



## KNOX COMMUNITY CENTER HAPPENINGS

### Center Activities

#### Savvy Caregiver Training

The Knox Center for Long Term Care will host the Maine Savvy Caregiver Project training program for six weeks beginning Monday, September 14<sup>th</sup>.

Savvy Caregiver is a 12-hour training program for family caregivers of people with dementing disorders, like Alzheimer's disease. It assumes that family members have often taken on the role of care giving without any preparation or training.

Offered in six two-hour weekly sessions from 1-3 pm, the program will provide family members with knowledge of the disease, the goal of contented involvement and available resources, skills training for dealing with losses that the disease produces in the person as well as skills on how to take care of oneself as a caregiver and how to develop an attitude that fosters confidence and a sense of mastery in the caregiver role.

The training is sponsored by the Office of Elder Services, Department of Health and Human Services and funded by a grant from the U.S. Administration on Aging. It is being arranged and provided by Spectrum Generations Family Caregiver Support Program.

Preregistration is required. To obtain more information or to register, please call 1-800-282-0764 ext. 139.

### September 2009

#### Spectrum Generations The Art of Aging Lifestyle Conference *Turning the tides of health*

Gather your friends for a field trip to **Point Lookout Conference Center, October 24th, 9 to 4.**

Just \$15 per person for the day includes a continental breakfast, a fun-filled day of wellness workshops, healthy eating and cooking demos, interactive fitness demos, health screenings, massages and other health services, fitness walks on Point Lookout's scenic walking trails, and the chance to enter our Grand Prize drawing.

You can get there from here! Point Lookout is located at 67 Atlantic Highway (Route One) in Northport between Belfast and Camden.

Visit our News/Events page at [www.spectrumgenerations.org](http://www.spectrumgenerations.org)

**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](http://www.spectrumgenerations.org)

### Center Activities

#### Center Closings in September

We will be closed on **September 1** for our Employee Retreat & **September 7** for Labor Day.



September 21-27, 2009

Change the way you age by being active 30 minutes a day.

We are offering a collection of FREE classes Monday -Friday of Active Aging Week.

Sign up for one or all, bring a friend and make it an active, exciting try-something-new week.

Monday 12:00 Qigong

Tuesday 10:30

Wednesday

Thursday 10:30 Meditation/Stress Reduction

Friday 10:30 Breath Work

**Call 596-0339 and get active!**



#### New Offering— Foot Clinic

at Spectrum Generations in collaboration with Kno-Wal-Lin. The first

of these monthly clinics will take place on Monday, Sept. 14 from 9:00-12:00. Please call Kno-Wal-Lin at 594-9561 for an appointment. Cost is \$40.00.

*Center Activities Continued on Back Page*

## Spectrum Adventures



### Royal Caribbean 9-Night Eastern Caribbean Cruise Aboard the Explorer of Seas

- Sail Date: February 26, 2009 out of Cape Liberty, NJ
- 9-Night Eastern Caribbean
- Inside Staterooms Start At: \$848.92
- Oceanview Staterooms Start At: \$1,024.92
- Balcony Staterooms Start At: \$1248.92
- Deposit: \$500.00 per stateroom
- Final Payment Date: December 11, 2009

#### Featured Ports Include:

- San Juan, Puerto Rico
- Charlotte Amalie, St. Thomas
- Samana, Dominican Republic
- Labade (Royal Caribbean's private island)

**Not interested in visiting the ports?  
Stay on the ship and enjoy all that the  
*Explorer of the Seas* has to offer!**

#### Features include:

- Ice Skating Rink
- Rock-Climbing Wall
- Mini-Golf
- Shopping
- Dining
- And Much More!



## Caring

**Family Caregiver Support Group** meets the 2nd Wednesday of each month. 9/9 from 12:00-1:00. FMI about the Family Caregiver Program, please call Leslie at 1-800-282-0764, x106.

## Living

**Keep Moving** is continuing for another 6 week session, September 3-October 20. Cost is \$20.00 for the session.

**Please note that there is NO Keep Moving class the week of August 24-28. The staff will be offering a Total Body Strength class Tues. & Thurs. @ 9:30. Center Donations appreciated. Also, the center will be closed Tuesday, Sept. 1 for an Employee Retreat.**

**Book Group** —If you love to read, don't read alone! The next meeting is on hold until further notice; please call 596-0339 FMI.

**Art Club**—meets 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

## Learning

**Meal Planning with Beth Chamberlain**—Thursday, September 17, 10:00-11:30  
Would you like ideas on planning, storing and freezing meals for easy preparation? Come learn some easy tips, create a meal and take some home. Please bring containers.

### 65th Birthday Clinic

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

Friday, September 18, 10 -11:30  
Tuesday, September 29, 2 - 3:30

SCSEP representative Patrick Korte will be at the center on Thurs., 9/3 from 10:00-2:00. **Please call 596-0339 to sign up for above programs.**

## Answers

**VA Representative, Conrad Edwards**, will now be in Rockland twice a month. Upcoming dates: September 10 & 24  
Appointments available between 9:00-1:00, call 596-0339.