# WALDO CENTER HAPPENINGS

April 2010

## Living

### SCSEP Information Session

Dianne Wyman, SCSEP, Senior Employment Representative will be at the Waldo Center on **Wed. April 29th** from **10:00 to 11:30** to answer any questions you may have about Job Training and Employment Opportunities through ABLE for those who are age 55 and older. Through this job-training program you will receive interviewing and job-search training, obtain computer skills. Please call 338-1190 with questions or to sign up.

## Learning

### Cyber Computer Lessons

Free computer lessons are now available again every Wednesday from 10:00 – 2:00. Our volunteer, Gad Liebmann will help you broaden your computer skills including e-mail, the internet, word processing and more! One-on-one appointments enable you to work at your own pace. Please call 338-1190 to make your appointment.

## Answers

### Veteran's Services

Are you entitled to more military services and benefits? Do you have questions about veterans pensions, small business loans, educational benefits, service connected disabilities or other benefits you maybe entitled to. Conrad Edwards, Veteran's Advocate, will be available to help you on Wednesday, April 7, by appointment from 9:00 to 12:00 noon and from 12:30 to 2:00. Please bring your military documents with you.

**Waldo Community Center**
**18 Merriam Road**
**Belfast, ME 04915**

**Consumer Helpline:**
**1-800-639-1553**
**(TTY) 1-800-464-8703**
**(Local) 207-338-1190**

**www.spectrumgenerations.org**

## Caring

### Maine Savvy Caregiver

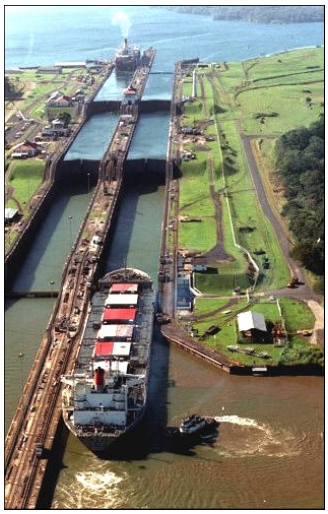
Are your caring for family member with dementia? Spectrum Generations is offering a12 hour training for family caregivers of people with dementia. The six week series will be from 10:00 until noon beginning on Thurs., April 22 and ends Thurs., May 27 and will be at held at Waldo County Home Health on Northport Avenue. The project is sponsored by the Office of Elderly Services, Department of Health and Human Services. There is no cost to attend the training. Each session includes training, interactive exercises and discussion. For more information or to register for the training please call 1-800-282-0764 ext. 139 or 127.

### We are a Tobacco Free Agency

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 or on line at www.tobaccofreemaine.org.

## Upcoming Trips

### 10-Night Panama Canal Cruise



Experience the excitement of the Panama Canal aboard the "Coral Princess" with Princess Cruise Lines. Trip departs from Ft. Lauderdale, FL on **November 5, 2010**. Ports of call include Aruba, Cartagena, Panama, Costa Rica and Ocho Rios. Pricing starts at $1,293 per person based on double occupancy. A deposit as low as $100 due at time of registration. Final payment due August 8, 2010. Price does not include airfare. Call **Cruise Planners** at **1-877-473-2386** for full details and to register.

### Canadian Rockies

Travel with Collette Vacations on **June 19,** to **June 26,** to the *Canadian Rockies and* the amazing *Glacier Nation Park*. Pricing starting at $2,499.

***All trips require reservations. Stop by or call 338-1190 for full details.***

### Southern Charm, Canyon Country or The Passion Play in Bavaria

*Southern Charm* features 7 days with 10 meals, starting at $1,199. *Canyon Country* features 9 days with 12 meals, starting at $1,799. *The Oberammergau's Passion Play* offers several options including 8 to10 days, meals and visit Bavaria, Switzerland & Austria.

## Living

### Become Our Facebook Fan

Find us on Facebook

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!

## Upcoming Trips

### Hartstone Inn, Luxurious B & B

Treat yourself on **Sat., April 3 and 4.** at a Camden bed and breakfast. Elegant and romantic guestrooms come with a fireplace, Jacuzzi tub, feather beds, and more. Your visit includes a 2-hour gourmet Caribbean cooking class with Chef Michael; a gourmet dinner and a sumptuous breakfast. **$226** for single; **$330** per couple. Stop by the Waldo Center or call for full details.

### Enchanting Danube: Budapest to Passau - 9 Days

Imagine 7-nights on the ship "River Beatrice" discovering the best of Old World Europe! Highlights include 7-night cruise all meals onboard, complimentary beverages, 6 hosted shore excursions, captain's welcome & farewell dinners and more. **Oct. 30, 2010.** Rates start at $1,849. Early booking discounts available. Stop by for a flyer or call **Cruise Planners at 1-877-473-2386** for details and to book your trip.

### Shades of Ireland

Travel with Collette Vacations on **Oct. 26** to **Nov. 4.** Experience Dublin, Kilkenny, Blarney Castle, Cliffs of Moher, Galway Castle and more. Pricing starting at $2,499. Call for more info.