VOLUNTEER

For more information contact
Lynda Johnson at 626-7777 or
stop by the Cohen Community Center.

The Cohen Community Center is looking for volunteers to deliver our Meals on Wheels. If you are looking for a rewarding opportunity, have a valid drivers license, and you love to interact with people then this is the volunteer opportunity for you. The time commitment is about 1 ½ hours a week from about 9:30 a.m. to 12:00 p.m. but the reward is priceless! We are looking for a weekly Friday driver and one to fill in when someone can't make it.

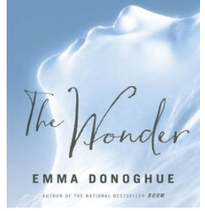
If you are looking for something that does not require you to drive around but is equally rewarding, we are looking for volunteers to help pack our Meals on Wheels so the drivers can whisk them away when they come in for pick-up. We are looking for volunteers that can come in one or multiple days during the week (Monday-Friday) from the hours of 7:00 a.m. to 10:00 a.m. or 6:00 a.m. to 10:00 a.m.

Book Discussion Book for September

The Wonder by Emma Donoghue

"In the latest masterpiece by Emma Donoghue, bestselling author of ***Room***, an English nurse brought to a small Irish village to observe what appears to be a miracle-a girl said to have survived without food for months-soon finds herself fighting to save the child's life." Amazon

"Donoghue's main purpose here is story, story, story, and God bless her for it. ***The Wonder*** is a fine, fact-based historical novel, an old-school page turner (I use the phrase without shame). Donoghue's grave consideration of the damage religion can do when it crosses the line into superstition lifts that narrative rather than weighing it down." – Stephen King, New York Times Book Review



Books are available to check out at the front desk. Book group meets the first and third Friday of the month.

Cohen Cooking Classes are Back

Chef Joel Glatz will show you how to make the perfect pie crust. Join us for this fun class all about pies!

September 27, 2:00 p.m.—3:30 p.m.

Cost: $5.00
Pre-registration is required

Volunteer Spotlight

Imagine volunteering your time five days per week, five hours per day for eight years! That's exactly what Clyde has been doing at the Cohen Community Center. He holds many positions from weekly pick up of food and bread donations, organizing the condiments for lunch, packing Meals on Wheels, washing and taking care of dishes, loading meals into cars for fellow volunteers, maintenance, and whatever else needs to be done! He is our "go to" man when we need a job done.

When asked what motivates him to come into the center day after day he stated, "I really like it at the Cohen Center. It is a good time and I enjoy helping others. I have made many good friends with others in my age group that I can relate to. Besides, he says, (with a sparkle in his eyes), coming here keeps me out of trouble!"

Special thanks to Clyde and all the volunteers that share their time and talents to help others in our community.

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 | @SpectrumGen | www.SpectrumGenerations.org | (207) 622-9212

COHEN NEWSLETTER

spectrum generations

September 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.

Message from the Cohen Center

Pie Crawl
Sweet & Savory
Downtown Hallowell

Join us on Saturday, October 20, in downtown Hallowell, for the **1st Annual Pie Crawl**! Come and enjoy sweet and savory pie samples from 11:00 a.m. to 3:00 p.m. at your favorite downtown shops.

Tickets are $15.00 each (children under 10 are free) and must be purchased in advance. To purchase tickets, visit the Cohen Community Center at 22 Town Farm Road, Hallowell or by calling 207-626-7777, office hours are Monday – Friday from 8:00 a.m. to 4:00 p.m.
You can also purchase online through **spectrumgenerations.org/pie**.

Check-in and participant bracelets can be picked up at the Antiques Mall or at the platform beside the Harlow Gallery beginning at 11:00 a.m. on the day of the event.

Participating downtown shops include:

Antiques Mall | Berry & Berry | Boynton's Market | Clay Works
Editor's Note Comics | Forbidden Fruit Gallery | Joyce's | Juiced. | Liberal Cup
Lux Salon | Maine House | McAlister Real Estate | Quarry Tap Room
Quilt Shop | Russell's Gems | Scrummy's | Slates | Steam Salon

Sponsored by: Kennebec Savings Bank

Upcoming Events

Medicare 101 Session

New to Medicare? 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.
Call the Cohen Community Center at 207.626.7777 for session dates and times. $15 suggested donation.

Regional Council Meeting

September 4, 9:00 a.m.

At the Cohen Community Center

We will be
CLOSED
Labor Day

All Spectrum Generations' locations will be closed Monday, September 3.

September at Cohen

Ask The Lawyer
September 12 and 26, 9:00—11:00 a.m.
FREE 15-minute consultation on estate planning, wills and living wills, trusts, elder law and power of attorney, Appointments required.

Ask the Financial Planner
September 12, 9:00—11:00 a.m.
FREE 15-minute consultation on 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. **$3.**

Computer Sessions w/Bob Flagg
Thursday, September 13 and 20 from 9:00—11:00 a.m.
Appointments required—**Cost is $10 per hour**

Game Day
Wednesdays, 1:00—4:00 p.m.
Bridge, cribbage, or organize your own team for other card or board games. **$3**.

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

Mahjong
Mondays and Wednesdays, 12:30—3:00 p.m. **$3**.

Rug Hooking
Tuesdays, 9:00 a.m.—3:00 p.m.
Bring your own supplies.
Cost is $3.

Spirit Readings
Friday, September 14 and 28
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.

Enhance®Fitness

Enhance®Fitness is developed and created for older adults of all fitness levels which focuses on cardiovascular exercise, strength training, balance, and flexibility that older adults need to maintain health and function as they age. Enhance® Fitness 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.

Location: KVYMCA Augusta
Address: 31 Union St, Augusta, ME 04330
Time: 9:30 a.m.—10:30 a.m.
Days: Mondays, Wednesdays, and Fridays

Location: KVYMCA Manchester
Address: 40 Granite Hill Road, Manchester
Time: 11:30 a.m.
Days: Mondays, Wednesdays, and Fridays

Tai Chi at Capitol Park

FREE: We are taking our class outside!
Please join us at Capitol Park (Augusta) for Tai Chi for Health and Balance. No prior experience needed. Comfortable footwear is recommended and a water bottle. We will meet on the Union Street side of the park, across from the Police Station.

Monday, September 17, 2018 10-11:00 a.m.
Friday, September 21, 2018 10-11:00 a.m.

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.

Family Caregiver Support Group
Tuesday, September 11, 12:00 p.m.,
Cohen Community Center

Explore A Healthier Lifestyle

Photo courtesy of the National Council on Aging

Did you know that 25% of Americans aged 65+ experience a fall each year, according to the CDC?

This September, Healthy Living for ME will join with the National Council on Aging and hundreds of organizations nationwide to celebrate Falls Prevention Awareness Day with activities to empower older adults to prevent falls in their everyday life.

To get more information, request a workshop guide or to register in advance, please call 1.800.620.6036 or email info@healthylivingforme.org.

Falls Screenings

This FREE assessment is for any adult who would like to learn more about their balance and risk factors associated with falls. The assessment consists of activities that involve sitting, standing and walking.

September 4, 2018 from 11:00 a.m.—1:00 p.m.

Falls Talk

You have may have heard or read of the programs called A Matter of Balance and Tai Chi for Health and Balance but not sure if it is right for you. Come join us and learn about the programs while trying some gentle range of movement exercises and Tai Chi that can be done from either a sitting or standing position.

September 12, 2018 12:30-2:00 p.m.

September is Falls Prevention Month

What should you do if you fall at home?

- Stay Calm and take 3 deep breaths
- Check your surroundings and assess if you can get up safely

If you can get up safely, follow these guidelines

- Roll to your side and push up onto your hands and knees
- Use stable furniture to help yourself get to a sitting position
- Remembering to breathe, stand up slowly
- Rest and tell someone you have fallen
- Call your healthcare provider

If you can't get up safely, take the following steps:

- Get someone's attention by:
  - Making a loud sound
  - Reaching for the phone
  - Slide or crawl slowly to a door
  - Press your personal emergency device, if you have one
- Conserve your energy and lie quietly until help arrives
- Use pillows and blankets that are within your reach to keep you comfortable
- Once help has arrived, tell someone you have fallen and see your healthcare provider

Healthy Living for ME

For more information visit
www.healthylivingforme.org
Email: info@healthylivingforme.org
Toll Free: 1-800-620-6036

Adapted from what should I do if I fall at home flowchart (2004). Stepping out: Passport to falls prevention Project. North Metropolitan Health service.