



spectrum generations

SOUTHERN MIDCOAST

COMMUNITY CENTER HAPPENINGS

Center News

SAVE THE DATES—LATIN DANCE PARTIES WITH TONY "ZUMBA"



Tony "Zumba" Garreton

Once again, Tony Garreton will join our friends and staff for Latin Dance fun to raise money for our important programs and services.

Join us in Boothbay

Harbor aboard the Harbor Princess for one or more of these fabulous Friday night sunset cruises:

July 2nd

August 6th

August 27th

Stay tuned for more details and polish up your dancing shoes!

Classes (cont. on p. 2)

Great Times/Great Photos with Your Grandkids

Courtney Durgin Digital camera tips and photo instruction prepare you to have the time of your life and a superb photo record to cherish for years to come. Fri, Apr 23, 12:30pm-2:00pm; \$20

Proper Care for Healthy Feet, Laurie Doran, EZ Diabetic Supplies, Inc. Information and custom-fitting for diabetics. Tuesday, April 20, 10:00am—11:30am; \$2

APRIL 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

Upcoming Trips

It's time for a trip to Disney World! Join Spectrum Generations from October 14-19, 2010 at the fabulous Port Orleans Riverside.

Trip includes accommodations, 6 day hopper pass to Disney parks, airport transfers, taxes, and admission to the World Showcase Pavilion. Airfare not included; other venues and events not included. \$200 deposit due at time of signing; final payment due September 1, 2010.

Standard: \$1128 pp/dbl occupancy
Waterview: \$1188 pp/dbl occupancy (rates subject to change)

(Trips continued on page 3)

Partners

Respite Care is pleased to announce the move of their administrative office to the Southern Midcoast Community Center. We're delighted to have them in the building and look forward to a fun and productive partnership. Stay tuned for updates...

In partnership with Spectrum Generations, **People Plus** will be hosting monthly luncheons in Brunswick. Plan on attending on **Thursday, April 15th, 11:30am.** Call 729-0757 for more information.



Enrich Your Life

Treasure in my Medicare Benefit, Amy Berube, CHANS Home Health Care
Friday, April 30, 11:30am-1:00pm, \$7; includes lunch



Amy Berube, CHANS
Home Health Care

Healing and Relaxation, Bambi Thompson
Guide your body into a blissful state of well being & relaxation. Wednesdays, 9:00-10:30am
come once or come weekly; \$15

Living Well, Lydia Ciminello, Parkview Adventist Med Ctr
& Paula Gustafson, Peer Support Specialist, Sweetser
Chronic disease self-management.
Tuesdays, 1:00pm-3:30pm, April 20 through May 25
(6 week course); \$12 for course; additional material fee

Friday Fun, Janet & Gregory Daily
Fridays, 9:00am-11:00am Games, friends.

Optimism 101, Bambi Thompson
Use the power of positive thought to become an optimist!
Tues, April 13, 4:00pm-5:30pm or Wed, April 28, 4:00-5:30pm; \$20.

Alzheimer's and Dementia Care—the Basics, Leslie Bray
Learn how to recognize the signs of dementia.
Monday, April 19th, 10am-11:30am; free

Anxiety Management, Bambi Thompson
Break the stress/anxiety cycle.
Wed, April 28, 6:30-8:00pm; \$20

Sitting Tai Chi, Diane Doiron
Regardless of age or physical abilities, enjoy a series of slow, relaxed
movements to balance the flow of Qi in your mind and body.
Thursdays, 10:00am-11:15am; \$15 per session. Free introductory session.

Just BLOG It!, Courtney Durgin
Blogging is a new medium for an old pastime.
Tuesday, Apr 20, 12:30-1:30pm; \$20

Is FarmShare For You?, Joanne Rosenthal
Tuesday, April 20, 10:00am—11:30am; \$2

Making A Dreamcatcher, Liane Walsh
Use branch hoops, feathers, and bead to make your own dreamcatcher.
Wednesday, April 21, 1:00pm-2:30pm; \$15—bring scissors
Please call Debbie Atwood 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)

STORM POLICY

During the winter, the Center may close periodically during severe storms.

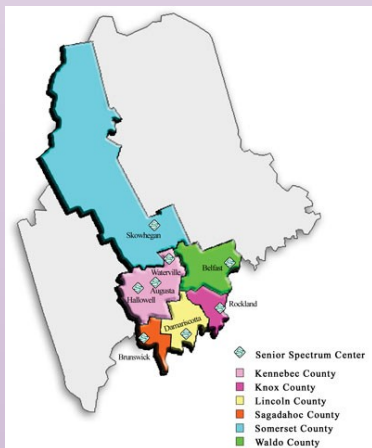
To find out if our Center is closed, please do one of the following:

- ✓ Call 1-800-639-1553.
- ✓ Watch a network television station for storm closings.
- ✓ Listen to WABK FM 104.3.

OUR TOWNS

The Southern Midcoast Community Center serves the following towns:

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



Upcoming Trips (cont.)

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.



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.

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.

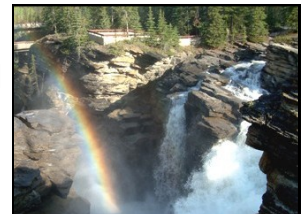
Canyon Country features 9 days with 12 meals, starting at \$1,799, pp/dbl. Travel to the Grand Canyon, Zion National Park, and Las Vegas. Includes 12 meals.



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.



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



AARP Safe Driver Course

Earn A Discount on Your Auto Insurance!

Sagadahoc County Sheriff Pete Lamarre will be offering AARP's Driver Safety Program, a classroom refresher course especially designed for drivers age 55+.

If you are over 55, you will earn a discount on your auto insurance. Plan to join us on Tuesday, May 25th, from 8:30am-1:30pm; bring your AARP card!



Staying Connected

We're wireless! Drop by with your laptop for a cup of coffee and a trip down the electronic highway. No laptop? No worries—use one of our computers.

Volunteer Opportunities

Volunteer opportunities:

Reception — answer the phone and greet Center visitors.

Events — Help plan and implement events and activities.

Outreach —help us spread the word about our services!

Staff

Center Coordinator

Debbie Atwood

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 Generations, serving central Maine adults from the state line to the coast line, helps people live their best lives by fostering independence and promoting a healthy lifestyle.

TOBACCO FREE

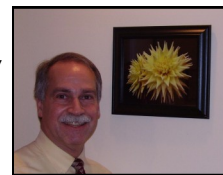
We are Tobacco a Free Center

Effective **April 1, 2010**, Spectrum Generations will be a tobacco free agency. Spectrum Generations prohibits the use of any tobacco products including cigarettes, cigars, snuff, dip and chewing tobacco in any facility or on property owned or leased by Spectrum Generations. For information on smoking cessation services please call the Maine Tobacco Helpline at 1-800-207-1230.



Local Art on Display

We're delighted to host a display of photography by local artist Kirk Kennedy. Several of his pieces are



Kirk Kennedy & "Bold Points"

installed throughout the building and are for sale. Area residents are encouraged to visit the Center Monday through Friday, 8:00am – 4:30pm. For more information about Mr. Kennedy's work, call 729-1516.

Celebrating our Volunteers

April 18th through the 24th is National Volunteer Week and we're celebrating! Volunteers are at the heart of our agency's success and we appreciate this opportunity to say, "Thank You."

We also would like to thank area businesses who have generously donated items and gifts, including:

- Little Dog Coffee Shop
- Wild Oats Café and Bakery
- Hannaford
- Shaw's
- Tim Horton's
- Meineke Care Care Center
- Sea Dog Brewing Company
- Borders

.....and more!