



COASTAL CENTER HAPPENINGS

Center Highlights

Savvy Caregiver Training for Caregivers of People with Dementia.

Family caregivers are at the center of the health care system for persons with dementia because they often provide care that keeps the person with dementia in the community for as long as possible. Savvy Caregiver Training assists caregivers by providing knowledge, skills and the outlook essential for successful caregiving. FMI and to register for the 12-hour training which is provided in two hour sessions on consecutive **Thursdays beginning at 10:30am on January 22** call Vanessa Broga at 1-800-282-0764 ext. 139

Train Your Brain

Do you love games and puzzles? If so, read on! Current thinking supports the "use it or lose it" theory as it relates to brain functioning. We must continue to work at using our whole brain in new and challenging ways if we wish to delay or even reverse the onset of cognitive impairment. Beginning **January 6 at 1pm** and continuing each week for 6-weeks, basic information will be shared about how to keep our brains healthy. We'll look at and play visual-spatial games, word games, memory games, logical thinking puzzles and even delve into electronic games and activities. If you (or someone you love) enjoy games and wish to learn new ones, and in the process perhaps delay cognitive decline, this Coastal Senior College class with BJ Fredrick is for you! FMI and to register call 1-800-286-1594

Center Activities on Back Page

JANUARY 2009

THE HEART OF ALASKA



CRUISE TOUR SPRING 2009



Join us for *Trek to Tahiti*. Our 6th Annual Winter Activity Event. Details inside.

Coastal Community Center
521 Main Street
Suite Number 8
Damariscotta, ME 04543

Consumer Helpline:
1-800-639-1553
(TTY) 1-800-464-8703
(207) 563-1363

www.spectrumgenerations.org

Upcoming Cruise Tour

The Heart of Alaska is Calling

There is no better way to see more of Alaska than on a **13 Day Alaskan Cruise Tour** on board the Island-Princes. Intrigued? Want to learn more? Call Walter Guptill at 1-877-473-2386. Support Spectrum Generations and receive \$50 off per person. Ask for promotional code SG2009.

Living Well: Begin Your Journey

Are you living with a chronic condition or caring for someone who is? Beginning **Friday, January 30 at 12:30pm**, Spectrum Generations CCC will be offering the Healthy Choices for ME six week Living Well: Chronic Condition Self-Management Program to help you improve your health one step at a time. Living Well is an exciting program developed at Stanford University. Living Well is not your ordinary health education program, it is taught by people living with chronic conditions, just like you! By participating in the Living Well seminar series, you will discover better ways of coping and managing your own health. The seminar will give you a valuable toolbox of information that you can use to lead an interactive, balanced and healthy lifestyle. To learn more about the Living Well program and how you can take control of your future, come to an information session on Friday, January 9 at 11:30am or Wednesday the 21st at 1pm. To register call 563-1363.

Money Management on the Back Page

Caring



Family Caregiver Support Group, Thursday, January 8 at 1pm.
FMI call Vanessa at 1-800-282-0764 ext. 139. ☎

Lincoln County TRIAD Meeting, Thursday, January 15 at 1:30pm. A three-way effort among senior citizens, law enforcement and community services organizations FMI call Deb at 633-7874. ☎

Savvy Caregiver Training for Caregivers of People with Dementia, Thursdays from 10:30am until 12:30pm beginning Thursday, January 22. A 6-week program that will offer you the opportunity to learn more about dementia and the impact of caregiving on the caregiver. ☎

Living



Trek to Tahiti, 6th Annual Winter Physical Activity Event, January 12 to February 28, 2009. Join the fun. Let's be healthier this winter....keep physically active at least 30 minutes 3 times a week, an equivalent of 6,589 miles, the distance from Maine to Tahiti! Cost \$5. Registration forms available at the CCC. Registration deadline January 2. FMI call Lincoln County Healthcare's Education Department at 563-4540.

Pamper your Feet, Foot-Pedicure Clinic, Friday, January 2, 16 and 30 beginning at 8:15am. 30-minute therapeutic toe clipping. \$20 fee ☑

Zumba Rapido: Ditch the Workout, Join the Party, Mondays at 3:45pm with Peruvian native and certified Zumba instructor Tony. \$30 for 3 sessions in January or \$13 per class. First class January 5th ☎

Introduction to Salsa for Beginners with Tony, Mondays at 2:30pm. Learn the basics of salsa dancing, including dance moves, footwork, steps and rhythm. No matter your age or whether you're single or have a partner. Using a fun and engaging style. Tony will demonstrate and teach you the rhythmic steps and footwork you'll need to get out and start salsa dancing. \$30 for 3 sessions. First class January 5th ☎

Advanced Foot Clinic or Reflexology Session, Friday, January 23 from noon until 2pm with Alina Blakesley, Licensed Nail Technician. Beyond simple toenail clipping, advanced pedicure services offer relief from dry-cracked skin, thickened nails and calluses. Diabetics welcome. Reflexology is the application of healing pressure, stretch and movement to the feet. 1 hour sessions. \$40 fee ☑

One Light Healing Touch, Monday, January 12 (snow date, January 26). Come experience deep relaxation and a joyous sense of wellbeing with Practitioner Ann-Dee Burnham. 1-hour sessions start at 10am. \$5. ☑

Heart Healthy Blood Pressure Screening Clinic with RN Donna Johnson, Wednesday, January 21, 11:00am—1pm. Free—Drop-In Clinic

A Focus on Wellness

Living a Vibrant Life—Health Screening and Fitness Evaluations with Dr. Susan Miller and Robin Maginn, Thursday, January 29 at 1pm. Studies suggest that some physical frailty commonly associated with aging can be reduced if we pay more attention to what our bodies are saying, to physical activity and fitness. No matter what your age or current condition, improvement is always possible. Dr. Miller will be offering a free 8-minute computer test which analyzes heart-rate variability. This test is used to determine how the body is functioning before it gets sick. Fitness instructor Robin Maginn will discuss an individualized fitness screening test that is safe, fun and easy to do. ☎

Introduction to Tai Chi—Part II with Jody Telfair. New 12-week series begins on , Monday, January 12 at 9:45am. ☎

Intermediate/Advanced Tai Chi—Level 3 with Jody Telfair. New 12 week series begins on Tuesday, January 13 9am at Jody's Walpole Studio. FMI call 563-7484

Easy Does It Fitness Tuesdays and Thursdays at 9 am. 45 minutes of low-impact exercises using free weights & fitness balls. \$3 fee. ☎

Flex and Fit, Wednesdays at 10:30 am. Exercises for flexibility & balance. \$3 fee ☎

TOPS (Take Off Pounds Sensibly) Support Group, Tuesdays 10:30 am. FMI call Shirley 563-6813

Meditation with Reverend Lu Lasher, Wednesdays at 10am.



Learning

Coastal's Cyber Café

What's Ubuntu with Jim Skilling, January 15 at 11am. Learn about a community developed, Linux-based operating system that is perfect for laptops, desktops and servers. It contains all the applications you need - a web browser, presentation, document and spreadsheet software, instant messaging and much more. All for free! \$5. ☎

Using Wireless Connections: At the Center and in the Community with Jim, January 29, at 11am. Internet is fun and easy, lose the wires and get a lesson in wireless networks, routers, firewalls and security so that you can start using the Center's new wireless network. \$5.

Linux Support Group, Thursday, January 22 at 11am. Discuss the ins and outs of downloading and using Linux which is a free operating system. Share your knowledge with others; learn about new programs; show and tell using the Center's Linux PC. ☎

Don't Be Left Behind—Whether you are 52, 62 or 92, you can still learn and enjoy the ever expanding world of technology and computer systems.

Taming Your Computer—The simple basics and beyond is designed for beginners who want to learn the basics, beginning at step one or those who know a bit and want to learn more. Jim or Todd will assist you at your own pace on a day that works for you. \$10 per hour. ☎

The Power of Simplicity: Organizing Secrets, Friday, January 9 at 10am. It's National Get Organized Month. If you were ever going to get it together, this is the time of year to do it! Take your first step by coming to Carol's workshop and learn how to set the time aside and dig in. ☎

Explore Mythology, Awaken Your Senses: A Mythology Roundtable with Sally Johns, Thursday, January 15 at 2pm. Do myth, symbolism, story, and archetype enchant you? Join Sally each month and explore the magic of myth. The Center's new mythology roundtable discussion is a place to be spiritually nourished with world myths, and modern retellings. ☎

Sea Glass as Wearable Art, Friday January 16 at 1:30pm. Jewelry making class with Lynne Thompson. Using sea glass and wire, create a pendant or a pair of earrings. Use the materials Lynne provides or bring your own sea glass and needle nosed pliers. Class fee \$10. Materials fee \$10. Minimum class size 5. ☎

Jump Right In: The Water's Fine, a watercolor class with South Bristol Artist Maude Olsen, January 23 and 30 from 9:30am-11:30am. Problems with your latest artistic creation? Come to Maude's class where solutions to the most common and the not so common watercolor problems will be resolved. Course fee \$100 which includes materials. Minimum class size 5. ☎

Savvy Investment Strategies for the New Year and a Changing Economy with James Vicenzi, Thursday, January 22 at 1pm. Today's markets are unpredictable and volatile. Savvy investors are changing their strategies and pulling old tricks out of their tool bag. Join Jim from the Smith Barney office in Portland for an open discussion and insights into what one should consider when the financial markets are turned upside down. ☎



Answers

Veterans' Advocate Services with Conrad Edwards, Tuesday, January 6 from 9am –1pm. Veterans and spouses get your questions answered. ☑

Medicare Part D Consultations with Medicare Part D Specialist Karen Crum, Thursday, January 15 from 9am to 3pm. Make sure you understand your options and make the choice that is best for you. ☑

Medicare 101: What Is Medicare, and How Does Medicare Work?, Friday, January 16 at 2pm. Join Cynthia and get answers to common questions about Medicare benefits as your 65th birthday draws near. ☎

Weathering Winter with Carol, Friday, January 23 at 1:30pm. Are you ready for a winter emergency? No? Get organized, here's how. ☎

AARP 2008 Federal and State Income Tax Preparation Assistance with Marilynn Wilson and her team of tax consultants begins at 9am on Tuesday, February 3. ☑

☎ **Advanced Registration Call
563-1363**

Center Activities Cont.

Lincoln County Scrabble Club, Thursday, January 8 and 22 at 6:30pm. Open to all generations, FMI: Clayton at 882-8303. \$2 fee.

Men Swapping Seeds: A Gardening Tradition and Hallmark of GREEN Living! Friday, January 30 at 11:30am. Seed-sharing has been an officially time-honored tradition since at least 1989, when Canada and Britain founded their respective Seedy Saturday and Seedy Sunday swaps. Bring the seeds you have collected, share their history, give a few, collect a few, and celebrate January 31st National Seed Swap day. ☎

Center Bridge Group, seeking bridge players, all generations and levels welcome. Mondays from 1pm-3pm. FMI: Sally at 563-1851. \$1 ☎

Quilting with Carolann Rines— Tuesdays, 8:15am –noon. Bring your creative spirit, sewing machine, notions and materials. FMI: Carolann at 882-7732. \$5 fee. ☎

Cribbage with Friends, Drop by and play. Wednesdays at 1pm.

Knitting with Andrea—Thursdays at 1pm. Just learning to knit or looking for a place to knit with friends? Join Andrea for knitting instruction, tips and conversations. Knit for yourself, a friend or a cause. January's project is knitting the perfect winter hat. Materials, patterns & needles provided. FMI: Andrea at 677-3112. ☎

What's New? What's A Wii?

The Next Generations Gap? NO... Come to the CCC each Friday afternoon during the month of January (1pm-3pm) and introduce yourself to the Center's new Wii System. A fun and energizing way to play golf, tennis, to box or bowl—virtually! Start a team. Have a tournament. Challenge yourself. Nintendo's Wii is a whole new world of mind expanding activities just waiting for you and your friends to enjoy. Using technology in a new way we can all to increase our physical activity, lower blood pressure, improve hand-eye coordination, laugh, have fun, and stay young at heart.

Lunch and Learn Series

January 7—Lunch & Community Service—Rotary's Impact Locally & Internationally, Wilton Jones, Rotary International District 7780 Assistant Governor. Entrees Beef Lasagna or Barbequed Pork: 🍴

January 14 Lunch & Wellness—What is Naturopathic Medicine and How Can it Help You?, Dr. Young. Entrees: Meatloaf or Chicken Stew 🍴

January 21 —Lunch & Learn—Estate Recovery in Maine, Scott N. Vafiades, Manager Estate & Casualty Recovery Unit Maine-Care Services. Entrees: Baked Ham or Macaroni & Cheese 🍴

January 28—Lunch & Art—Copper Enameling by Bovano of Cheshire, David Flood. Entrees: Sweet and Sour Pork or Baked Fish. 🍴

🍴 *Reservations Required, call 563-1363 by noon on Tuesday. Lunch is served at 11:30 am. 60 plus \$3.50 donation. All others \$5.50.*

☑ **Appointment Required Call
563-1363**

Intergenerational Programs

Miles of Friends 4th Gathering, Thursday, January 8, 12:45pm at Nobleboro Central School.

Celebrate National Puzzle Day, Thursday, January 29 at 2:30pm. Crosswords, number puzzles, jigsaws, brain-teasers. Bring your grandchild and your favorite puzzle as we celebrate a national obsession! ☎

Volunteer Corps

Local Advisory Council Meeting, Tuesday, January 13 at 1pm. FMI: Marianne at 563-1363 ☎

Volunteer & MOW Food Safety Orientation, Friday, January 9 at 3pm. ☎



Money Management Program In partnership with AARP, this program offers money management services to individuals with lower incomes. Older adults and people with disabilities work with trained volunteers who help them balance their checkbooks, write out their checks and organize their bills. Participants sign their own checks and retain full control of their bank accounts and other assets. To find out whether this program fits your needs, please contact Pat Greenleaf at 1-800-876-9212 Ex 102.