



On March 22, 1972, President Richard Nixon signed into law a measure that amended the Older Americans Act of 1965 and established a national nutrition program for seniors 60 years and older. For more than 45 years, these critical programs – commonly referred to as [Meals on Wheels](#) – have delivered more than just nutritious meals to homebound seniors in virtually every community across the country. And, the dedicated staff and volunteers who deliver these meals each week provide a vital lifeline and connection to the community, which are sometimes all it takes to keep our senior neighbors at home, where they want to be.

Meals on Wheels programs have come together each March, since 2002, to celebrate this proven collaboration of local community organizations, businesses, all levels of government and compassionate individuals to ensure that our seniors are not forgotten.

March for Meals with Spectrum Generations

Meals on Wheels serves virtually every community in America and is powered by a network of providers, like Spectrum Generations. Every March we come together to raise awareness for the program and the seniors we serve.

Providing so much more than just a meal - At the core of the Meals on Wheels service is a nutritious meal, companionship and a watchful eye on the health and safety of our elderly neighbors.

A nutritious meal - Adequate nutrition is necessary for health, functionality and the ability to remain independent. Healthy eating can increase mental acuity, resistance to illness and disease, energy levels, immune system strength, recuperation speed and the ability to manage chronic health problems. Meals on Wheels ensures that seniors have access to adequate nutrition even when family support, mobility and resources are lacking.

A friendly visit - For many seniors, the trusted Meals on Wheels volunteer who shows up with a meal and a warm smile is the only person they see all day. This special delivery is a reason to get up in the morning, something to look forward to, and a reminder to take good care of themselves.

A safety check - Along with the inevitable impacts of aging come the increased risks of medical emergencies, falls, and accidents. The safety check that accompanies each meal delivery helps to reduce falls, trips to the hospital, or premature institutionalization. It also ensure that, in the case of an emergency medics will be called, families will be notified and our seniors will not be forgotten.



COASTAL NEWSLETTER



March 2018

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 Community Center



March for Meals-March 21– We have invited local selectpersons, town managers and others to be guest servers at our congregate lunch. Some may choose to pack or deliver Meals on Wheels. Our speaker/presentation is also about helping those in our community.

Upcoming Events

Thursday, March 1

Medicare 101

Medicare can be overwhelming to individuals enrolling for the first time. Our Medicare 101 Session will take you through the four different parts of Medicare benefits and how each works. You'll learn how to enroll, what services are covered, and what estimated costs will be for your coverage.

1-2:30 p.m.
in the conference room.

Thursday, March 8

Family Caregiver Support Group
1-2:30 p.m.
in the conference room.

Monday, March 12

Local Advisory Council Meeting
1-2:30 p.m.
in the conference room.

USDA Commodity Supplemental Food Program

helps supplement diets of those 60 and older by providing 30 pounds of shelf-stable food items once a month for free. To be eligible, you must be age 60 or older and have an income of \$1,307 for a single household or \$1,770 for a two-person one.

For those living in **Knox County**, pick up is third Tuesday of every month, 10:30 a.m.—12:30 p.m. at The Methodist Conference Home, 39 Summer St, Rockland.

Pick up for **Lincoln County** is fourth Monday of every month, 1:00—2:00 p.m. at the Coastal Community Center, 521 Main Street, Damariscotta.
FMI and application or designate proxy if you are unable to pick up your bags, call 563-1363 FMI.

For more information contact Sarah Brown at 207.620.1677 or by email at sbrown@spectrumgenerations.org

HEALTHY AGING EXPO

Friday, June

10 a.m. - 3 p.m.

Cohen Community Center
22 Town Farm Road
Hallowell, FMI call 626-7777



Don't forget to set your clocks forward an hour on March 11. Enjoy the extra hour of daylight!

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

Lunch & Learn Schedule

Wednesdays, 11:15 a.m. — 1:00 p.m.

**\$5 suggested donation for those over 60 years,
\$6.50 for all others**

Reservations are required.

Call 563-1363 **by noon on Mondays**
to reserve your spot.

We look forward to seeing you!

Wednesday, March 7

Rev. Peter Panagore - Nationally known speaker and Near Death Experiencer, Rev. Peter Panagore will talk about his death while ice climbing and his time in Heaven in 1980, the aftereffects of a Near Death Experience (NDE), his second NDE in 2015, answer your questions, and if time allows, describe his simple practice of heartfelt-meditation that can open your inner door. Visit PeterPanagore.com.

Entrée: Meatloaf and Gravy w/Roasted Potatoes

Wednesday, March 14

Oyster Creek Fiddlers – Come all ye lads & lasses to our St. Patrick's Day lunch. Get a head-start on the holiday with some reels & jigs to get your toes tapping or maybe do a jig yourself!

Entrée: BBQ Chicken w/Mashed Potatoes & Confetti Corn

Wednesday, March 21

F.A.R.M.S., Focus on Agriculture in Rural Maine Schools – Did you know F.A.R.M.S. also works with our local food pantries? Learn how they help people of all ages in our communities. This is our March for Meals event!

Entrée: Teriyaki Chicken w/Fried Rice & Fortune Cookie

Wednesday, March 28

"The Coastal Community Center, through the years"

A time to reminisce about our years at 521 Main Street.

Entrée: Shepherd's Pie w/Biscuits

Health and Wellness Opportunities

TNT Whole Body Fitness

Mondays, Wednesdays, Fridays, 8:00 a.m.

A class that offers a total body workout using free weights, kettlebells, bands and balls combining all elements of fitness — cardio, muscle conditioning, balance and flexibility— with an emphasis on core, form and posture.

Feel good, look good and have fun!

FitMx for Active Agers

Tuesdays and Thursdays, 9:00 a.m.

A modified version of Tight & Toned that also offers a total body workout using free weights, kettlebells, bands and balls. For those who would like to sleep a little later but still get a great workout!

Enhance® Fitness

Mondays and Fridays, 10:30 a.m.

Wednesday, 10:45 a.m.

Using wrist and ankle weights, this evidence-based class helps older adults at all levels of fitness become more active, energized and empowered to sustain independent lives. A full hour of fun focusing on dynamic cardiovascular exercise, strength training, balance and flexibility. Modified versions of exercises are demonstrated and chairs are available for balance and lower-body exercises.

Physical Evaluation Required

Tai Chi for Arthritis and Fall Prevention

Wednesdays and Fridays, from 1-2 pm

Tai Chi is an effective way to improve health and wellbeing. This program is specially designed for those with arthritis. Tai Chi exercises the entire body. At the same time, Tai Chi strengthens the mind. During the course of this evidence-based program, participants will focus on improving strength, balance, mental health and relieving stress. The new 8-week session runs on Wednesdays and Fridays, from 1-2 pm, starting Wednesday, February 7. **Fee: \$80.00**

Call for more information and pricing at 563-1363.

Welcome to Maine's Accessible Outdoors!

As warmer weather in Maine approaches it is never too early to start planning your summer hikes, bike rides, walks, etc.

Many Maine cities and towns have convenient, wheelchair-accessible, multi-use pathways that comply with Americans with Disabilities Act (ADA) standards.



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Maine is a place everyone can enjoy. The Bureau of Parks and Lands welcomes all visitors to Maine's natural and cultural wonders. The Bureau is committed to making our state parks, historic sites and other public facilities accessible to people with disabilities and people with special needs.

Each state park or historic site in Maine is unique. Many park features are accessible to visitors with varying needs and abilities. In some parks, however, visitors may need the assistance of a member of their party to access certain features.

Begin planning your summer activities by visiting the national Rails-to-Trails Conservancy lists wheelchair-accessible rail-trails by state on its web site, www.traillink.com (go to "Find Trails by Activity" at the bottom of the homepage).

Activities

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

Mahjong

Thursdays, 1—4:00 p.m.
Fridays, 9:30 a.m.—12:00 p.m.
Please bring your Mahjong card. Fee is \$1.

Foot Clinic

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

Tai Chi: Cheng Man-Ch'ing Yang Style

A sequence of gentle and rhythmic movements which eases tension and improves balance, helping to prevent falls as well as lower blood pressure and heart rate.

Thursdays 10:30 — 11:30 a.m. 12 week session,
\$120.

←→
Spending snowy or rainy days going through your closets? Consigning Women, the consignment shop for gently-used items, downstairs in the Overlook Building at 521 Main Street, still has an account for Spectrum Generations Coastal Community Center. If you have clothes that you would like to see go to a good home and do a little good yourself, drop them off at Consigning Women. Let Annie, Carla or Barbara know that you'd like the cost of the items to go to Spectrum Generations. Thank you!



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