

You could have **GLAUCOMA** and not know it.

Make a resolution to find out. Schedule a dilated eye exam.

50% KNOW 50% DON'T KNOW

National Eye Health Education Program
NEHEP
A program of the National Institutes of Health

www.nei.nih.gov/glaucoma

January is National Glaucoma Awareness Month, an important time to spread the word about this sight-stealing disease. Currently, more than 3 million people in the United States have glaucoma. The National Eye Institute projects this number will reach 4.2 million by 2030, a 58 percent increase. If you are a person with diabetes, someone with a family history of glaucoma, African American age 50 or older, Hispanic age 65 or older, Medicare will cover an eye exam to detect glaucoma. Take advantage of benefits that may save your sight.

In case you missed it...



Jeanne and Clinton Feyler hold the patriotic quilt that Clinton won in a Veterans Day drawing. The drawing was held after a free lunch at the Cohen Center. Special thanks to Gladys Perkins for making the quilt specifically to donate to a veteran.

Weather Cancellations & Delays

In the event of bad weather, please call 626-7777 before heading to the Cohen Center. If no answer, please call (800) 639-1553 for a recorded message announcing any agency closings. You can also watch or listen to:

TV Channels: 2, 6, 8, or 13
FM Radio Stations: 92.3, 93.5, 96.7, 97.1, 97.5, 98.5, 101.3, 102.5, 103.3, 104.3, 105.1, 107.9
AM Radio Station: 1160

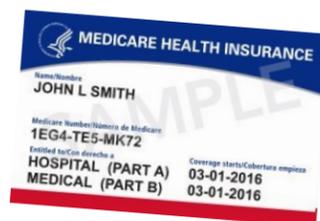
New Medicare Cards

Between April 2018 and April 2019 new Medicare cards will be mailed out. The new cards will no longer have Social Security numbers on them, which will keep your information more secure and help protect your identity. You will have a new Medicare number that is unique to you and your new card won't change your coverage or benefits. More information will be provided by Medicare when the cards are mailed.

To assure that you receive your card, make sure your mailing address is up to date. If your address needs to be changed, contact Social Security at 1-800-772-1213. Beware of anyone who contacts you about your new card. Medicare will never ask you to give personal information in order to get your new card and Medicare Number.

Understand that mailing everyone a new Medicare card will take some time. Your card may arrive at a different time than your friend's or neighbor's.

For more information, please visit: www.cms.gov/newcard.



COHEN NEWSLETTER

spectrum generations

January 2018

22 Town Farm Road, Hallowell, ME
 (207) 626.7777 or [TTY] 1.800.464.8703
 Monday-Friday, 8:00 a.m.— 4:00 p.m.



Fabulous Felines At Cohen

January 22-26

Over the summer Cohen Center honored the special dogs in our lives with a weeklong celebration. While Dog Days at Cohen was met with enthusiasm, cat owners wanted an equal opportunity.

Your cat could be named **The Most Fabulous Feline of Cohen** and earn you a gift certificate. Between January 16 and 19 bring in a framed photo of a present or past cat. Please limit photos to no larger than 5 x 7 inches.

Not a Cat Owner? There's More in Store:

Vote for your favorite cats with a quarter per vote. The cat with the most votes will be named the Most Fabulous Feline of Cohen at noon on Friday, January 26. All quarters collected will support the Cohen Center.

Enjoy purr-fectly delicious cat cupcakes at lunchtime on Wednesday, January 24.

Donate a bag of treats for cats belonging to Meals on Wheels recipients. Treats will be collected all week.

Thinking about owning a cat? Stop by the Pals Animal Shelter Adoption table in the lobby on Tuesday, January 23.

Check out the wild and wacky cat facts on display all week.



Upcoming Events

AARP Tax Assistance

Call for appointments between 9:00 a.m. and 1:00 p.m.

While the AARP Tax-Aide program will **NOT** be housed at Cohen Center this year, appointments will still be scheduled by calling Cohen Center at **626-7777**.

See back of insert for more detailed information.

New Vegetarian Options

Tuesdays, January 2, 9, 16, 23, 30

Every Tuesday will now feature a vegetarian entrée on the lunch menu in addition to the regular entrée. Look for these dates marked with a bushel of vegetables on the menu.



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:

A New Year of Health and Wellness

Exercise and physical activity are great ways to have fun, be with friends and family, and enjoy the outdoors. They can also have a direct impact on your everyday life, helping you stay strong and fit enough to perform your daily activities, get around, and maintain your independence. The results of research show that you should get 30 minutes per day (or 10 minutes 3 times per day) of walking or other moderate intensity workout. Remember that you're never too old to exercise!

Balance & Tone with Kim

Wednesdays, 3:00 p.m., Cohen Center

Improve balance with a series of toning and balancing exercises designed to strengthen the body and engage the muscles that help with balance. This class has a series of gentle core and leg strengthening exercises done in the comfort of a chair, accompanied with some standing balance exercises. **Fee: \$5.00. Call 626-7777 to register.**

Blood Pressure Screening

Monday, January 8, Cohen Center

12:00—1:00 p.m.

FREE screening by Walgreens Pharmacy.

EnhanceFitness

Mondays, Wednesdays, Fridays, 9:30– 10:30 a.m.

Kennebec Valley YMCA, 31 Union Street, Augusta

Mondays, Wednesdays, Fridays, 11:30 a.m.—12:30 p.m.

Kennebec Valley YMCA, 40 Granite Hill Road, Manchester

EnhanceFitness improves physical and mental well-being in older adults. The program is led by a certified instructor trained in bringing out the physical best for those 55 and older.

To register or for pricing, call 622-9622 ext. 220.

Family Caregiver Support Group

Tuesday, January 9, 12:00 p.m., Cohen Center

Fitness Tuesdays: Three Options Every Week

1) Fitness Consultations and Assessments

Tuesdays, 11:30 a.m.— 12:00 p.m. and 12:30—1:00 p.m., Cohen Center

Robin Maginn, Senior Personal Trainer and Group Exercise Instructor, can answer your fitness questions. Robin can help you get back on track to improve your overall health and wellness. She will help determine what exercises are best for you, taking into consideration any medical conditions you may have. **FREE** initial consultation. **Call 563-1363 to schedule an appointment.**

2) Get Up and Go

Tuesdays, 12:00—12:30 p.m., Cohen Center

Are you ready to make the commitment to start exercising on a regular basis? Do you have a chronic disease and need to exercise to improve your quality of life? Are you looking for a place to start? If you've answered "yes" to any of these questions, then "Get Up and Go" is the class for you. Please join for a class of basic, functional exercises that can be done either standing or sitting. Be on your way to better health, better breathing and a more active life.

Fee: \$5.00. Call 626-7777 to register.

3) Open Gym is Back

Tuesdays, 1:00—2:00 p.m., starting January 9

Cohen Center

Join Robin Maginn, Spectrum Generation's Fitness Coordinator, to learn about two new machines that have been generously donated to the Cohen Center's Health and Wellness program. Come get acquainted with a commercial grade treadmill and how to use a Pilates machine to get a full-body workout. **FREE.**

Living Well for Better Health

Thursdays, January 4– February 8, 9:30 a.m. – Noon Margaret Chase Smith House, 7 Ridge Road, Augusta

This **FREE** six-session program series is designed to help people gain self-confidence in their ability to control their symptoms and learn how their health problems affect their lives. Open to any adult who has a chronic disease or cares for someone who does.

Call 1-800-282-0764 to register.

Living Well with Diabetes

Thursdays, January 4– February 8, 1:00—3:00 p.m.

Cohen Center

This **FREE** six-session workshop series helps participants learn new ways to better manage diabetes. The workshop is open to any adult who has diabetes or care for people who do.

To register, or for more information, call MaineGeneral Prevention Center at 872-4102.

Tai Chi For Balance

Mondays, January 22—April 9, 9—10:30 a.m.

Use breathing exercises and stretching to become more aware of your balance and how you move. Join instructor Robert Murphy in this 12-week course. Class size limited to eight.

Registration required. Cost: \$5 per class.

TOPS (Take Off Pounds Sensibly)

Fridays, 9:00—10:00 a.m., Cohen Center

Weight loss support group. **Weekly fees: \$3, Yearly dues to TOPS: \$32. First visit is free.**

Cohen Volunteer Spotlight

This month I would like to spotlight our entire volunteer crew for the incredible amount of caring and time they give to the Cohen community. We are fortunate to have people of all ages and from all walks of life that "gift" their time and talents to support our programs. Cohen volunteers range from retirees, who prove every day that they have so much more to give, to local elementary school students, who create beautiful ornaments for Meals on Wheels recipients. We're also lucky to have many individuals from organizations such as Goodwill, Uplift and Gallant Therapy Services who help pack and deliver meals every week.

We appreciate the collective energy of all our 225 valued volunteers. Each and every one of them contributes to making Cohen Center a vital resource for older and disabled adults. Like the saying goes, "it takes a village." On behalf of the Cohen Community Center staff, we thank all our volunteers for their commitment and hours of dedication. We look forward to continue working with them as we build bridges together to meet needs in Southern Kennebec County. Interested in joining our volunteer corps? Please contact me at 626-7777.

Lynda Johnson

Nutrition and Volunteer Coordinator



Wayne Morrison is one of Cohen's many volunteers who give their time on a regular basis. Wayne is a familiar figure on Thursdays when he helps pack dog and cat food to be sent out to Meals on Wheels recipients.

January at Cohen

Ask The Lawyer

January 10, 9:00—11:00 a.m.

FREE 15-minute consultation on estate planning, wills and living wills, trusts, elder law and power of attorney, and financial planning. Appointments required.

Book Discussion Group

First and third Friday of the month at 12:30 p.m.

\$1 donation suggested.

Bridge Club

Thursdays, 1:00 — 4:00 p.m. **\$3.** Call Fran at 495-3490.

Cribbage: Partner Games

Mondays, 1:00 — 4:00 p.m. **Cost is \$3.**

Felting Fun

Thursdays, January 4 and 11, 12—2:00 p.m.

Call for cost information and to register.

Game Day

Wednesdays, 1:00 — 4:00 p.m.

Bridge, cribbage, or organize your own team for other card or board games. **Cost is \$3.**

Knitting/Crocheting

Tuesdays, 1:00—3:30 p.m. Bring your own supplies. **\$3.**

Mahjong

Mondays & Wednesdays, 12:30 — 3:00 p.m. **Cost is \$3.**

Medicare 101

Call for upcoming dates and times.

This two-hour class addresses many of the common questions that people have when enrolling in Medicare for the first time. **\$15 donation suggested.**

Notary Public

Need a document signed? Call to set up a time with one of our two commissioned notaries. **Free.**

Rug Hooking

Tuesdays, 9 a.m.—3 p.m.. Bring your own supplies.

Cost is \$3.

Spirit Readings

Friday, January 12

Connect with loved ones with Medium Francine McEwen. Appointments required: No Walk-ins. **\$25 for 30-minute session.**

Wood Carving

Tuesdays, 12:45—2:45 p.m.

All ability levels welcome. Bring your own supplies. **\$3.**

Call 626-7777 to make appointments.