



KNOX COMMUNITY CENTER HAPPENINGS

Center Activities

Alzheimer's and Dementia Care

Spectrum Generations offers the "Alternative Lunch Break"; a place to relax, bring your lunch and join one of our lunch-time education talks.

On Monday, March 22, Spectrum Generations is covering **Alzheimer's and Dementia Care Education**. This session, beginning at 12:00, covers a broad range of topics and questions that caregivers face each day, namely:

- A review of Alzheimer's disease and other dementias.
- The experience of having Alzheimer's disease.
 - The importance of knowing the life story, personality, and personal preferences of persons with dementia.
 - The use of effective communication skills.

Please let us know you are coming by calling 596-0339.

Downsizing as Creating a Legacy

Harriet & Chuck Vaughan, Legacy Years Transition Services, will be running an interactive workshop March 16 from 11:00-12:30. The topic will be downsizing as creating a legacy. "A legacy has little or nothing to do with money or wealth. ...there's the legacy of personal belongings and also the legacy of family relationships... we senior citizens are excellent resources of wisdom and experience and we don't get called on nearly enough." Harriet Vaughan Please join us in looking at aging in a new way. Call 596-0339. Cost is \$5.00, materials included.

March 2010

Educational Lunch Series continues!

On Thursday, March 18, Cindy Swan, Holistic Medicine Educator and Bodyworker, will speak on Dispelling the Myths of Holistic Medicine & Integrative Therapy: What do all these terms mean, what questions should you ask, what should you expect?

Cost is \$8.00.

Lunch at 11:30, speaker at 12:00. **Call 596-0339.**

Film Appreciation Class

Spectrum Generations is pleased to offer a film appreciation class.

Monday, March 15, come view Casablanca followed by an interactive and lively discussion about this classic film, both its entertaining and artistic qualities.

Instructor: Dave Peloquin

Time: 10-3, film @ 10, break for lunch, discussion 1-3

Cost: \$23.00

Call 596-0339.

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

Consumer Helpline:

1-800-639-1553

(TTY) 1-800-464-8703

(Local) (596-0339)

www.spectrumgenerations.org

Center Activities

Record Your Memories for Those Who Follow

"No one will ever see the world the way you see it. No one will ever have exactly the same experiences in exactly the same sequence. You are unique not just because of your genetic make-up but because of every single thing that has happened to you or that you have caused to happen. Don't let that consciousness slip off the face of the earth with your death. If you don't want to share yourself with the living, then leave something behind for this troubled planet after you've left it."

Rita Mae Brown—From the Introduction to her book "Bingo"—New York: Bantam Books, 1988.

Join Gary Wheeler in a discussion on how to begin recording your legacy and hear how he has created his own Legacy Kit.

Monday, March 8, 10-12, with a follow up session Monday, March 29, 10-12. Cost is \$12.00. Call 596-0339 to reserve your spot.

Basic Computer Class

Wednesday, March 10 from 9-11.

Instructor: Dean Sasek

Location: McLain School Computer Lab, 28 Lincoln St., Rockland.

Cost: \$12.00.

Topics covered: basics of the operating system, commands that help view the computer, simple applications, and the operation of browsers and the internet. Call 596-0339 to register.

Caring

Family Caregiver Support Group meets this month on Wednesday, 3/10, from 12-1. FMI about the Family Caregiver Program, please call Leslie at 1-800-282-0764, x106. March 22 at 12:00 - **Alzheimer's & Dementia talk.**

Living

Book Group —Monday, March 1st, 9:00. **March's selection is The Geography of Bliss** By Eric Weiner.

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, 9:00 & 9:45. New session begins 3/2, call 596-0339 to sign up.



Volunteers, Tony & Bianca

Spectrum Volunteers

Who knew that when Bianca and Tony D'Amato retired to Mid Coast Maine that they would find more than just a great community to retire to, but also a way to make a difference for those around them.

The D'Amato's first visited the Spectrum Generations Rockland Center in 2005 to get an idea of how the center worked and to understand the ways it helped the community. Then as time allowed they became more involved in the center. Bianca started out with providing craft classes and continues to help in many ways, like decorating the center and doing whatever needs to be done, always with a smile. Often you can see Bianca knitting caps and blankets for donation to area organizations. Tony is always relied **on to help deliver the center's newsletters, saving the center time and money!** Tony loves coming into the center, and is one of the **center's best advocates.** Tony never hesitates to tell people about the services that are offered from the exercise class his wife is in to the aid and information provided by the Consumer Information Specialist.

The staff of Spectrum Generations is so grateful for these two giving individuals and would like to take this opportunity to thank Tony and Bianca for their years of service. They are positive, upbeat and helpful, always looking for ways to **benefit the center. We couldn't do it without them!**

Learning

Medicare for Everyone!

Monthly seminars that cover the following topics: what is Medicare; when and where to sign up; what services are covered; what is the new Prescription Drug benefit; how much does Medicare pay; what is Medicare Supplemental Insurance? We provide you with information and materials needed so you can make the best choice about your medical coverage.

March 8, 10:00-11:30

March 31, 1:00-2:30

Interested in learning computer basics? Come for a free one hour lesson by appointment only, Tuesdays between 9:00-12:00. Use one of our many cyber café computers or bring your own laptop, WiFi is available.

Please call 596-0339 to sign up.

Answers

SCSEP representative Patrick Korte will be happy to arrange a meeting with you at the center. Call 800-639-1553 and ask for Patrick at ext. 134.

VA Representative, Conrad Edwards, will be in Rockland **March 11 & 25, 9:00-1:00** Call 596-0339 to schedule your appointment, home visits are available if needed.