



KNOX COMMUNITY CENTER HAPPENINGS

Center Activities

Maine Property Tax and Rent Refund Program

If you would like assistance, please call 596-0339 for an appointment. Clinics run from 9:00-1:00
 Tuesday, August 3
 Wednesday, August 10
 Monday, August 16

Please be sure to bring: The amount of either taxes or rent paid in the year 2009, your income for 2009, the name, address & phone number of your landlord (if applicable), and bank account information with routing number if you desire a direct deposit. Tax & Rent Refund Applications will be available at the center after 8/1.

Safe at Home Series August 23—27, 2010

Monday, August 23 at 10:00, Alicia Clark, *Bridges Home Care*, will discuss PERS, Personal Emergency Response Systems.

Tuesday, Aug 24 at 10:00 Vicki Foster, *Spectrum Generations Healthy Aging Coordinator* will discuss Preventing Falls and the Matter of Balance program.

Wednesday, Aug 25 at 12:30 Gloria Rhode will help distribute and explain Files of Life.

August 2010

Summer Art Show & Auction



The Spectrum Generations' Art Group has been hard at work preparing, designing and painting woodwork pieces created by Arvo Salo. These plant stand and stools will be on display and available for bidding at the Knox Community Center in Rockland Aug 4th— Aug 6th. There will be an Open House, offering light refreshments and an opportunity to meet the artists, on Friday August 6th from 4:00pm-6:00pm. Bidding will end during the Open House, at 5:30pm and winners announced at 5:45. (Winners do not have to be present to win.)

**Knox Community Center
61 Park Street
Rockland, ME 04841**

**Consumer Helpline:
1-800-639-1553
(TTY) 1-800-464-8703
(Local) (596-0339)**

Center Activities

Bridges Home Health Care

Bridges, a member of the Spectrum Generations family of services, is our option for care at home. Bridges offers the expertise you've come to expect from Spectrum Generations, whether it is in-home caregivers of personal hygiene or household chores, living arrangement and safety assessments, or emergency response units.

Our bonded, certified, and screened caregivers assist with personal hygiene, household cleaning, meal preparations, grocery shopping, transportation, companionship, respite, or overnight care. Additionally Bridges offers "Bridges to Home" for those with procedural exams or day surgeries.

Our nationally certified care manager offers assessments of living arrangements, finds live-in caregivers, helps coordinate moves, relays important information to family who cannot be present, assesses safety risks within a home and makes recommendations.

Emergency response systems are provided through reliable carriers and allow the comfort of knowing help is just the push of a button away.

Whatever your home based needs are, Bridges is just a phone call away at 800-876-9212. Come hear about Reverse Mortgages on Friday, August 6 at 11:00.



GO NUTS!

Nuts are packed with goodness. They are a source of good fat, Vitamin E and even Omega 3.

Find out how to add them to your meals. Tuesday, August 17, 11:30-12:30

Center Activities Continued on Back Page

Caring

Family Caregiver Support Group meets this month on Wednesday, 8/4, from 12-1. FMI about the Family Caregiver Program, please call Leslie at

Living

Wii—available by sign up only. Grab a few friends and come have fun!

Book Group —Monday, August 2nd at 9:00. August's selection is: Year of Wonders, By, Geraldine Brooks.

Art Club—every Wednesday from 9:30-12:00. Potluck is the first Wednesday of each month.

Coffee Café—a bargain of a breakfast, \$1.50 for coffee and a donut every Friday at 9:00.

Scrabble—Fridays at 10:00

Keep Moving—Tuesdays & Thursdays at 9:30. Call 596-0339. \$20.00 per 6 week session. Next session begins August 17th.

Spectrum Adventures

SUMMER'S END HARBOR CRUISE

Join the Coastal team for an evening of spectacular views, dancing (music by Mike Finnegan Cahouts leader) and "Peke's" belly dancing demonstration all in support of Spectrum Generations programs and services. Join us at Pier 6, Fisherman's Wharf in Boothbay Harbor on **August 27 at 5:45pm** and get on board the Harbor Princess for a fabulous,



3-hour, sunset cruise.

Reservations Required
Call Spectrum Generations
Coastal Community Center
at 563-1363
\$25 per person.
Cash bar and light
fare available for purchase
on-board or bring finger

Learning

Medicare for Everyone! What is Medicare; when and where do I sign up; what services are covered; what is the new Prescription Drug benefit; how much does Medicare pay; what is Medicare Supplemental Insurance? Come get the answers you are seeking. Call 596-0339.

August 10, 10:30-12:00
August 25, 1:00-2:30

Bridges—Affordable at-home services and much more! Reverse Mortgage Counseling is one of the many services offered through Bridges. Call Kristen Overton at 1-800-876-9212 or come to the center on Friday, August 6 at 11:00 for a Reverse Mortgage Presentation.

Answers

VA Representative, Conrad Edwards, will be in Rockland **August 12 & 26, 9:00-1:00** Call 596-0339 to schedule your appointment, home visits are available if needed.

Medicare Minute

If you cannot afford your Medicare premiums, you may be eligible for assistance! If your total monthly income is less than \$1,745 (\$2,347 for a couple), you may be eligible for the Medicare Savings Program that helps pay your monthly Medicare Part B premium.

Applying for the program is easy: Call Spectrum Generations at 596-0339 for more information.