. If you are on the lookout for new plants come check it out from 9 am-11 am on Saturday June 1st.



Bus Trip- Coastal Maine Botanical Gardens

On Wednesday June 12th there will be a bus trip to visit the largest botanical garden in New England, situated on more than 300 acres. The bus leaves the Center for All Seasons at 7:45 am and returns at 4:30 pm. This trip will fill up fast. Email recreation@townofBelgrade.com for more information.

Maine Senior Farmshare

The Maine Senior FarmShare Program provides eligible low-income seniors with a share of fresh, local produce at no cost directly from local Maine farmers during the growing season. To qualify, seniors must be 60 years or age or older (55 for Native Americans), be a Maine resident, and meet the income guidelines. Seniors must sign up each year, even if they were with a farmer last year, and can only sign up with one farmer each year. The program is administered by the Maine Department of Agriculture, Conservation & Forestry (DACF). Information can be found at their website. [Maine Senior FarmShare Program: Agricultural Resource Development Division: Maine DACF](#)

Vegetables are not only delicious but also packed with essential nutrients like vitamins, minerals, and fiber. So, let's celebrate these colorful and nutritious gifts from nature!

Did you know

1. Originally, carrots were **purple**, not orange. The world's largest carrot weighed over 20 pounds.
2. Potatoes were the first vegetable grown in space.
3. The Carolina Reaper holds the title for the world's hottest chili pepper.



Senior Survey

For a couple years, we have had a survey available at the town office and at some of the elections. The purpose of this survey is to gauge how our residents feel about the community as a place to age. One question asks what modifications or resources might be needed in order to live independently in their home. Some of the comments are:

- Transportation
- Single story home
- Bathroom on ground floor
- Need to downsize
- Access to home-ramps/ walkways
- Tax relief
- Financial help to manage heating and food costs
- Home care
- Assistance with outside work
- Grab bars and other safety items for the home
- Access to medical specialists and to stores

Belgrade seniors are not unique and actually mirror what the National Institution on Aging states. They say the critical factors to contribute to aging in place with quality are: habitat and safe environment, sufficient income to sustain life, support from family and friends, and access to primary healthcare.

There are people and agencies locally, regionally and nationally exploring initiatives and offering resources for older adults. The Eldercare Locator, [Eldercare Locator \(acl.gov\)](https://acli.org/) connects seniors with trustworthy local support resources.

Your Senior Resource Committee will research grant opportunities that may be available and will continue to provide a variety of programs.