

Medicare 101 Clinics

Attendance is required before an individual appointment can be made.

Nearing the age for Medicare eligibility? Learn the facts! Do you know the four different parts of Medicare? The difference between a Medicare Advantage Plan and a Medigap Plan? The Medicare out-of-pocket costs? What to consider when choosing your Medicare coverage?

Late enrollment can lead to financial penalties?

Do not wait until you are 65! You should begin learning about Medicare three to six months before you are eligible. You need to know the answers to these questions and more to make the best choice from the many Medicare options. Attending a Medicare Clinic can help!

The next Medicare Clinic will be held Tuesday, December 4, from 1:00 – 3:00 p.m. at the Muskie Community Center, 38 Gold St. in Waterville. Donations are appreciated.

Pre-registration is required by calling 873-4745.

Medicare Open Enrollment

Monday, October 15 - Friday, December 7, is the annual open enrollment period for Medicare Part D prescription drug plans and Medicare Advantage plans. During this time you can compare plans for 2019 and make a change if you find a plan with better coverage, higher quality, or lower cost. If you make no change, you remain in your current plan for 2019. If you would like help with this process, call Spectrum Generations for an appointment with one of our certified Senior Health Insurance Plan (SHIP) counselors, at 800-639-1553.

AniMeals

Spectrum Generations' AniMeals program began over a decade ago when we learned that some Meals on Wheels recipients did not have enough money to feed their pets and were sharing their delivered food with their companion animals. We worked with local veterinarians and many generous community partners to offer AniMeals in conjunction with Meals on Wheels.

Often, our Meals on Wheels consumers live in rural areas and/or are socially isolated; many have pets, who are a source of support, comfort and friendship. Some research studies have found that people who have a pet have healthier hearts, make fewer visits to the doctor, get more exercise, and are less depressed.

Spectrum Generations also relies on donations (monetary and food), grants, and the ongoing support from Meals on Wheels America to sustain our ability to continue this option. We are currently accepting unopened pet food at the Muskie Community Center, 38 Gold Street in Waterville. You can also mail a financial donation to the Muskie Community Center if you wish. Thank you for your generosity!

Weather Cancellations & Delays

In the event of bad weather, please call 873-4745 before heading to Spectrum Generations' Muskie Community Center. If no answer, please call (800)639-1553 for a recorded message announcing any agency closings. Spectrum Generations will announce any delays or closings on our Facebook page as well as: **TV Channels 2, 5, 6, 8, or 13** and on **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, and AM Radio Station 1160**

MUSKIE NEWSLETTER

spectrum
generations

December 2018

38 Gold Street, Waterville, ME 04901
(207) 873-4745 or [TTY] 1.800.464.8703
Fax: (207) 872-6168
Monday-Friday, 7:30 a.m. — 4:00 p.m.



Message from the Center Director

Holiday Cookie Swap



You are invited to join us at Spectrum Generations' Muskie Community Center on Thursday, December 13, at 10:00 a.m. for a **holiday cookie swap**.

The rules are simple

1. Bake one of your favorite homemade holiday cookies
2. Bring in one dozen cookies, plus a few extras for sampling
3. Bring the recipe on the morning of the cookie swap

Festive cookies, along with the recipe, will be displayed in the Kennebec Room. Once all the cookies are displayed, participants may use the container they brought cookies in and select one dozen of assorted holiday cookies from the swap, along with the recipe.

Pre-registration is requested by signing up at the reception desk or by calling 873-4745.

Holiday Buffet & Jingle Bell Breakfast

The Muskie Community Center will be having its Holiday Buffet on **Thursday, December 20**. On the menu will be roasted turkey, mashed potatoes, gravy, squash, green beans, stuffing, cranberry sauce, rolls, and pumpkin pie!

Please also join us for our Jingle Bell Breakfast buffet on **Friday, December 14**. The buffet will include scrambled eggs, sausage, bacon, pancakes, home fries, muffins, fruit, coffee, and juice. Pricing is on the menu insert.

Upcoming Events

December 19

Family Caregiver Support Group

Are you a caregiver for a family member or friend? Does your loved one have dementia or another chronic illness? Come and talk with others who share a similar journey, to support one another and learn about resources and information that may help you.

The Caregiver Support Group will meet on **Wednesday, December 19**, from **12:00—1:30 p.m.** and is here to listen, to care, and to help. FMI please call 660-1670.



Bob Marin
Regional
Center Director

Happy
Holidays



Spectrum Generations' locations will be closed on Christmas Day, Tuesday, December 25. We will also be closed on Tuesday, January 1, New Year's Day. We wish you all a safe and happy holiday season!



Spectrum Generations would like to thank the Sukeforth family for their generosity in supporting our Meals on Wheels program again this year in their 4th Annual Festival of Trees!



All proceeds help end senior hunger

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



This newsletter is sponsored by Bridges Home Services. Bridges Home Services is committed to providing solutions for our clients' individual needs and helping improve quality of life while aging in place. FMI please call (800) 876-9212.

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:

What You Should Know and Do this Flu Season If You Are 65 Years and Older



It has been recognized for many years that people 65 years and older are at greater risk of serious complications from the flu, because human immune defenses become weaker with age. While flu seasons can vary in severity, during most seasons, people 65 years and older bear the greatest burden of severe flu disease.

Actions to take this flu season:

1. Get your flu shot.
2. As long as flu viruses are circulating, vaccination should continue throughout flu season, even in January or later.
3. Practice good health habits including covering coughs, washing hands often, and avoiding people who are sick.
4. Seek medical advice quickly if you develop flu symptoms to see whether you might need medical evaluation or treatment with antiviral drugs.
5. Get pneumococcal vaccines. People who are 65 years of age and older should also be up to date with pneumococcal vaccination to protect against pneumococcal disease, such as pneumonia, meningitis, and bloodstream infections.
6. Do you have Asthma, Diabetes, or Chronic Heart Disease? If so, you are at high risk of serious illness if you get the flu. Asthma, diabetes and chronic heart disease were among the most common of these. Treatment with an influenza antiviral drug can mean the difference between having milder illness instead of very serious illness that could result in a hospital stay.

Talk to your doctor to find out which vaccines are recommended for you!

Health and age factors known to increase a person's risk for developing flu-related complications:

- Asthma
- Neurological and neurodevelopmental conditions
- Blood disorders (such as sickle cell disease)
- Chronic lung disease (such as chronic obstructive pulmonary disease [COPD] and cystic fibrosis)
- Endocrine disorders (such as diabetes mellitus)
- Heart disease (such as congenital heart disease, congestive heart failure, and coronary artery disease)
- Kidney and liver disorders
- Metabolic disorders (such as inherited metabolic disorders and mitochondrial disorders)

Money Minders Program

Through Money Minders, volunteers are matched with an older adult who needs help establishing and maintaining a monthly budget, ensuring bills get paid accurately and on time. Money Minders also help people avoid over drafting their bank accounts, financial fraud, and scams.



Are you 55 or older and finding managing your finances is becoming difficult? Have you had to start paying the bills for the first time ever, or paid a bill twice? Maybe you have started receiving late notices, spending more than you have, or are just feeling overwhelmed by bills. Spectrum Generations can help.

Spectrum Generations offers the Money Minders program to qualified seniors in central Maine (Kennebec, Somerset, Waldo, Knox, or Lincoln, or Sagadahoc County, including Brunswick and the Harpswells).

To be eligible for the Money Minders program at no fee you must be 55 and older, have a low to moderate annual income of \$33,700 or less if single, or \$38,550 for couples, and liquid assets of less than \$50,000. Liquid Assets means cash assets, such as bank accounts (savings, CDs, money market funds), but do not include real property, such as houses or cars or Retirement Accounts. The person being served must be competent and able to make all financial decisions about the handling of their money, sign their own checks and keep full control of their bank accounts and other assets.

We also offer the program on a fee for service basis if you exceed the above eligibility standards and still require help. You must be 55 and older and have an annual income of \$45,000 or less if single, or \$55,000 or less for couples, and no more than \$100,000 in liquid assets.

If any of the above apply to you, or if you are interested in becoming a Money Minder Volunteer please contact us at 207-622-9212.

Health & Wellness!

Richard Simmons Workout

Come join in on this upbeat and beneficial workout!
Mondays, Wednesdays, and Fridays,
9—10:00 a.m. Fee: \$1.00
Call 873-4745 or stop by reception to sign up.

Yoga

Yoga is an ancient art based on a harmonizing system of development for the body, mind, and spirit. The purpose of yoga is to create strength, awareness and harmony in both the mind and body. Join Kim Nashed, a Yoga Alliance Certified Instructor on
Tuesdays and Thursdays from
8:30—9:30 a.m. Fee: \$5.00 per class.
Call 873-4745 or stop by the reception desk to sign up.

Enhance@Fitness

Enhance@Fitness was developed and created for older adults of all fitness levels which focuses on dynamic cardiovascular exercise, strength training, balance, and flexibility — everything that older adults need to maintain health and function as they age. No special or expensive equipment is required for these classes.

Enhance@Fitness improves physical and mental well-being in older adults in a relaxed atmosphere. The program is led by a certified instructor trained in bringing out the physical best for those 55 and older. Classes are held at the YMCA of Greater Waterville, 126 North Street, Waterville on **Mondays, Wednesdays, and Fridays from 10-11:00 a.m.** To register or for questions, please call 873-0684.

Walking Program at Colby College



The HealthReach RSVP Walking Program at Colby College is for people aged 55 and older. The Walking Program runs Monday through Friday from 10:30 a.m. - 12:00 p.m. at Colby College Field House, 4000 Mayflower Hill Drive in Waterville.

Participants are asked to park in the lower parking lot of the Field House, and to enter and exit through the main lobby of the Field House. Outside footwear is not allowed on the new track, you will need to bring a separate pair of shoes to be worn on the track.

For more information, please call Community Health at (207)872-4102.

Learn, Play & Socialize!

Hand and Foot Card Game

Tuesdays, 1:00—3:30 p.m. Cost: \$1.00
Hand and Foot is a card game related to Canasta. Each player is dealt two sets of cards using one as the "hand" and one as the "foot." There are numerous variations of the game and no "standard" rules. You can either play as individuals or as teams.

Computer Lessons

Tuesdays, 1:00 p.m. and 2:00 p.m.
Do you have basic knowledge of computers but need a little help? Our volunteer will help you with email, internet, Facebook, Kindle, iPad, and more!
\$7 per lesson. Please pre-register by calling 873-4745 to schedule your personal 45 minute appointment.

Notary Public

Tuesdays, 1:00 p.m. Cost: by donation
Call 873-4745 to set up your appointment.

Speak French Social Hour

Wednesdays, 9:30—10:30 a.m. Cost: \$3.00
Includes coffee and muffin. Speak French but only have a few people to converse with? If so, join our Speak French Social Hour. Call 873-4745 or stop by the reception desk to join!

Cribbage

Wednesdays, 12:30—3:00 p.m. Cost: \$1.00

Bridge

Waterville Non-Sanctioned Duplicate Bridge meets each **Thursday from 11:00 a.m.—3:45 p.m. Cost \$2.00**
Please bring your own partner. Call 872-5932 FMI.

Remember Me Spiritual Readings

Medium Francine McEwen uses her clairvoyant abilities to connect with loved ones who have passed to spirit. Francine will be at the Muskie Community Center on **December 21, from 12:30—2:45 p.m.**
Cost: \$25.00 for each 1/2 hour. Call **873-4745** to schedule an appointment for your private reading.

Nintendo Wii Gaming Console

Have you ever played Wii? If not, would you like to try? The Muskie Community Center has a Nintendo Wii gaming console that can easily be set up and used in our front dining room area. Games include: bowling, tennis, golf, baseball, and boxing that you can play for a small donation!



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