



HEALTHY AGING EXPO ^{11th Annual}

An informative filled day for baby boomers, active agers, retirees, and caregivers

Preventative approaches to a healthier life

Fun and relaxation tips for good mental health

If you would like to purchase an exhibit table call the Cohen Community Center at 207-626-7777

Friday, June 7
9:00 a.m.—2:00 p.m.

Cohen Community Center
22 Town Farm Road
Hallowell, Maine 04347

Admission is FREE

Lincoln County Regional Center NEWSLETTER April 2019

525 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 Lincoln County Regional Center

Upcoming Events



This newsletter is sponsored by Bridges Home Services, committed to providing solutions for clients' individual needs and helping improve quality of life while aging in place.

Offering caregiving options with day programs in four community centers, personal support specialists providing assistance in the home, and life care consulting. To learn more, call (800) 876-9212.



Planning an event? Cohen on the Meadows is available to serve all catering needs! FMI please call 207-620-1189 or 207-660-9267.

17th Annual Golf Fore a Cause

What better way to take advantage of Summer Solstice, the longest day of the year, than at one of Spectrum Generations' biggest fundraising events! Our 17th Annual Golf Fore a Cause tournament, benefiting our programs and services, will take place on Friday, June 21, at the Brunswick Golf Club. Spend the day on the course and transition into the evening with a home-style BBQ and live music around the fire pit.

The cost is \$125/individual, \$450/team and includes 18 holes with cart, bagged lunch (catered by Cohen on the Meadows), home-style BBQ, awards, and much more! Want to join us just for a home-style BBQ? Purchase a dinner ticket for \$25 each!

There are also various sponsorship levels available that offer a great way for businesses or individuals to generate positive publicity from their association with our tournament.

Please contact Sarah at sbrown@spectrumgenerations.org or 207-620-1677 for more information.



Thursday, April 4

Medicare 101
1—2:30 p.m. CLC YMCA
Multi-Gen room

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.

Thursday, April 11

Family Caregiver Support Group
1—2:30 p.m.
at the CLC YMCA
(small meeting room)

USDA Commodity Supplemental Food Program

This program helps supplement diets of those 60 and older by providing 30 pounds of shelf-stable food items once a month for free.

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, 11:00 a.m.—1:00 p.m. at the CLC YMCA, 525 Main Street, Damariscotta.

FMI and application or designate proxy if you are unable to pick up your bags, call 563-1363.

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:

spectrumgenerations @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.

Wednesday, April 3

Tina White, Tina's Daylilies – Tiptoe through the daylilies with Tina. We're all ready for spring and a pop of color. Tina will take us through her website to see the variety of flowers she grows.

**Entrée: Stuffed pork chop, baked apple,
vegetable medley**

Wednesday, April 10

James Bouchard, American Red Cross – Learn how the American Red Cross has changed from its beginnings to our present day.

**Entrée: Roast chicken, gravy, rice, mixed
vegetables**

Wednesday, April 17

Megan Taft—Outreach Coordinator, Twin Villages Foodbank Farm – With the support of our community, Twin Villages Foodbank Farm in Damariscotta is preparing for its 4th season of growing all kinds of healthy veggies to donate to Lincoln County food pantries and programs for kids. Megan will tell us what else is new at the Farm.

Entrée: Meatloaf, baked potato, green beans

Wednesday, April 24

Debra Bare-Rogers, MS, Outreach and Technology Specialist, Disability Rights Maine/Deaf Services – Debra will have a live demonstration of telephone equipment as well as informing us what services and programs are available.

Entrée: Chicken cacciatore, pasta, green beans

Activities

Mahjong

Thursdays, 1—4:00 p.m.

Will meet in the lobby area of CLC YMCA
Please bring your Mahjong card. Fee is **\$1**.

Monday Morning Munchies

Join us for Monday Morning Munchies every
Monday from 9:00—9:45 a.m. in the
CLC YMCA Multi-Gen room.

Join old friends and make new ones while
enjoying coffee and snacks. **Free.**

Services and Advocacy for GLBT Elders (S.A.G.E.)

meets the 1st Wednesday of the month and the
3rd Thursday of the month from 1:30—3:30 p.m.
in the CLC YMCA Multi-Gen room.

Fee is **\$1** per meeting.

Call the Lincoln County Regional Center
for more information 563-1363.



Once a month Friday lunch

Friday, April 12

11:15 a.m. — 1:00 p.m.

Entrée: Pesto chicken, pasta, carrots

Please call 563-1363 by noon on Wednesdays to
reserve your spot (please leave name and phone
number when leaving a message).

Suggested donation for those
over 60, \$5; all others \$6.50

Maine Alzheimer's Association's Community Education Program Understanding and Responding to Dementia Related Behaviors

Behavior is a powerful form of communication and one of the primary ways people with dementia communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage.

Join us to learn how to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.



April 9, from 1:00—2:30 p.m.

**Jefferson Fire Department
204 Waldoboro Road, Jefferson**

**To register contact Cathy Morse at 1-800-639-1553
or cmorse@spectrumgenerations.org**

Celebrating our Volunteers



Words are not enough to describe how grateful we are for the dedication, compassion, and generosity of the hundreds of individuals who have given of themselves to help fulfill the mission of Spectrum Generations.

Without our volunteers, we would not be able to accomplish all that we have! In the month of April, we are recognizing the dedication and commitment of those volunteers who give their time to help their neighbors and communities.

We also want to express our gratitude for continually inspiring us to serve older and disabled adults in central and midcoast Maine.

If you're not currently a volunteer, we have many opportunities for you to get involved!

Please contact Amalia, our volunteer coordinator,
at 207-620-1684 or apdelpulgar@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.