

National Diabetes Month 2019



November is National Diabetes Month, a time when communities across the country team up to bring attention to diabetes. In partnership with the [National Heart, Lung, and Blood Institute \(NHLBI\)](#), this year's focus is on the link between diabetes and cardiovascular disease.

Adults with diabetes are nearly twice as likely to die from heart disease or stroke as people without diabetes. This is because over time, high blood glucose from diabetes can damage your blood vessels and the nerves that control your heart. The good news is that the steps you take to manage your diabetes can also help lower your chances of having heart disease or a stroke:

- ⇒ Manage your A1C, blood pressure, and cholesterol levels
- ⇒ Develop and maintain healthy lifestyle habits
- ⇒ Learn ways to manage stress
- ⇒ Stay on top of your medications
- ⇒ Stop smoking or using other tobacco products

#BLUENOVENBER



Don't forget to wear blue on
Thursday, November 14
for World Diabetes Awareness Day!

USDA Commodity Supplemental Food Program

This program helps supplement the 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 the third Tuesday of every month, 10:30 a.m.—12:30 p.m. at The Methodist Conference Home, 39 Summer Street Rockland.

Pick up for **Lincoln County** is the fourth Monday of every month, 9:30—11:00 a.m. at the CLC YMCA, 525 Main Street, Damariscotta.

For an application, or to designate a proxy if you are unable to pick up your bags, call (207) 790-6021.

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

Lincoln County Regional Center

NEWSLETTER November 2019

 PO Box 474, Damariscotta, ME 04543
 (207) 563.1363 or [TTY] 1.800.464.8703
 Monday—Friday, 8:00 a.m. — 3:00 p.m.



Save the Date!

Upcoming Events



The **Midcoast Tree Festival** will showcase fully decorated, themed, and lighted artificial Christmas trees on display throughout the two-weekend event, which will be raffled off to lucky winners at the conclusion of the festival.

The festival kicks off with a ribbon-cutting on Friday, November 22, at 4:00 p.m.

Admission is \$2 for adults and no charge for children 12 and younger.

Additional information can be found online at facebook.com/midcoastreefestival.

November 22, 4:00 p.m.—8:00 p.m.

November 23, 24, 29, and 30, 10:00 a.m.—6:00 p.m.

December 1, 10:00 a.m.—2:00 p.m.

St. John's Community Center
43 Pleasant Street, Brunswick

The Midcoast Tree Festival proceeds will support: All Saint's Parish, Spectrum Generations' Meals on Wheels, and the Southern Midcoast Maine Chamber

Thursday, November 14

**Family Caregiver
Support Group**

1:00—2:30 p.m.
CLC YMCA
(small meeting room)

All Spectrum Generations' locations will be closed for the following:

Monday, November 11



**Thursday, November 28
Friday, November 29**



Lunch & Learn Schedule

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

10:45 a.m.— 1:00 p.m.

Reservations are required.

Call (207) 563-1363 **by noon on Mondays**
to reserve your spot.

Wednesday, November 6

**Gerald Short and Nancy Gillespie,
Lewiston Veteran's Center**

Gerry and Nancy will share updates on veteran's benefits and lunch is provided! There is no charge to all veterans attending the lunch. Please wear a cap or insignia to alert the cashier that you are a veteran.

Entrée: pork roast, roasted potatoes, and carrots

Wednesday, November 13

David Cornforth, Regional Coordinator, Bridges Home Services, a division of Spectrum Generations
David will explain what Bridges Home Services does and what programs are available.

Entrée: meatloaf, mashed potatoes, and green beans

Wednesday, November 20

Jen Paquet, Healthy Living Coordinator for Healthy Living for ME, Spectrum Generations

In observance of Diabetes Awareness month, Jen will present on the Living Well with Diabetes program. This program is designed for people living with type 2 diabetes to learn a variety of day-to-day self-management skills and techniques to actively manage their diabetes. Topics discussed include: testing your blood sugar, diabetes medications, stress management, activity level, treating low blood sugar, healthy eating, and so much more!

Entrée: fish fillet, rice, and mixed vegetables

Wednesday, November 27

Entrée: Thanksgiving Dinner

Activities & Events

Mahjong

Thursdays, 1:00—4:00 p.m.
Please meet in the lobby area of CLC YMCA and bring your Mahjong card. Fee is **\$1**.

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

Group meets the first Wednesday of the month and third Thursday of the month from 1:30—3:25 p.m. in the CLC YMCA, **Small Conference Room**. Fee is **\$1** per meeting.

Medicare 101

Thursday, November 7, 1:00—3:00 p.m.

CLC YMCA, **Small Conference Room**
Choosing a Medicare drug and health plan can be difficult and confusing. In this Medicare 101 class you will be provided with information regarding Medicare, Medicare drug coverage, Medicare Advantage plans, Medicare Supplements, and tips on how you can save money and avoid penalties.

\$15 suggested donation.

Call the Lincoln County Regional Center for more information at (207) 563-1363.

Medicare Open Enrollment

Are you new to Medicare, or nearing the age for eligibility? You have a choice when it comes to how you get your Medicare coverage and there are some important decisions for you to make.

**(207) 563-1363, ext. 2 for Andrea, or
3 for Dawn,** to make

an appointment to review your current plan, or go over your options.

Call ext.

GO AND MARK YOUR CALENDARS

**MEDICARE
OPEN
ENROLLMENT
FOR 2019-2020**

The 2019-2020 Medicare Open Enrollment Period is October 15th, 2019 - December 7th, 2019 for a January 1st, 2020 effective date.



November News



November Spotlight: Living Well with Chronic Pain

Living Well with Chronic Pain was designed for people with an ongoing pain condition, or their caregiver, and offers techniques and strategies for dealing with symptoms. Class topics include techniques to deal with frustration, fatigue, isolation, and poor sleep, appropriate exercise for maintaining and improving strength, appropriate use of medications, communicating effectively with family, friends, and health professionals, nutrition, pacing activity and rest, and how to evaluate new treatments.

To learn more or to register visit healthylivingforme.org or call 1-800-620-6036.



November is National Family Caregivers Month. This is a time to celebrate the contribution of the volunteers, friends, and family members who support a loved one with their health or managing a disability. We're thankful for the contributions of the more than 44 million Americans who care for a family

member, friend, or neighbor. Join us as we celebrate the contribution of caregivers and find better ways to support them.

The theme for 2019 is **#BeCareCurious**. Family caregivers want their loved ones to have the best care possible – at the doctor's office, hospital, and in the home. We encourage family caregivers across the country to ask questions, explore options, and share in the care decisions that affect the health and well-being of their loved ones.

So this November, during National Family Caregivers Month, take time to **#BeCareCurious** about your loved one's care!

Aging in Place Forum: Here's what you missed!



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