

## Town of Sebago, Maine

Approved by the Board of Selectmen

# SEBAGO HAPPENINGS

Volume 1, Issue 1  
Spring 2009

## SEBAGO'S FOCUS ON SENIORS

By Maurice E. Geoffroy, LSW  
PROP Social Service Supervisor,  
Sebago General Assistance Administrator

The Town of Sebago is focusing a lot of attention on "Aging-in-Place" Issues, and for many good reasons: Many of our fellow citizens who used to be summer-folk have now retired and made Sebago their year-round home.

Given the state of the economy and 401K's that have shrunk to "201K" size, Seniors often can no longer afford the extras they have become accustomed to; and sometimes not even the basics they need.

With early-on sky-rocketing prices of heating fuel and gasoline, many Seniors are "locked in" to payment plans that turned out to be budget busters from which they could not extricate themselves. And, affordability of regular travel has become prohibitive.

And, as a sure sign of the times, the Town's General Assistance Program has, in 8 months of the 2008-2009 Fiscal Year, exceeded its total 2007-2008 expenditures by 33%.

Food and household goods prices are still the highest in memory, let alone the cost of prescription medications. Many Seniors have to choose between buying food or medicine.

Is it surprising, then, that many Seniors, for the first time ever, are finding themselves asking for help? There is help available for many. But, the Social Services Network is complex and not easy to navigate, since no two programs have the same eligibility requirements.

To seek some relief, Seniors can start in their own "backyard":

The Town runs a well organized food pantry, open on the 4th Tuesday of each month from 9 to 11 AM. Contact #642-4370

The General Assistance Office is open on Thursdays from 2 to 4 PM (no appointment needed). Contact #787-2457

At times of storms and power outages, Sebago opens its Town Hall for shelter. Contact #'s are 787-2730 or 787-3943

Starting "at home" is important, because many of our Senior neighbors no longer drive, for many reasons. Therefore the need for transportation to and from medical appointments becomes crucial. On this front, two programs offer services:

Closer to home is the Senior Transportation Program (STP) out of Bridgton, offering individual doorstep-to-doorstep services for reasonable fees. STP contact #647-2483

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## Senior Needs Assessment Survey Completed

By Caroline Paras, Economic & Community Planner  
Greater Portland Council of Governments (GPCOG)

Sebago's Seniors number over 200 strong - one out of every seven residents. Over time, Baby Boomers will age into seniors, doubling the senior population by 2020. Most of the town's Seniors own their own homes, where they live with their spouses. The town's Seniors face unique challenges in maintaining their own homes: one out of two is low income and one out of three bear a limitation that inhibits their mobility inside and outside the home.

With few alternative living options for Seniors, the Town of Sebago decided to explore what it could do to enhance the living environment for its Senior and Disabled residents and keep them living in Sebago for as long as possible. In 2007, the Town of Sebago applied for a Community

## Hours of Operation

### Town Office

Tuesday through Friday

8 a.m. to 4 p.m.

Saturday — 8 a.m. to 12 p.m.

### Transfer Station

Tuesday, Thursday,  
Saturday, Sunday

7 a.m. — 5 p.m.

## Sebago's Focus on Seniors (Continued from Page 1)

Out of Portland, the Regional Transportation Program (RTP) offers weekly bus rides to shopping centers, as well as volunteer drivers offering doorstep-to-doorstep rides to medically related appointments. RTP contact #1-800-244-0704 or 774-2666

At the regional level, Southern Maine Agency on Aging (SMAA) offers many services tailored to Seniors' needs. Among these: Meals-on-wheels and Senior Meal Sites, Legal services for the Elderly, Seminars about Medicare and its Part D Prescription Plan, Elder Advocates who are available for one-on-one sessions to assess and discuss each individual Senior's needs.

For Seniors looking to volunteer time and expertise, SMAA offers the Retired Senior Volunteer Program (RSVP). SMAA contact #1-800-427-7411.

At the State level, there is help with paying property taxes, as well as a rent refund through the so-called "Circuit Breaker Program". Applications for the Property Tax and Rent Refund are found at the Town Office, at the Library, and through the General Assistance Office. They must be filed by June 1, 2009.

Many Seniors refer to PROP for its Fuel Assistance program. And, indeed, the Low-Income Home Energy Assistance Program (LIHEAP) is still taking applications through April 30, 2009. You may contact the Program at 553-5900 or 1-800 698-4959 ext. 5900.

For Seniors looking for volunteer opportunities, PROP's Senior Volunteer Program (SVP) offers opportunities as Foster Grandparents, Family Friends, and Senior Companions. Contact #1-800-698-4959, ext. 5970

Furthermore, the Town of Sebago, along with 10 other Towns in Cumberland County contracts with PROP's Community Services Department to administer their General Assistance Program. Thus General Assistance clients receive not only help from the Town, but benefit from information about and referrals to resources available at PROP and other Programs and Agencies.



I realize that, by now, you may be suffering from information overload. But, just remember, if all else fails, to call me, either at the General Assistance Office at 787-2457 or my PROP Office at 1-800-698-4959 ext. 5931. I'll do my best to steer you in the right direction to receive the help you need.

*"Live in such a way that you would not be ashamed to sell your parrot to the town gossip."*

*Will Rogers*

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## Senior Survey (Continued from Page 1)

Development Block Grant (CDBG) from Cumberland County. In February of 2008, the Town mailed a 12-page survey to every household in the community, which was completed by 62 households representing 96 seniors, or 45% of all Seniors living in Sebago. Seniors expressed unison on certain fundamental themes, which were presented to the Board of Selectman for consideration last year.

*Seniors want to continue to live in their own home in Sebago for as long as possible.*

*In order to remain in Sebago in the future, seniors would like to see:*

- Stable and predictable property taxes*
- Opportunities for assistance with home maintenance and repair*
- Opportunities for occasional door-to-door transportation*
- Opportunities for more social interaction with other seniors*
- Timely assistance in the event of an accident, disaster or emergency*

*Seniors do not want to pay for new programs and services through an increase in property taxes.*

Sebago is dedicated to serving the needs of its residents and as funding becomes available will take this important information into consideration in order to enhance services to the community at large. For the complete survey results, please feel free to stop by the Town Office for a copy.

## Clerk's Corner

We would like to take this opportunity to introduce you to another member of the staff, Deputy Clerk, Lin Greene. Lin lives in Sebago and is very eager to serve you. Stop by, and say "Hello".

Here are few important reminders from the Town Clerk's office:

**Property Taxes**—The second half of the 2008 Property Taxes are due on May 1, 2009.

**Dog Licenses**—The State of Maine requires dogs to be licensed at 6 months of age or within 10 days of ownership. As of April 1, 2009 the late fee increased to \$25.00 on top of the normal registration fee of \$6.00 for a spayed/neutered dog and \$12.00 for an unaltered dog. If your dog is not registered you may be contacted by the Animal Control Officer and face additional fees/fines for non-compliance with the State Law. Please be advised that if your dog is found running loose by the Animal Control Officer they may be taken to the Harvest Hills Animal Shelter if the dog is not registered or we are unable to contact you. In order to retrieve your dog, you will be required to pay a \$30.00 Impound Fee at the Sebago Town Office before your dog will be released to you from the shelter where you could possibly be charged an additional daily fee.

**Annual Town Meeting** – The Annual Town Meeting will be held on Saturday, June 6, 2009 at the "Old" Town Hall Building and will commence at 9:00 a.m.

**Change of Address Notification** – Please remember that if you change your mailing address, you should notify this office of the change when you;

- Pay your property taxes
- Register your motor vehicle(s)
- Register your recreational vehicle(s)
- Update your Voter Registration card
- Renew your Fishing/Hunting License

**Boat Registrations – COMING SOON** – Online Boat Registrations We have been notified that starting in April you will be able to register your boat on-line as you can currently do for your motor vehicles, snowmobiles, ATVs, and Hunting/Fishing licenses. We will provide a "link" on the town's website as soon as this is possible for your convenience. If you prefer to re-register your recreational vehicle or renew your Hunting/Fishing licenses at the Town Office, **please bring in the prior year information** if possible.

**Town Beach & Douglas Mountain 2009 Season** – Opens Memorial Day Weekend

**Hazardous Waste Day** – Will be held on July 11, 2009 at the Transfer Station.

**Sebago Days** – Will be held during the third weekend in July.

Michele Bukoveckas, Town Clerk/Tax Collector  
Maureen Scanlon, Administrative Assist/Deputy Clerk  
Lin Greene, Deputy Clerk

## Code Enforcement Issues

By James Smith III, Code Enforcement Officer

As the E-911 Addressing Officer, I am finding many homes throughout town that do not have the designated physical address of the building displayed in plain sight on or around the building.

Not only is this a matter of convenience for receiving deliveries of oil, propane, or packages; it is also a matter of life safety.

In the event of an emergency, Rescue, Fire, or Law Enforcement personnel need to find you as quickly as possible.

Please make every effort to display your physical address in a visible location in order to prevent any delays in getting help to you when you need it most.

If for some reason you do not know what the physical address is for your property, please contact me at the town office for this information.

**REMEMBER – SOMEONE'S LIFE MAY DEPEND ON IT!**

*"Life is a gift, that is why it is called the present!"*

### ELECTION NEWS

By Michele Bukoveckas, Town Clerk/Tax Collector

In the upcoming months, we will have several elections. On May 19, 2009 we will be electing our Town Officials. On June 9, 2009 we will be having a referendum vote as determined by the State. The polls will be open from 8:00 a.m. – 8:00 p.m. Election Day is a long and busy day. I am always looking for people to help count votes at the end of the night, if interested, please visit or call me at the Town Office.

On June 6, 2009 commencing at 9:00 a.m., we will have our Annual Town Meeting, where the Town budget will be voted on.

Information on these events can be found on our website.



## A Few Words from the Fire Chief

By Ken Littlefield, Fire Chief

The Sebago Fire and EMS Departments are now being dispatched by Standish; for emergencies – dial 911, for non-emergencies – dial 642-4343.

Smoke Detectors: Please take the time to change the battery at least every 6 months. Do a test to make sure it is working properly, have a family drill, know what to do if there is smoke, know where to meet outside, one is left inside.

Carbon Monoxide Detectors: Also change out; close your doors, and call 911. If you may not be able to detect what the problem



goes off, how to get out – stay low and crawl if call 911, and please inform the fire dept. if some-

the batteries every 6 months. If they go off, get leave the doors or windows open, our equipment is.

Burning Permits are required by Law when you want to do any open burning – all year long. To obtain a burning permit, you can go to the town office and get one, go to Standish Dispatch, or call Standish @ 642-4343 and they can page one of the Firefighters with your phone number so we can contact you.

Have a safe spring!

## Roads for Residents

By Don Rahmlow, Consultant

Our roads are always the first thing on our minds when we hit a pothole or frost heave, but how often do we think about the overall condition of our total roads network? And how many of us are aware that our roads network is one of the town's most valuable assets, worth at least \$40-60 million in terms of rebuilding costs?

Your town government is aggressively working on your behalf to protect the value of this asset. The first step is deciding what level of road quality will best serve residents—meeting your needs for a safe, smooth, and dependable driving experience while minimizing demands on your pocketbook. Town officials actively seek your input in this process. When it comes to our roads, how good is 'good enough'? Which roads should be improved, and why? Do you know how much we have spent on our roads in previous years, or have suggestions for what level of spending is appropriate now and in the future?

Thanks to the efforts of Public Works Director, Dan Nowell, and his team—as well as our previous public works managers and workers—most town roads currently look like they are in good shape. The key word here is “look”. Unfortunately, minor-looking defects in a road can quickly become major problems. Water is a road's worst enemy in our cold climate, and once it finds its way into the roadbed through cracks or a drainage problem, the condition of the road will deteriorate at a rapid and accelerating rate.

A good road maintenance program has two objectives: protect the good roads with routine maintenance (such as crack sealing and ditching), and perform major repairs as funds are available to roads whose condition has deteriorated to a point where routine maintenance is no longer effective.

Right now we have approximately 15 miles of paved roads that can benefit from routine maintenance to preserve their integrity, 3 miles in need of moderate work, and nearly 4 miles in need of major repairs. In addition, 10 miles of road suffers from some degree of drainage issues. This is an ongoing effort and we will strive to keep you updated on our progress as we move further “down the road”. We welcome your input as we prioritize and establish a budget for this work.



## “From the Doghouse”

By Bobby Silcott, Animal Control Officer

### Basic First Aid & CPR Certification Classes for Dogs/Cats to be offered.

Basic First Aid & CPR not only saves human lives, it can save an animal's life too! We will be offering an American Red Cross Basic First Aid & CPR Certification class (on dogs & cats) for anyone that may want to learn how to save an animal's life in an emergency situation. This is 4-hour course in providing Basic First Aid & Life Support to an animal in distress. The cost is \$30.00 and includes; an official training book and CD, and an American Red Cross Basic First Aid & CPR Certification on animals. A portion of this fee also goes towards the POM Project; a program that provides funding for purchasing Pet Oxygen Masks for fire/rescue units. If you are interested in attending this informative and perhaps even life-saving class, please contact the Town Office at 787-2457 for contact information.



## Public Works Updates

By Dan Nowell, Public Works Director

The Public Works Crew will be very busy this summer daily maintenance needs of the town owned properties. nance work on Hancock Pond Road, Kimball Corner As a courtesy to our residents, we send out notification going to be taking place on property immediately adjacent to your property. We will be sending out a letter from the Town Office to notify you that we will be working on land abutting yours and are concerned that our work may have an impact on your access. If you have not received a letter, please contact me at 787-2002 or 787-3337.



with some important projects above and beyond the town. We will be performing ditching and culvert maintenance work on Hancock Pond Road, Kimball Corner, and River road during the summer months. We will be sending out notification letters to abutting property owners when work is going to be taking place on property immediately adjacent to your property. We will be sending out a letter from the Town Office to notify you that we will be working on land abutting yours and are concerned that our work may have an impact on your access. If you have not received a letter, please contact me at 787-2002 or 787-3337.

## Activities for Seniors

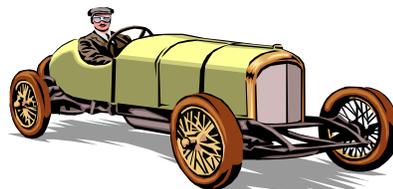
By Maureen F. Scanlon, Administrative Assistant/Deputy Clerk

If you know of an activity that may be of interest to the senior and disabled residents in our community, please give me a call at the Town Office at 787-2457 so that we can get the word out to others.

**WALKING CLUB** – Join the Walking Club and get together with your Sebago neighbors for some exercise and camaraderie at the Town Hall building during weekly walking sessions. It is a great way to get some exercise no matter what the weather is like outside. For more information, contact Arlene Clow at 787-3520.

**HOLLYWOOD SLOTS (Bangor, ME.)** – Plans are being made for a bus trip in July. For more information, contact Recreation Department Director, Corrine Davis at (207) 595-8173.

**OWLS HEAD TRANSPORTATION MUSEUM (Owls Head, ME.)** – Plans are being made for a bus trip in July. For more information, contact Recreation Department Director, Corrine Davis at (207) 595-8173.



# Town of Sebago



406 Sebago Rd., Sebago, ME. 04029

Phone: 207-787-2457

Fax: 207-787-2760

[www.townofsebago.org](http://www.townofsebago.org)

## MISSION STATEMENT

To provide truthful, up-to-date, and educational information on how the community works, in order to provide the opportunity for making informed decisions while also enriching the lives of our citizens that want to live here, prosper, and raise their families.

## Community Calendar

### Board of Selectmen Meetings

(Tuesdays at 6pm)

April 7th & 21st

May 5th & 19th

June 2nd & 16th

### Planning Board Meetings

(Tuesdays at 7pm)

April 14th

May 12th

June 9th

### Municipal Election Day

May 19, 2009

### Annual Town Meeting

June 6, 2009

### Hazardous Waste Day

July 11, 2009

### Town Beach & Douglas Mountain

#### 2009 Season

Opens Memorial Day Weekend

#### Sebago Days Event

July 16, 17 & 18

Fireworks & Parade are on

Saturday, July 18

#### Public Hearing

Shoreland Zoning Ordinance

April 28, 2009

### RECREATION DEPT. ITEMS

Contact Corinne Davis at (207) 595-8173 or at [Corinnecdavis@yahoo.com](mailto:Corinnecdavis@yahoo.com) for more information

**Soccer Registration** - In June for Grades K-6

#### Swim Program @ Woods Pond (Bridgton)

2 three week sessions beginning in June and ending in August

#### Whitewater Rafting Trip in July

Register Now - Pre-registration is Required

#### Sebago Long Lake Youth

#### Baseball/Softball Programs

Contact Chris Harriman at 787-3983 if interested in participating.