



*Living*

MUSKIE CENTER HAPPENINGS

*Learning*

April 2010

**April is National Volunteer Appreciation Month**

The volunteers who generously donate their time to Spectrum Generations enable us to keep our important programs operating. In 2009, 11,741 people were served by this agency in 128 towns. 595 agency wide volunteers gifted more than 30,138 hours for the people of their communities.

Every volunteer, whether its those who give an hour, or those who give much more, plays a vital role in our success.

**We at Spectrum Generations thank you for your support from the bottom of our hearts!!**

*"We make a living by what we get, but we make a life by what we give."* Winston Churchill

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

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

**Explore Your Horizons with the Peacecorp**  
One of the fastest growing groups in the Peacecorp is those aged 50 and over. Have you ever wondered about or considered making a worldwide contribution to humanity? Join us on April 5th from 3:00-4:00 to learn more about the Peacecorps mission. **Please call 873-4745 to reserve your seat.**

Have you been wanting to buy a **home computer and just don't know** where to start? Join us on **April 7th** from **2:30-3:30** to learn more. Easy to understand tips and an opportunity to ask questions before you get to the store, that will help you in the buying process. Cost to attend is \$2. **Please RSVP to reserve your seat 873-4745.**

**Grocery Shopping for Cancer Prevention**  
Do you want to eat better? Are you confused about what to buy at the grocery store? Join Donna Walsh, **MS, RD for a "virtual" shopping trip** and learn which foods can boost your health and reduce the risk of cancer and other chronic diseases. Easy meal planning tips and recipes included!! **April 13th** beginning at **1:30**. Please call to reserve your seat 873-4745

*Would you like to receive our monthly newsletter and schedule of upcoming events by email? Send an email to [muskiecenter@spectrumgenerations.org](mailto:muskiecenter@spectrumgenerations.org) to request we add you to the list!*

**AARP Safe Driving Class**

The AARP Driver Safety Program is **the nation's first and largest refresher** course for drivers age 50 and older that has helped millions of drivers **remain safe on today's roads.** Join a representative from AARP at the Muskie Community Center on April 15th from 9:00am-2:00pm. Cost is \$15 for members and \$17 for non-members. A break for lunch will be provided. Please call 873-4745 to register.

**You deserve to be pampered!!**

The Muskie Center is excited to be hosting a spa day on Friday, April 16th!! Get your feet and hands ready for spring with a pedicure or manicure!! Pedicures just \$22 and Manicures just \$10. The number of time slots are limited and by appointment only—**don't wait to** schedule your pampering session!

*Activities & Events continued on the back page....*

**Walk to Stop Hunger** We invite you to join us on May 1st as we support this important cause. Last year **Spectrum Generations' Muskie Center** was the recipient of a check in excess of \$1,000 as a result of our Fundraising and participation in the walk. Registration begins at 9:00am in Capitol Park, Augusta, with the walk beginning at 10:00. We hope to see you there!



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. 8:30-9:30

Bone Builders - FREE- Mon. & Thurs. 9:30-10:30

(Exercise w/Wendy and Bone Builders are now waiting list only.)

Card Games

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

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

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

CRIBBAGE is officially up and running!! A huge thanks to Don and Hank for facilitating this for us!! Join them on Monday afternoons 1:00-3:00  
Cost to play is \$1.

Other

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

Quilting & Handcrafts (\$1) Tuesdays 9:00-11:00

Blood Pressure Screening—Please Call

Yoga Update!

It looks like we finally have enough people to get our Yoga program up and running! We will be working on lining up our instructor and will be in touch in the next week or two. If your name is not on our list and you would like to be notified when Yoga starts please call 873-4745 or send an email to [muskiecenter@spectrumgenerations.org](mailto:muskiecenter@spectrumgenerations.org)

LIVING WELL Chronic Disease Self Management

Do you have aches and pains, arthritis, asthma, diabetes, a heart problem, trouble breathing, weight concerns, depression or another long-term health condition? Join this six-week program to learn new tips to improve your health—one step at a time. An **Informational Meeting** will be held on April 8th at 10:30 am. **Living Well** workshop begins April 14th from 9:30-noon, and will be every Wednesday for six weeks. For more information or to sign up, please call Vicki Foster at 623-0764



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!



DAY TRIP ADVENTURES

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

Maine State Museum & Hattie's Chowder House Trip with Judith

Join our newest volunteer driver on April 14th for a delicious lunch at Hattie's Chowder House in Hallowell, followed by a fun filled trip to the Maine State Museum. Pick up will be at 10:30am at the Muskie Center. Cost is just \$9 per person. \$1.00 Museum ticket and lunch not included. **Please call to reserve your seat on the van no later than April 12th.**

Mystery Trip with Bill Richards

Join Bill on another fun adventure! Pack a sweater and get ready for some spring time fun. You just **never know where you'll end up** when you ride along with Bill but **you always know it's going to be a good time!!** Join the fun on April 20th, departing from the Muskie Center at 9:00 am. Cost is just \$20—Lunch not included. **Please call to reserve your seat on the van no later than April 16.**

Hollywood Slots Day Trip. Join **Randy's Tours on a fun adventure** to Bangor. \$25.00 includes transportation, lunch buffet and \$10 in slot coins! April 30th pickup at the Holiday Inn at 9:00 am, leaving Bangor at 3:00pm. **Registration & Payment due by April 26th.**

Cash, Checks, Visa & Mastercard accepted for all trips & activities.

## Answers

### EXTENDED TRIPS



**Looking** for extended travel opportunities? Stop by the Muskie

Center to get your brochures outlining our extended stay trips, including a 9-night Eastern European Cruise, a 9-day Danube River Cruise, a 10-night Panama Canal Cruise, 8-Day Tour of the Canadian Rockies & Glacier National Park, 10-day Tour of Switzerland, Austria & Bavaria, and 10-day tour of Ireland.

**NOTICE: Effective April 1st, 2010 we will be going Tobacco Free**



In order to provide a healthier environment for our patrons, all Spectrum Generations campuses will be tobacco free zones, effective **April 1, 2010**. The use of tobacco products, including cigarettes, cigars, snuff, dip and chewing tobacco in any facility or on property owned or leased by Spectrum Generations will be prohibited. For information on smoking cessation services please call the Maine Tobacco Helpline at 1-800-207-1230 or online at [www.tobaccofreemaine.org](http://www.tobaccofreemaine.org)

The **Computer Classes** are a huge success!! The calendar fills quickly **so don't wait to schedule your training!!** Choose from a variety of topics including basic computing, email, internet, facebook, online shopping, and creating word documents. Cost is just \$5 for your 45-minute personal training session. We are now scheduling **our May trainings. Don't get left behind!** Call today 873-4745

**Consumer Information Specialist** Do you have questions about services available? A Consumer Information Specialist can assist you with questions about Medicare, as well as other benefits and services. To schedule your appointment please call 873-4745.

**Free Benefits Check-up & Medicare Information Clinic** - April 21st from 9:00 am—3:30 pm. Benefits Specialists will be available to discuss various money-saving programs and services, including: the Supplemental Nutritional Assistance Program, the Medicare Savings Program, Maine Care, Supplemental Security Income, Home Energy Assistance Program, and the Tax and Rent Rebate Program. Medicare Information will also be available.

***Did you know:** Many Mainers who qualify for the Medicare Savings Program (sometimes called Medicare Buy-In), are not receiving it. The Medicare Savings Program is available to those who receive Medicare and have income at or below \$1745 for a single person household or \$2683 for a two-person household. This benefit can save more than \$100 per month for each eligible individual. Assets are not considered for this program, and depending on circumstances, some income limits are even higher). This is only one of the many benefits to be reviewed with our benefits specialists.*

To find out if you qualify for benefits or for questions about these or other programs, please call 873-4745 to schedule an appointment.

*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** Whether you are caring for a loved one with Alzheimer's disease or a caregiver for a family member or someone else close to you, we here at Spectrum

Generations are here to support you. Join one of our support groups to discuss the issues you may be facing. **Alzheimer's Support Group— March. 25th, 6:30pm, Caregiver's Support Group—March. 17th, 12:00-1:30**

### National Healthcare Decisions Day—April 16th, 2010

Join Americans across the country to talk about your future healthcare Decisions. National Healthcare Decisions Day is an initiative to encourage patients to express their wishes regarding healthcare and for providers and facilities to respect those wishes, whatever they may be. All adults benefit from thinking about what their healthcare choices would be if they are ever unable to speak for themselves. **Join John Nale of Nale Law Offices** at the Muskie Community Center, from **10:00-11:00 on April 16th**, as he explores potential health care decisions you may face, as well as options and solutions. **This is an important and free opportunity. Please RSVP to reserve your seat 873-4745**

*Do you have an idea for a trip, workshop or event?  
New ideas and volunteers willing to facilitate wanted!!!*

### The Friend Connection

Would you like to go to the movies, out to eat, on a trip, or somewhere else but you just don't have anyone to go with? Would you like to make a new friend or two? Lots of people just like you are looking to make new friends!! Join us for coffee and a muffin on **April 29th from 8:30-9:30** for our first "Friend Connection" group. You just might meet your new best friend!! Cost is just \$2, please call to RSVP 873-4745



Are you missing out on our super fun **Movie & Popcorn** events? Bring a friend or two and join us as we transform the café into a private movie theater just for you!! The \$2 cost includes the movie, a bag of popcorn and a soda!

1:00 April 9th -*An Affair to Remember*

1:00 April 23rd - bring the grandkids **Disney's UP**. (Kids just \$1) Please RSVP so we can have your popcorn ready!!! 873-4745

### We did it!!!

A huge thanks to all those who helped us reach the goal for the Good Shepherd Matching Food Grant! We met the goal almost a month ahead of schedule!!! Your generous donations of time, help, and money made this possible.

**Thank you for supporting our important Nutrition Program.**

### MARCH SPECIAL THANK YOU'S:

Mike Theriault, David "Archie" Archibald, Hannaford, John Nale, Gallant Funeral Home, Elm City Photo, Karen & Meg, Judith Hannum, Inland Hospital and the Thomas Terriers!!

### CAFÉ PLUS

Look for some changes beginning April 5th! We will be unveiling a new "friendlier" menu!

**Q: Why should I eat at Café Plus? I liked the old buffet better.**

A: Choices, choices, choices! Whether you are in the mood for soup, your favorite sandwich or the daily special. Get what you want, when you want it!

**Q: How are café prices compared to other area eating establishments?**

A: Compared to other area eateries our prices are actually a bit below average. Our daily lunch special, for example, includes a delicious meal with vegetable, a salad and a dessert for just \$6.00.

**That's a price that can't be beat!**

**Q: Who can eat at the café?**

A: Anyone!! From local area business people to those just looking to get out of the house for lunch or breakfast. Takeout also available.

**Q: Who benefits from café sales?**

A: You do! Profits from the café benefit **Spectrum Generations'** Non-Profit programs, including Meals on Wheels and Nutrition. When you eat at Café Plus you are supporting your community.

**Q: What else is there besides food happening in the café?**

A: Tons! Café Plus is a place to meet new friends and renew B:yourself with classes, workshops, travel, fitness, good food and socialization. Not to mention entertainment! We are looking for more local talent to come in with good music, comedy and more! You just never know what you'll find at Café Plus.

**If you haven't experienced Café Plus in a while we invite you to stop in and check us out!!!**

New Café Hours  
8:00 am — 1:00 pm

## 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.

**Adult DayBreak** Somerset Center currently has openings for new participants to join the program. Free visits are available. Please call, 474-8552 to learn more.

**Volunteer Opportunities in Somerset**  
Would you like to make a difference in someone's life? **The Meals on Wheels** program is accepting volunteer applications for delivery drivers and home assessors. Commitment level can be as little as just 2-4 hours each month.



### Happy Spring!

### Volunteer Opportunities at Muskie

We are currently accepting volunteer applications for the following:  
\* **Custodial help** with floors & bathrooms on Tuesdays and/or Thursdays.  
\* **Fundraisers**—do you like to plan and organize events while making a difference? We are looking for a small team to help with fundraising activities.  
\* **Events Planners**—do you like to plan and organize fun events like dances, luncheons and more? We are looking for a team to lead some super fun community events.  
\* **Entertainers**—Comedians & Musicians

### Don't see what you're looking for?

Check out [www.volunteermaine.org](http://www.volunteermaine.org) for more volunteer opportunities or stop by and speak to Angela about other ideas.

**Stop by to pick up your volunteer application today!**