



SOUTHERN MIDCOAST

COMMUNITY CENTER HAPPENINGS

Center News

Thanks Debbie!

Debbie Atwood has left Spectrum Generations after 3 ½ years of dedicated service. After keeping the Meals on Wheels program on the road and working in the Money Management Program, Debbie assumed the role of Center Coordinator when we moved to our Topsham location. She energetically and creatively put together a schedule of diverse offerings ranging from sitting *Tai Chi*, *Safe Driving*, to teaching older adults how to use *Facebook*. Debbie will continue her service to Brunswick in her capacity as Town Councilor and community organizer. We wish her all the best.

Transition Time

While we search for a new Center Coordinator, Joanne Rosenthal, Consumer Information Specialist, is continuing to provide outreach services to adults and people with disabilities. Insurance counseling, benefits screening, information and referrals is provided over the phone or by appointment. Please call 729-0475.

JULY 2010

Spectrum Generations is all about getting connected and getting answers.

Spectrum Generations is all about getting connected and getting answers. We have one more way to make this easy now – Facebook! Join us at **Spectrum Generations' page** on Facebook to become a fan. Join our online community for additional tips on health, wellness, care giving, activities and more. We also have recommended website links, photos, and news.

Come and join this new adventure!



**Southern Midcoast
Community Center**
12 Main Street
Topsham, Maine 04086
southernmidcoast@spectrumgenerations.org

Consumer Helpline:
1-800-639-1553
(TTY) 1-800-464-8703
(Local) 729-0475

www.spectrumgenerations.org

Building Community

Advocacy Opportunity

The Aging and Disability Resource Center of Spectrum Generations sponsors a Consumer Advisory Board, (CAB). The CAB is comprised of adults who utilize long term community support services, and meets on the second Tuesday of each month from 1:30-3pm. The group has been addressing transportation issues, adaptive services and community engagement. We are looking for several new members; please call Joanne Rosenthal at 729-0475 if you would like more information about this opportunity.

Upcoming Trips

Shades of Ireland

Travel with Collette Vacations and experience Dublin, Kilkenny, Blarney Castle, Cliffs of Moher, Galway Castle and more. Oct. 26 to Nov. 4. Starts at \$2,499. (Trips continued on page 3)

Partners

People Plus has moved! Be sure to visit People Plus on the corner of Union and Cumberland Streets in Brunswick and enjoy the new facility!

Call 729-0757 FMI



Enrich Your Life



Class Offerings



Healing and Relaxation

Bambi Thompson, Joyful Journeyworks
Guide your body into a state of relaxation. \$15
Wednesdays, 9:00am-10:30am; come once or come weekly.

Making A Dreamcatcher

Liane Walsh
Use branch hoops, feathers, beads and your imagination to
make your own Dream Catcher.
Wednesday, July 21, 1:00pm-2:30pm; \$15. Bring scissors

My Loved One Needs More than I Can Give

Amy Berube, CHANS Home Health Care
**Alzheimer's, Parkinson's or simple aging coupled with your busy life style
means that you can't be every thing to everyone. Learn about the supports
in your community to help you and your loved ones live better.**
Friday, July 23, 11:30am-1:00pm, \$7; includes lunch

Sitting Tai Chi

Diane Doiron
Slow, relaxed movements to balance the flow of Qi.
Thursdays, 10:00-11:15am; \$15. Free introductory session.

Law of Attraction

Bambi Thompson
Unleash your power to influence and change your life.
Tues, July , 7:00-8:30pm; \$20



We look forward to seeing you!

Please call Sarah Hunter at 729-0475 to schedule your class or email
southernmidcoast@spectrumgenerations.org.

Answers

Answers to your questions about
the following topics are only a
phone call away.

- Friendship & Socialization
- Health & Wellness
- Exercise & Fitness
- Proper Nutrition
- Educational Seminars
- Personalized Home Help
- Caregiver Relief & Support
- Alzheimer's & Dementia**
- Services
- Adult Day Health Services
- Housing Options
- Prescription Drug Programs
- Health Insurance Counseling
- Medicare/Maine Care Help
- Tax and Rent Rebates
- Assistance with Complicated
Forms



Live Healthy, Live Well, Get Answers, Get Connected

Our toll-free *Consumer Helpline*
**1-800-639-1553, TTY: 1-800-
464-8703**, is available
nationwide, answering calls
Monday through Friday from
8:00-4:30 (Eastern Time)



Volunteer Opportunities

Reception

Answer the phone and greet Center visitors.

Events

Plan and implement events and activities.

Outreach

Help us spread the word about our programs and services!

Housekeeping

Keep our Center neat and clean.

OUR TOWNS

The Southern Midcoast Community Center serves the following towns:

- | | |
|------------|-----------|
| Bath | Bowdoin |
| Bowdoinham | Brunswick |
| Georgetown | Harpswell |
| Phippsburg | Richmond |
| Topsham | West Bath |
| Woolwich | |



"Never Forgotten" Memorial

We are proud to introduce "Never Forgotten" Memorial Donations on the Spectrum Generations website, where the names of beloved family and friends will be publicly listed for all visitors to our website.

If you wish to make a contribution in a loved one's memory to support our work, please email spectrum@spectrumgenerations.org. Also, upon request, an email will be sent to you containing the names of those who also made memorial donations in your loved one's memory. Visit www.spectrumgenerations.org/memorial.html.

Through memorial gifts, those we love are "never forgotten".

Upcoming Trips

Enchanting Danube River: Budapest to Passau—9 Days

7-nights on the "River Beatrice" discovering the best of Old World Europe! See Passau, Linz, Durnstein, Melk, Vienna, & Budapest. Departs Oct. 30. Starts at \$1,849, pp/dbl. Stop by for a flyer or call Cruise Planners at 877-473-2386.



Oberammergau's Passion Play

offers several options, including 8 days/10 meals or 10 days/15 meals, and visits Bavaria, Switzerland & Austria. Starts at \$1,999 pp/dbl.

Canadian Rockies

Travel to the Canadian Rockies and Glacier National Park with Collette Vacations, June 19 to June 26. Prices starting at \$2,499, pp/dbl. Includes 9 meals, round trip airfare from Logan Intl Airport, taxes/fees.

10-Night Panama Canal Cruise

Experience the Panama Canal aboard the "Coral Princess." Depart Ft. Lauderdale, FL, Nov. 5. Visit Aruba, Cartagena, Panama, Costa Rica and Ocho Rios. Starts at \$1,293, pp/dbl, without airfare. Includes most on-board meals, room service, and entertainment.

Southern Charm

Features 7 days with 10 meals, starting at \$1,199, pp/dbl. Visit lovely Charleston, Boone Hall Plantation, and Savannah. Various dates.

All trips require reservations. Call 729-0475 for more info!

Volunteer Opportunities

Do you want to be involved with the Meals on Wheels Program? We're currently in need of volunteer drivers to deliver Meals on Wheels to our homebound neighbors in the Bath area. Drivers volunteer between 10:30 and noon on Wednesday or Friday mornings, or both. Our volunteer drivers play an important role in our Meals on Wheels program. Not only do they bring nutritious meals to homebound seniors, they also provide a much needed safety check. If you'd like to be part of the Meals on Wheels volunteer community, please call Sarah Hunter at 729-0475 or email shunter@spectrumgenerations.org

Senior Citizens Are American Citizens!

Watch your mail or go online (www.spectrumgenerations.org) for the "Meals On Wheels" fund-raising appeal this Fourth of July! We give homebound seniors and disabled adults freedom from hunger with every donation. Money raised Sagadahoc County supports "Meals On Wheels" right here and helps Southern Midcoast Community Center. Thank you!

Staff

Consumer Information Specialist

Joanne Rosenthal

Nutrition Coordinator

Sarah Hunter

Receptionist

Carol Kinkade

Spectrum Generations programs and services include:

- Dining and Cafes (catering services also available)
- Community Center activities
- Lifelong Learning, Fun & Adventure
- Answers on Aging
- Family Care Giving
- Help at Home
- Respite, Relief and Adult DayBreak
- Leadership and Advocacy

Spectrum Generation's Family of Centers

Have you had a chance to meet some of our family members yet? In addition to Southern Midcoast Community Center, we have six other sites conveniently located throughout central Maine. Each center is unique reflecting local interests and cultures...yet all will help you age well and connect you to new friends and adventures. Take a road trip today to visit one of our other centers in Skowhegan, Waterville, Hallowell, Belfast, Damariscotta, and Rockland. For a calendar of center activities and directions visit www.spectrumgenerations.org

ANI-MEALS

Feeding the pets of the homebound

Sarah Hunter, Nutrition Coordinator, announces the inauguration of the "Ani-Meals" program, which provides supplemental pet food for Meals on Wheels consumers who share their lives with a dog or cat.



Many thanks go to the volunteers who created and administered the survey to determine the need for the program, including 2 Brunswick High School students.

Thanks also to those donating pet food, including Brooks Feed & Farm Supply in Brunswick, Bath Animal Hospital, Petco, and Pet Quarters.



For information about donating to the AniMeals program, or assisting with deliveries, please call Sarah Hunter at 729-0475 or email shunter@spectrumgenerations.org.



Southern Midcoast Community Center will be closed on Monday, July 5, 2010 in observance of Independence Day.