



Living

MUSKIE CENTER HAPPENINGS

Learning



National Safe at Home Week

Home Fire Safety

Wednesday, August 25th
9:00-10:00 am Join the Waterville Fire Department for an interactive discussion and practical tips on keeping your home safe from the dangers of fire.

Personal/Internet Safety Join the Waterville Police Department on August 25th from 10:30-11:30 for a presentation on personal and internet safety for seniors.

Falls Prevention Join us on August 25th From 12:30-1:00 pm for this interactive discussion about what causes falls and learn how they can be prevented.

Home Safety Workshop Join us on Friday, August 27th, 10:00-11:00 am to learn more about common safety issues in the home, and how to find home help.

Our home safety workshops are open to the public and free of charge. Donations to the Muskie Center Wellness Program are accepted. **Please RSVP to 873-4745** for any of the workshops above.

Belgrade Lakes: The Last 2 Million Years

Join us on August 17th from 10:00-11:00 for a Hydrobiogeomorphic history of the Belgrade Lakes. In this fascinating lecture you will learn how we got to where we are from landscape formation and evolution, to the effects of climate changes and the ice ages, how they resulted in healthy lake ecosystems and how man now influences the process including premature aging through poor land use and practices. **\$2.00 participation fee includes coffee and a snack. Please RSVP to 873-4745**

August 2010

Cool off this summer
At one of our air conditioned
workshops or discussions!!



Local History Series Waterville Native and member of the Waterville Historical Society, **ART RAY** brings us two more fascinating slide shows filled with memories of a time gone by and nostalgia. Bring your Memories for another installment in this discussion series.

August 10th, 10-11:30 am

Waterville Main Street & Waterville Central Maine Fair

August 24th, 10-11:30 am

The Log Hauler & other Maine Inventions, Waterville Schools, & Waterville Area Brown Stone Work Buildings

Participation fee of \$2 each, includes coffee and snack. Please RSVP to 873-4745.

Muskie Community Center
38 Gold Street
Waterville, ME 04901
207-873-4745
Consumer Helpline:
1-800-639-1553

www.spectrumgenerations.org
(TTY) 1-800-464-8703
873-4745

Discussion: Eastern Spirituality

Wednesday, August 18th, 10:00-11:00 am. Join us for a review of Eastern Spirituality from the perspective of Eastern Christianity, Eastern Philosophy, and the Mystery of the Creator, including contemplative prayer and lifestyle. **\$2.00 participation fee**, includes coffee and snack. Please R.S.V.P. to 873-4745.

Aromatherapy: It's Just Common "Scents"

Monday, August 23rd, 12:00-1:00 pm. Join Kate Boyer with her bag of aromatherapy essential oils and learn how aroma therapy helps balance and heal your mind, body and spirit. Learn about the properties of each oil, how to make mixtures, and leave with an aromatic spray for your home. **Participation fee of \$8.00** Call 873-4745 to register. Space is limited to 8 participants.

Homeopathy for Seniors

Tuesday, August 31st, 12:30-1:30 Join Dr. Laura Bridgman, for a talk on the benefits of natural remedies for an assortment of ailments. Safe for all ages and with no side effects, natural treatments are becoming more and **more popular in today's world.** Dr. Bridgman is a Waterville native that has been practicing homeopathy for 15 years. **Participation fee of \$8.00 Advance Registration required.** Please call 873-4745 to register.



WEEKLY EVENTS:

Fitness

Exercise w/ Wendy (\$2) - Mon. & Fri 8:45-9:30 am

Richard Simmons Workout Tape (\$1) -

Mon & Fri 9:30-10:30, Wed. 9:00-10:00

R.S.V.P. Bone Builders - (\$1) Mondays 10:30-11:30/Thursdays 9:30-10:30

Walking Club— *due to an availability conflict with our volunteer, the walking club is temporarily on hold. If you would be interested in becoming a temporary facilitator, please contact Casey at 873-4745*

Games

Hand & Foot (\$1) Tues. 1:00-4:00

Cribbage (\$1) Wed. 1:00-3:00

Bridge (\$2) Thurs. 11:00-4:00

"63" (\$1) Fri. 1:00-4:00

August Computer Lessons

We have had an overwhelmingly positive response to our Computer Training Sessions. Older adults just like you are signing up to learn how to use computers, the internet, email and more! For just \$7 you will receive a 45 minute personalized one-on-one class, designed to fill your individual needs. We still have a few August slots open, please call for availability 873-4745.



Other

Beauty Shop w/ Claire—Every Tuesday—Call for appointment

Blood Pressure Screening—FREE—Please Call

Quilting & Handcrafts—Off for the Summer

Proper Foot Care can result in improved comfort, safety and mobility, and contributes significantly to an individual's well being. The Muskie Center welcomes R.N. Jeanne and her



Professional Foot Care Clinic Are you interested in

convenient and regular foot care? Is it important to you to keep your feet healthy? Introducing a foot care clinic to help you better care for your feet. Each clinic includes a foot and nail evaluation, written recommendations for further medical attention if needed, nail grooming and care, tips for home foot health, education for diabetics, plus a foot massage.

August 11th and 18th. \$30

Please call 873-4745 to schedule your time slot.

Would you like to receive our monthly newsletter and schedule of upcoming events by email? Send an email to muskiecener@spectrumgenerations.org to request we add you to the list!

Lunch

Public Lunch is Mon.-Fri. *(unless otherwise posted)* 11:30am to 1:00pm. The suggested donation for age 60+ and people with disabilities is \$4.00. Under age 60 the cost is \$6.00 unless otherwise stated.

Lunch Menu

Monday, August 2

Tender Beef Tips over Rice

Tuesday, August 3

Beef Porcupines & Au Gratin Potatoes

Wednesday, August 4

Chicken Croquettes w/ Rice Pilaf

Thursday, August 5

Pot Roast & Mashed Potato

Friday, August 6

Baked Fish & Baked Potato

Monday, August 9

Chicken Stuffed w/ Broccoli

Tuesday, August 10

Turkey Burgers & Sweet Potatoes

Wednesday, August 11

Traditional Meat Lasagna

Thursday, August 12

Taco Bar & Mexican Rice

Friday, August 13

Swedish Meatballs & Egg Noodles

Monday, August 16

Veal Marsala & Mashed Potatoes

Tuesday, August 17

Baked Ham & Boiled Potatoes

Wednesday, August 18

American Chop Suey

Thursday, August 19

Turkey & Fixings

Friday, August 20

Surf & Turf Buffet—see next page

Monday, August 23

Homemade Salisbury Steak & Potatoes

Tuesday, August 24

BBQ Chicken & Rice

Wednesday, August 25

Spaghetti & Meatballs

Answers

Thursday, August 26

Roast Pork & Scalloped Potatoes

Friday, August 27

Salmon Pie w/ egg sauce

Monday, August 30

Carmelized Onion and Cheese

Quiche & Red Potatoes

Tuesday, August 31

Build your own Deli Sandwich w/

Potato Salad & Cole Slaw

Breakfast

Public Breakfast is served Mondays, Wednesdays and Fridays from **8:00-10:00am**. Menu varies, but typically includes bacon, sausage, eggs, pancakes or French toast, home fries or hash, juice, coffee and tea. The suggested donation for **age 60+** and people with disabilities is **\$4.00**. **Under age 60** the cost is **\$5.00**



Surf & Turf Buffet

Friday, August 20th

11:30-1:00

Join Spectrum Generations and the Muskie Center for our Annual Surf & Turf end of summer cookout! Dine on your choice of Lobster, Steak or both.

- Lobster (Single) \$13.00
- Lobster (Couple) \$22.00
- Steak (Single) \$12.00
- Steak (Couple) \$20.00
- Combo (Single) \$18.00
- Combo (Couple) \$33.00

Buffet includes:

- Potato Salad
- Corn on the Cobb
- Coleslaw
- Fresh Rolls
- Pasta Salad
- Dessert
- Beverage

Tickets must be purchased in advance by Monday, August 16th

Maine Property Tax and Rent Refund Program

August is the month that the Maine Property Tax and Rent Refund applications are available to all Maine Residents. The purpose of the Property Tax and Rent Refund program is to help Maine homeowners offset the high cost of property taxes assessed on their primary residences. It also offers similar relief to Maine residents who pay rent for occupancy of their principle place of abode. 2010 Income limits to file for the General program are: \$64,950 for a single person and \$86,600 for a married couple. Income limits for the Senior program are: \$14,700 for a single person and 18,200 for a married couple. Seniors are processed under both program criteria, and will receive the larger refund of the two. Refunds may be as much as \$400 for the Senior program and \$1,600 for the General program.

If you pay property taxes or rent an apartment and are interested in if you qualify for this program, please call Spectrum Generations at 1-800-639-1553, TTY: 1-800-464-8703. If you have filed in the past, then you should automatically receive a new application in the mail during the month of August. Spectrum Generations can also mail you an application after August 1st or help you fill one out at one of our centers. Applications may also be filed online after August 1st, 2010 at: <http://www.maine.gov/revenue/homepage.html>

Spectrum Generations will provide individual appointments to assist with the 2010 Maine Property Tax and Rent Refund application at the Muskie Center on the dates below. Please call 873-4745 for a convenient appointment time and for information on what you must bring to your appointment.

August 3rd, 9th, 12th, 26th, 31st : 1:00-3:30 PM

August 5th, 6th, 17th, 24th : 9:00 AM-12PM

August 10th, August 19th : 9:00 AM-3:30 PM

If you feel uncomfortable or have met an aggressive insurance sales person, please call the Maine State Bureau of Insurance at 1-800-300-5000.



Support Groups

Alzheimer's Support Group—August 26th at 6:30pm

Family Caregiver Education & Support Group—August 18th, 12:00-1:30

For more information, please call 1-800-282-0764 ext. 106 TTY 1-800-464-8703

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.

EXTENDED TRIPS



Tropicana Casino & Hotel, Atlantic City

Head to fun, food and gaming with Spectrum Generations and Stage Coach Charters. **Monday, Oct. 25th—October 28th, 2010.** Includes motorcoach travel, lodging, \$30 in gaming money, three buffet meals, and one great show. **Price starts at \$319** per person based on double occupancy For more information please call Casey or Janice at 873-4745



Explore Wine Country

Enjoy 7 days and 6 nights, beginning **August 26th, 2011.** You'll explore California's wine country, featuring San Francisco and Napa and Sonoma Valley's. Trip includes flight, lodging, most meals, professional tour guide, and admission charges where applicable. **Rates start at \$2,699** based on double occupancy. For more details on this unique adventure of a lifetime, please call Casey at 873-4745



Looking for something else?

We have daytrips, short overnight trips and extended stay trips galore. Stop by the Muskie Center and chat with Casey or Janice for more details on these or the many other trips we are currently offering, including a 9 day tour of Savannah, Georgia, a 3 day trip to Olde Mystic, Connecticut, the Disney Food and Wine Festival in Orlando, Florida, and more!

DAY TRIP ADVENTURES

Day trips require a minimum number of participants. Please pre-register as soon as possible so we can guarantee the trip.



Hollywood Slots trip with Frank Gifford. Ride by motorcoach on **August 10th**, pickup at the Holiday Inn, Waterville at 9:00am. **\$30** cost includes your transportation on a motor coach & lunch buffet. Deadline to register **August 4th.** Non-Refundable. Please call 873-4745 to reserve your seat.



Hallowell Shopping & Lunch

Spend the day in charming Hallowell, **Maine's smallest city on Monday, August 23rd.** Galleries, Antique shops, and one-of-a-kind shops are **just a few of the things you'll find** in this antique river port city. Your adventure includes reservations at **Hattie's Chowder House for lunch.** Departing at 9:30am from the Muskie Center. Cost is **\$9** (does not include the cost of lunch)

Bangor Folk Festival/Hollywood Slots



Join Frank Gifford on **August 29th** for a trip to Bangor for this

annual event. Choose your destination of the Bangor Folk Festival, or spend your day at **everyone's favorite gaming** establishment. Departing from the Holiday Inn at 11:00 am and returning at 5:00 pm. Cost is **\$30.** Lunch not included. Deadline to register is August 23rd.

Cash, Checks, Visa, Mastercard & Discover accepted for all trips

SOMERSET HAPPENINGS

Consumer Information Specialist is available to help you with Medicare, social Security and other health care questions. Please call 474-8552 to make an appointment.

Volunteer Opportunities at the Somerset Community Center:

- Housekeeping Volunteer to keep our center neat and tidy
- Volunteer substitute MOW drivers to deliver nutritious meals to homebound adults.

Volunteer Opportunities at Muskie

We are currently accepting volunteer applications for the following:

- * **Day Trip Drivers**—Are you a people person that likes to have fun? We are looking for a special person (or two) to drive our day trip van once a month. Flexible schedule. Clean background and driving record required.
- * **Speakers**—Do you have a unique hobby or interest that you would like to share with others? Workshop presenters and speakers wanted.
- * **Lunchtime** — We are currently seeking several volunteers to assist with the lunch buffet. Duties may include cash register, set up, serving food, and assisting with clean up. 2-4 hours each week.

Stop by to pick up your volunteer application today or check out these and other opportunities at www.volunteermaine.org

Have an idea for a trip, event, workshop, or game? We want to hear from you! Call Casey at 873-4745 or send an email to cmilligan@spectrumgenerations.org