National Diabetes Month
Each November communities across the country observe National Diabetes Month to bring attention to diabetes and its impact on millions of Americans. Living with diabetes can be challenging to manage every day. You are the most important member of your diabetes care team, but you don’t have to manage your diabetes alone. Seek support from health care professionals, your family, friends, and community to manage your diabetes.

This year, the National Diabetes Education Program’s theme is: Managing Diabetes – It’s Not Easy. But It’s Worth It. This theme highlights the importance of managing diabetes to prevent diabetes-related health problems such as heart attack, stroke, kidney disease, vision loss, and amputation. The theme also serves as a reminder to people who may be struggling with the demands of managing diabetes that they are not alone.

Here are some suggestions for this month:

- Get more sleep: Not getting enough sleep can increase insulin resistance, meaning your body requires more insulin to get glucose into your cells.
- Drink more water: Quench your thirst with water, which can make you feel better and helps your body function better; then eat food if you’re hungry.
- Inspect your feet every day: It’s never too early to familiarize yourself with what your feet normally look like; if something changes, you will notice more quickly.
- Floss once a day: Practicing good oral hygiene, including daily brushing and flossing, can go a long way toward preventing periodontal disease, which can negatively affect your diabetes control.
- Start using a pedometer: You may be surprised at how few — or how many — steps you take each day, but at least you know where you stand; aim for 10,000 steps a day.

Medicare Assistance
Medicare Open Enrollment is currently open. This is an important time for Medicare recipients to decide whether to keep current coverage or adjust their medical and/or drug plans. While we offer one-on-one assistance to consumers, all appointments have been booked. You can compare plans and make changes yourself by using the Plan Finder tool on the Medicare.gov website or by calling Medicare at (800) 633-4227.

For individuals new to Medicare, Cohen offers the "Medicare 101" class on a regular basis. Please call the Cohen Center at 626-7777 for upcoming class dates and times.

Note: Free tax preparation by AARP volunteers will NOT be conducted at Cohen Center in the spring. Information on a new location will be announced when it becomes available.

Sukeforth Family Festival of Trees
Benefiting Spectrum Generations Meals on Wheels, The Maine Children’s Home for Little Wanderers, and Hospice Volunteers of Waterville Area
Join us and Santa at the Hathaway Creative Center, 10 Water Street in Waterville, November 17 - 19, & 24-26
Friday & Saturdays 10:00 a.m. — 8:00 p.m.
Sunday, Nov. 19, 10:00 a.m. — 6:00 p.m.
Sunday, Nov. 26, 10:00 a.m. — 4:00 p.m.

This two-weekend holiday extravaganza is not to be missed, as area businesses display their fully decorated trees with all the trimmings and give YOU a chance to take them home. Attendees will have a chance to win a tree by purchasing 50¢ raffle tickets to drop into the bucket of your tree of choice. Drawings for trees will be on Sunday, November 26. The winner takes the fully decorated tree home with everything under it! Admission is $2.00 for adults, children under 12 free.

A Healthy Harvest
Four Weeks of Fun Activities
To Reap a Healthier, Happier You
Each week will have a different focus as we explore food choices, diabetes prevention and management, stress, and exercise.

November 7: Take the Pumpkin Pie Challenge to identify the lighter version of this traditional fall favorite.
November 14: Wear blue in honor of World Diabetes Day. Take a diabetes awareness quiz. Join us in the dining room at 11:30 a.m. for the Chicken Dance.
November 21: “Leaf Your Stress Go” as you explore tips to better manage life’s everyday challenges.
November 28: “Get Your Game On.” Try out shooting hoops, corn hole, bowling, and a brain fitness activity in the Rec Room.

Each activity earns participants an entry into our exciting prize drawings for a $25 Hannaford gift card and free Cohen lunch certificates.

All activities will be from 11:30 a.m. to 12:30 p.m.

Thanksgiving
Thursday, November 23
Friday, November 24
Closed in observance of Thanksgiving.

Upcoming Events
Friday, November 10
Closed in observance of Veterans Day.

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:

Facebook: SpectrumGenerations
Twitter: @SpectrumGem
Instagram: www.SpectrumGenerations.org
(207) 622-9212
**Volunteer Spotlight**

A year after retiring, Dave Meyer decided he needed to get out and do something. His background in case management made him an ideal candidate for a Meals on Wheels assessor position. In this role, he visits and phones homebound older adults and disabled adults to determine eligibility and discuss other Spectrum Generations services they may benefit from.

Dave enjoys the interaction with the consumers and the stories he hears. He says there is nothing like asking a veteran about their experiences and seeing a glint in their eyes. Six years after he began volunteering, he still loves feeling that his visits make a difference to these consumers. Dave has great respect for the Meals on Wheels program, and the program certainly appreciates him.

Interested in becoming a volunteer? Current needs are for individuals to deliver Meals on Wheels, pack meals, and pick up donated food. Call Lynda Johnson for more information at 626-7777.

**Cohen Holiday Coin Drive**

The holiday season is a wonderful time to share goodwill with those who are less fortunate. There are many local people living in conditions that would melt your heart. "Ralph" lives alone in an old house with no heat except for a wood stove. He comes to the door with an old scarf and a torn winter jacket, but still has a smile on his face when he greets the volunteer who delivers his meals. "Kate and Joe" have been married for 75 years, but Kate has recently been diagnosed with dementia and is no longer able to cook. You can help individuals like Ralph, and Kate and Joe during our holiday coin drive. Your loose or rolled change can help move people off a waiting list, which means more homebound, fragile seniors and disabled adults can receive meals. Paper money is always accepted as well. All donations will support Spectrum Generations’ Meals on Wheels program.

**Groups and Clubs**

- **Book Discussion Group**
  - First and third Friday of each month at 12:30 p.m.
  - Free.
  - $1 donation suggested for Bridge Club.
  - Bridge Club: Thursdays, 1–4 p.m.
  - Call Fran at 495-3490.
  - Cribbage: Partner Games
  - Mondays, 1–4 p.m. Cost is $3.
  - Game Day
  - Wednesdays, 1–4 p.m.
  - Bridge, cribbage, or organize your own team for other card or board games.
  - Cost is $3.

- **Knitting/Crocheting**
  - Tuesdays, 1–3 p.m.
  - Bring your own supplies.
  - Cost is $3.

- **Rug Hooking**
  - Tuesdays, 9–11 a.m.
  - $3.

- **Wood Carving**
  - Tuesdays, 12:45–2:45 p.m.
  - All ability levels welcome.
  - Bring your own supplies.
  - Cost is $3.

**Meeting Your Needs**

- **Ask the Lawyer**
  - Mondays, 1–3 p.m.
  - Free 30-minute consultation on questions pertaining to estate planning, wills and living wills, trusts, elder law and power of attorney, and financial planning.
  - Appointments are required.

- **Computer Lessons (Individual)**
  - Mondays, 1–3 p.m.
  - Bring your laptop. Each lesson is one hour.
  - Call to book your appointment. Cost is $15.

- **Notary Public**
  - If you need a document signed by a notary public, we have two commissioned notaries willing to help. Free.

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