

Free Training to become A Matter of Balance Coach

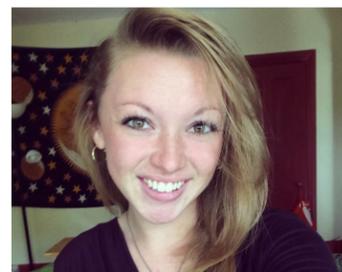
Spectrum Generations is offering a free training opportunity for those who are interested in becoming a coach for A Matter of Balance. The training will be held on April 27-28 from 1:00—5:00 p.m. at People Plus, 35 Union Street, Brunswick.

A Matter of Balance is a nationally recognized program designed to encourage physical activity and reduce the fear of falling. Workshops are typically conducted in eight sessions over for weeks, meeting twice a week for two hours each, and led by experienced volunteer coaches, who can now be trained for free by Spectrum Generations.

A Matter of Balance coaches have good communication and interpersonal skills, enthusiasm, dependability, and a willingness to lead small groups of older adults. Coaches also need to be able to lead the low to moderate level exercises, facilitate group discussions and engage in problem-solving strategy sessions.

The eight-hour training for coaches is free and materials are provided. For more information or to register for the training, contact Lyn Neiz at 930-8082 or lnreiz@spectrumgenerations.org

In case you missed it...



A warm welcome to Hannah, who recently joined Spectrum Generations on our Aging and Disability Resource team! Hannah will be available at Coastal to assist you and answer questions you may have around aging or disabilities.



We have launched our new website, www.SpectrumGenerations.org — Log on today and see what has changed!



Thank you to Marianne Pinkham who retired after 12 years of dedication to Spectrum and the Coastal Center. You will be missed— enjoy retirement!

Legacy Corps Program Receives National Recognition

Spectrum Generations' Legacy Corps Program, which caters to the caregiving needs of veterans and their families, recently received two national awards. Bestowed by the University of Maryland, the awards are a direct reflection of the efforts made to grow the program and enhance people's lives through the support it offers.

The Eisenhower Award was presented to Spectrum Generations as a symbol of our leadership in modeling how to retain members. The Startup Award was presented in recognition of demonstrated growth of the program through both volunteers and families seeking services, year over year. The two awards were out of only four presented, nationwide.

Legacy Corps program provides companionship respite care for veteran and military families and their caregivers, throughout central and midcoast Maine. The volunteers are trained and carefully matched with each client they work with to help support the specific needs veterans and military families often face.

Veterans of any age, and their families members are welcome to contact Spectrum Generations' Tricia Payson at 620-1670 for more information on how to begin services. Volunteers for the program are also needed and invited to contact Betty LaBua at 620-1662 for more information on upcoming training opportunities.

COASTAL NEWSLETTER

spectrum generations April 2017

521 Main Street, Damariscotta, ME 04543
(207) 563-1363 or [TTY] 1.800.464.8703
Monday-Friday, 8:00 a.m. — 3:00 p.m.



Message from the Coastal Center Team

Happy Spring to all of our friends at the Coastal Community Center!

As the seasons begin to change and warmer weather begins to roll in; it poses as a metaphor for what we are experiencing within our own walls at the Coastal Community Center. Here's a quote we wanted to share with you for its inspiration and as it resonates with many of our friends in Damariscotta and surrounding towns:

"Never doubt that a small group of thoughtful, committed citizens can change the world, it is the only thing that ever has."

- Margaret Mead

It is because of all of our dedicated staff, volunteers, consumers, donors and supporters at our center, that we have grown to know and love, has flourished and become the heart and home for many. As we enter this next phase of our journey together, we ask that you all remain positive, optimistic and excited for what's to come.

Without you all, we would not be where we are today. Each one of you have played a vital role in the programs, activities, lunch & learns and events that have been shared here at the Coastal Center and we are thrilled to be able to continue that with your continued support.

Thank you for all you do. We look forward to seeing you soon!

Upcoming Events

APRIL 8

AARP Smart Driver Course

Join Joyce Polyniak on Saturday, April 8 from 10-3. **\$15 for members and \$20 for non-members.**

APRIL 10

Local Advisory Council Meeting

LAC Members assist in planning events and activities, help identify unmet needs in the community, connect people with agency programs and services and assist in advocacy efforts. We meet on the **second Monday of each month at 1:00.**

APRIL 25

Volunteer Appreciation Celebration

In partnership with the Eldercare Network of Lincoln County, we'll be celebrating our volunteers on Tuesday, April 25, at Chevrus Hall, St. Patrick's Church in Damariscotta Mills. **Celebration begins at 4:30.** By invitation only. Please RSVP and **contact Kellie Bigos** at 207-563-1363 for additional details.

Spectrum Generations is the Central Maine Area Agency on Aging. Our mission is to promote the life-long learning, health, wellness, nutrition, community engagement, and social well-being of all older and disabled adults. We actively engage the people of central Maine, across the entire generational spectrum, in redefining how older and disabled adults live healthy, socially enjoyable and independent lives. We invite you to connect with us in various ways:

[spectrumgenerations](https://www.facebook.com/spectrumgenerations) [@SpectrumGen](https://twitter.com/SpectrumGen) www.SpectrumGenerations.org (207) 563-1363

Aging in Place

Meals on Wheels America released *Hunger in Older Adults* – a report seeking to increase the understanding of a variety of food assistance programs that can work in combination to more effectively address the needs of the more than 10 million older Americans facing hunger each year. For the first time in one place, the *Hunger in Older Adults* report:

- Synthesizes publicly available research and information from government, organizations, academic studies, aging services reports and technical assistance materials;
- Examines the multiple ways that State Units on Aging (SUAs) tackle food insecurity to better address senior hunger issues within their state;
- Illuminates some of the challenges and opportunities for the community-based nutrition services network in serving older adults; and
- Recommends actions for leaders and advocates to better communicate, coordinate or collaborate, and develop the most effective interventions.

"The Caesars Foundation is proud to support Meals on Wheels and the AARP Foundation in its work to address hunger among older adults," said Executive Director Thom Reilly. "Initiatives such as the Supplemental Nutrition Assistance Program, or SNAP, are critical to our ability to help people meet their basic needs."

View more news online at our new website, www.SpectrumGenerations.org/news

VOLUNTEERS NEEDED

Did you know that just a few hours of your time, once or twice a week, can help seniors remain healthy and independent in their homes? Spectrum Generations is seeking volunteers to deliver Meals on Wheels to homebound seniors and disabled adults.

Contact our Volunteer Coordinator **Betty LaBua**:
elabua@spectrumgenerations.org | (207) 620-1662

Lunch & Learn Schedule

Wednesdays from 11:15 a.m. – 1:00 p.m.
Reservations are required. Call the Coastal Center at 563-1363 by noon on Mondays to reserve your spot. We look forward to seeing you!

Wednesday, April 5

Carol Preston, Musical Zoo
Entrée: Meatloaf

Wednesday, April 12

Pam Gormley, Skidompha Library
Entrée: Chicken Pot Pie

Wednesday, April 19

Karen Wiswell, Spectrum Generations
Entrée: Beef Tips

Wednesday, April 26

Nate Steinburg, Musical Instrument Designer
Entrée: Ham & Baked Beans



All proceeds help end senior hunger

Robin's Fitness Corner

Advanced Senior Personal Trainer and Fitness Instructor, Robin Maginn, can develop a wellness plan that's right for you. Take a peek at the current options or call Robin to make an appointment or FMI.: 563-1363.



Personalized Training

6 one-hour sessions \$150 (or 12 half-hour sessions).
One-on-one consultations. \$30 per hour.

It's All About...Legs

Robin's "It's All About..." Series continues with this class focused on exercising legs to help maintain mobility. Come and learn leg exercises that include multiple joints to increase core stability and balance. Monday, April 24, 1:00 – 1:45 p.m. Cost is \$10.

Enhance@Fitness

Mondays and Fridays, 10:30 a.m.,
Wednesdays at 10:45 a.m.
\$5/one-hour class or call for monthly fee
Your first class is always free!

TNT Whole Body Fitness

Mondays, Wednesdays, & Fridays, 8:00 a.m.
\$5/one-hour class or call for monthly fee

FitMx for Active Agers

Tuesdays and Thursdays, 9:00 a.m.
\$5/one-hour class or call for monthly fee

What you need to know

Tapping Feet

Have fun learning to tap with HEY Artistic Director, Carol Teel.
Mondays, 12:00 p.m. Cost is \$10.

Shamanic Healing

Tina D'Amore, Reiki Master Teacher. Mondays by appointment. Cost is \$55/hr (seniors), \$70/hr all others.

Acupuncture

Sharon Gordon, M.Ac., by appointment; call 207-482-0725
Cost is \$50/hr (seniors), \$65/hr all others.

Morning Yoga

Offered by Carol Krajnik, \$15/class
Wednesdays, 9:15 – 10:15 a.m. & Fridays, 11:30 a.m. – 12:45 p.m.

SAGE (Services & Advocacy for GLBT Elders)

1st and 3rd Wednesdays, 1:00 – 3:00 p.m. \$1 per meeting.
FMI: Doug Kimmel 207.809.7015 or
dougkimmel@tamarackplace.com

Computer Help

PC or laptop, no Apple/MacOS devices please.
Thursdays, 11:00 a.m.
Fee varies but is typically between \$5-10.

Tang Soo Do

Join Derrick Hyatt for an introduction to this karate.
Thursdays, 5:30 p.m. and Saturdays, 9:30 a.m. \$15/class.

Hypnotherapy and Guided Imagery

Join Derrick Hyatt, certified hypnotherapist, if you have issues with smoking cessation, anxiety, stress, or self-confidence.
Mondays & Tuesdays, 5:00 – 7:00 p.m.,
Saturdays, 11:00 a.m. – 1:00 p.m.
\$50/hr (seniors), \$65/hr all others.

Foot Clinic

With Patsy Cunningham, by appointment on Friday, April 7, and Friday, April 21. 9:00 a.m. – 2:30 p.m.
\$22/session which typically last 40 minutes or less.

USDA Commodity Supplemental Food Program

Supplementing diets of those 60 and older. Pickup is 3rd Tuesday of every month, 10:30 a.m. – 12:30 p.m. at The Methodist Conference Home, 39 Summer St, Rockland. FMI & application or designate proxy if you are unable to pick-up your bags, contact Kellie Bigos 207-563-1363 or kbigos@spectrumgenerations.org



Spectrum Generations is an Equal Opportunity Provider. Please let us know if you require special accommodations at least two weeks prior to the event.