

In case you missed it...

We celebrated our love for Cohen on October 14. The center was decorated for **I Love Cohen Day** with brightly dressed people who responded to a request to wear red for the day. The lunch crowd, who dined on a red-themed meal, even included seven sisters in red finery.

One lucky diner in red was chosen at random to win two free lunches. Another went home with almost \$50 from a 50/50 raffle. Consumers and volunteers shared why Cohen is special to them, with their comments used to create an "I Love Cohen" wall.



Cecile Fletcher (left) and Ray Gagnard were among the many consumers who turned out dressed in red.

What Cohen Consumers Love:

"I enjoy everything. What's not to like?"

"Five dollars for a five-course meal. What a deal for seniors on a fixed income."

"This is my home away from home. I love it all."

"I meet lots of people. We have a good time."

"I love the staff. They are warm and friendly."

"It's the place to go to meet and greet."

Celebrity Chef Challenge

The 5th Annual Celebrity Chef Challenge was held on September 19 in Bath, and raised over \$21,000 to support our Meals on Wheels and other programs.

Congratulations to Chef **Chris Toole** from The Highlands in Topsham who nudged out Tim O'Brien from Enoteca Athena in Brunswick to take the top honors. This year's event brought back these two returning champions from previous challenges—Tim O'Brien won the very first year we held this event (2013), and Chris Toole won in 2015, and was a judge in the 2016 event.

Chef Toole's winning dish incorporated a bistro fillet of beef, haricot verts, tomatoes, corn, and carrots. That very dish will now be replicated by Spectrum Generations' staff and incorporated into our Meals on Wheels program!

Thank you to our generous supporters— sponsors, chefs, judges, volunteer servers, and attendees, who made this event a huge success!

Volunteer Spotlight

Every Thursday Joe Sylvester and David Theriault can be found setting tables in the dining room. This pair of dedicated volunteers come to Cohen from Uplift, Inc., in Gardiner. Joe has been volunteering for 11 years and Dave for eight years. Through heat waves, torrential rains, and snowstorms, the two have gifted more than 100 hours over the past year.



Joe said, "I enjoy working with the other volunteers and staff." Dave has also had a good experience at the Cohen Center. Thanks to this dynamic duo and all the other priceless volunteers at Cohen.

Interested in volunteering at the Cohen Center? Contact Lynda Johnson at 626-7777.

COHEN NEWSLETTER

spectrum
generations

October 2017

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.



Join Us in October

Explore Healthy Eating

Do you want to learn some recipes that not only taste good, but are good for you? Are you interested in discovering new tips and techniques to use in the kitchen?

There's still time to get in on "Healthy Food For Every Age" a six-week series that recently started, and is supported by the Harvard Pilgrim Health Care Foundation.

Each week the class will focus on a different protein and a delicious way to prepare it. After the cooking demonstrations, all participants will be able to sample the food. Every session also introduces easy, do-at-home exercises, offers nutritional information on healthy eating, and provides a food-related door prize.

Join us on Thursday afternoons (from 2:00 to 3:30 p.m.) October 5 through 26. Call 626-7777 to register. \$5 per class.

Halloween Lunch and Costume Contest



Don't miss the fun we have planned for Tuesday, October 31. Become someone else for the day and dress up in a silly or spooky costume. Here's what's happening:

Halloween Menu: Enjoy a special **orange** and **black** meal for lunch. (See the menu insert for full details.)

Costume Contest: At 11:30 a.m., a panel of judges will decide on the three most creative costumes. You could go home with free lunch certificates!

Upcoming Events

Meditation Class

October 12 and November 2
10:15— 11:00 a.m.

Meditation can improve concentration, create more positive thinking, reduce stress, and calm and clear your mind. This two-part class will introduce meditation techniques while respecting each individual's spiritual beliefs. Class limited to first eight participants registered. Please bring a pillow. **\$3 per session.**

Save the Date!



Friday — Sunday
November 17, 18, 19, and
November 24, 25, 26.

More information coming soon!

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

Health and Wellness Opportunities

National Diabetes Prevention Program

Tuesdays, Starting October 3

4:00 – 5:00 p.m.

This is a year-long program.

Attending this free program can prevent diabetes by 58 to 71%. If you have prediabetes or are at high risk for diabetes, this program will help you: learn how to eat healthier and be more active, create healthier habits, and get the long-term support you need to continue.

The goals of the program include a 7% weight loss and working up to 150 minutes of physical activity a week. To help meet these goals, participants will:

- ♦ Write down everything they eat and drink
- ♦ Record their exercise minutes
- ♦ Measure food portions
- ♦ Record the number of fat grams in their food
- ♦ Record their weight
- ♦ Plan and shop for healthy foods
- ♦ Make exercise a priority

For more information and to register, please contact Jennifer Fortin at 620-1657.

Matter of Balance

Tuesdays and Fridays, October 3- 27, 2:00– 4:00 p.m.

Motivational Services, 71 Hospital Street, Augusta

This program is designed to control and manage the fear of falling and encourage physical activity. Meetings are led by trained facilitators. Participants learn to:

- View falls as something they can control.
- Set goals and increase their activity level.
- Make changes around the home to reduce fall risks
- Exercise to increase strength and balance.
- Become proactive self-managers in reducing their own risk for falls.

A workbook of useful information is provided. This program is free, but donations are welcomed.

For more information and to register, contact Lyn Neiz at 930-8082 or LNeiz@spectrumgenerations.org.

Blood Pressure Screening

Monday, October 16

12:00–1:00 p.m.

Free screening by Walgreens Pharmacy.

Fitness Consultations and Assessments

Tuesdays, 12:00 – 1:30 p.m.

Call 563-1363 to set up a free assessment.

It's All About Walking

Tuesday, October 10, 12:00 p.m.

Meet at the Adirondack chairs, downtown Hallowell.

Walking may be the simplest way to work out and to boost your outlook on life. There are many great reasons to walk. Your heart will get stronger, you'll lower your blood pressure, and your bones will get stronger. Walking also eases stress, helps you sleep better, and can boost your outlook on life.

Fall is the perfect time to join Robin for a lesson in walking for exercise and fun. Register for "It's All About Walking" to learn how you can turn walking in the great outdoors into a great workout.

Tai Chi For Balance

Mondays, October 16 – December 18, 9:00 – 10:30 a.m.

Use breathing, gentle exercise and stretching to become more aware of your balance and how you move. Join instructor Robert Murphy in this two-month course. Registration required. Class size limited to eight. \$5 per class.

A Matter of Balance Coach Training

November 2 and 3, 8:00 a.m.—2:00 p.m.

Interested in becoming a volunteer Matter of Balance Coach? A Matter of Balance is an eight-week structured group intervention that emphasizes practical strategies to reduce fear of falling and increase activity levels. For more information and/or to register, please call Lyn Neiz at 930-8082.

Get Up and Go (Coming in November)

Tuesdays, Starting November 7, Noon,

Are you ready to make the commitment to start exercising on a regular basis? Are you looking for a place to get started? Join us for a 30 to 45-minute class of basic, functional exercises that can be done either standing or sitting. \$5 per class.

Enhance® Fitness at the Kennebec Valley YMCA

Enhance Fitness is developed and created for older adults of all fitness levels. It focuses on cardiovascular exercise, strength training, balance, and flexibility that older adults need to maintain health and function as they age. The program is led by a certified instructor trained in bringing out the physical best for those 55 and older. To register or for information on class times and days, please call the Kennebec Valley YMCA at 622-9622.

Unless indicated otherwise with a specific wellness program, classes are offered at Cohen Center. When a registration number is not listed, call 626-7777 to register or sign up at the Cohen Center front desk.

Medical Marijuana Seminar

Medical marijuana has been legal in Maine for some time and patients are using it for issues ranging from chronic pain and seizures to muscle spasms and severe nausea. Yet many people still don't understand much about its use. Common questions include:

- ♦ What types of diagnoses qualify a patient to use medical marijuana?
- ♦ Is it a viable alternative to narcotics for managing pain?
- ♦ What are the risks versus benefits?
- ♦ How to find a provider who will prescribe it?
- ♦ What are the forms that can be used?

A medical marijuana seminar at Cohen Center on Tuesday, October 24 at 10:00 a.m. will address these questions and more. The seminar will be presented by Derek Wilson, owner of The Cannabis Healing Center in Hallowell, and nurse practitioner Pat Philbrook with Celtic Trinity Healthcare.

Registration is required. Call 626-7777 or sign up at the Cohen front desk. \$3 fee.

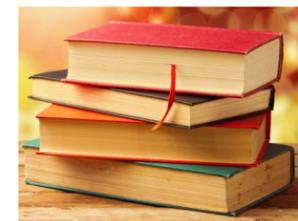
This seminar does not represent the views of Spectrum Generations and does not indicate an endorsement of marijuana use or other alternative medical therapies. Please consult a qualified medical professional and/or lawyer with specific concerns.

Interested in Scrapbooking?

Are you involved in scrapbooking? Would you like to try it out to preserve special occasions and important family photos? A generous donor has a supply of scrapbooking materials if you're interested in meeting as a group. Sound appealing? Call 626-7777 or express your interest to one of the volunteers at the Cohen front desk.



Books Available



Take a look at the selection of books in the Lower Deck available for free checkout. Titles include fiction and non-fiction, as well as large print versions. The books are made available by Cohen's Local Advisory Council.

Enjoy at Cohen

Book Discussion Group

First and third Friday of each 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. Cost is \$3.

Game Day

Wednesdays, 1:00 – 4:00 p.m.

Bridge, cribbage, or organize your own team for other card or board games. Cost is \$3.

Knitting/Crocheting

Tuesdays 1:00–3:30 p.m. Bring your own supplies. \$3

Mahjong

Mondays & Wednesdays, 12:30 – 3:00 p.m. Cost is \$3.

Rug Hooking

Tuesdays, 9:00 a.m. – 3:00 p.m., Bring your own supplies. Cost is \$3.

Wood Carving

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

At Your Service

Ask the Lawyer

Wednesday, October 11, 9:00 – 11:00 a.m.

Free 15-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)

Wednesdays, 10:45 a.m., 12:30 p.m., 1:45 p.m.

Bring your laptop. Each lesson is one hour.

Call to book your appointment. Cost is \$10.

Spirit Readings

Second and fourth Fridays

Connect with loved ones with Medium Francine McEwen. Appointments required: No walk-ins.

\$25 per 30-minute session.

Notary Public

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

Call 626-7777 to make appointments.

Cohen Dining Menu

October 2017

Monday: \$6.50 for all
 Tuesday—Friday
 Under Age 60: \$6.50
 60 and Older: Suggested \$5.00 Donation

Lunch is offered to the public from 11:00 a.m. — 12:30 p.m., Monday — Friday

Mon	Tue	Wed	Thu	Fri
2 Spinach and Swiss Cheese Quiche \$6.50 Cost For All	3 Mustard Roasted Pork Tenderloin	4 Chicken and Mushroom Stew with Barley 🎵 Deb Sandler	5 Baked Haddock 🎵 Country Gentleman	6 Pasta and Meatballs 🎵 Bonnie Hendsbee
9 Columbus Day: Center Closed	10 🎵 Chicken Curry Mike Theriault	11 Tuna Wiggle 🎵 Bert Ayotte	12 Beef Tips Ray Gagnard	13 Spaghetti Pie
16 \$6.50 Cost For All Chicken Caprese	17 Shrimp and Corn Chowder 🎵 Bonnie Hendsbee	18 Meatloaf 🎵 Dave Fisher	19 Eggplant Pie 🎵 Swingtime	20 Pork Vindaloo 🎵 Dave McInnis
23 \$6.50 Cost For All Seafood Lasagna	24 Shepherd's Pie 🎵 Deb Sandler	25 Pasta With Butternut Squash Cream Sauce 🎵 Dave McInnis	26 Barbecued Pulled Pork 🎵 Mike Theriault	27 Cilantro-lime Chicken 🎵 Swingtime
30 \$6.50 Cost For All Turkey Chili	31 Halloween Lunch and Costume Contest Stuffed Baked Haddock with Orange Peppers Creamy Pumpkin Soup Roasted Sweet Potatoes Orange poppy seed salad Devilishly Delicious Chocolate Cupcakes with Orange Frosting Spiced Apple Cider			3 LIVE UNITED United Way 

Please note that the menu is subject to change.

**Mondays are catered by Cohen on the Meadows Catering and \$6.50 is required by all.

**Tuesday—Friday a donation of \$5.00/meal for individuals 60 and older is suggested. If under age 60, a fee of \$6.50 is required (unless noted otherwise).

Cohen on the Meadows Catering

Cohen on the Meadows Catering is a division of Spectrum Generations, providing full-service catering and event planning services to the Central Maine area. Our catering team offers fully customizable menus, can accommodate large gatherings or small parties, multiple room rental spaces, flexibility and two locations in Hallowell and Waterville.

All proceeds from Cohen on the Meadows catering are reinvested into Spectrum Generations' Nutrition programs.

For more information please call (207) 620. 1189 (Hallowell) or (207) 660.9267 (Waterville)

SPECTRUM GENERATIONS IS AN EQUAL OPPORTUNITY PROVIDER

Cohen Center Activities

A star indicates that registration is required. A check mark indicates that registration is suggested.

October 2017

Call 626-7777 to register.

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>☑ 9:00 a.m. Tai Chi 12:30 p.m. Mahjong 1:00 p.m. Partner Cribbage</p> <p>☑ 6:00 p.m. Baptiste Yoga</p>	<p>3</p> <p>9:00 a.m. Rug hooking</p> <p>★ 12:00 p.m. Personalized Fitness Assessments 12:45 p.m. Wood Carving 1:00 p.m. Knitting/Crocheting</p> <p>★ 4:00 p.m. Diabetes Prevention Program</p>	<p>4</p> <p>★ 10:45 a.m. One-on-one computer lessons</p> <p>12:30 p.m. Mahjong 1:00 p.m. Game Day</p>	<p>5</p> <p>1:00 p.m. Bridge</p> <p>★ 2:00 p.m. Healthy Eating for Every Age</p>	<p>6</p> <p>8:00 a.m. TOPS</p> <p>☑ 9:00 a.m. Tai Chi</p> <p>12:30 p.m. Book Club</p> <p>★ 1:00 p.m. Medicare 101 Session</p>
<p>9</p> <p>Columbus Day: Center Closed</p>	<p>10</p> <p>9:00 a.m. Rug hooking</p> <p>★ 9:00 a.m. Tai Chi 12:00 p.m. Caregiver Support Group</p> <p>★ 12:00 p.m. It's All About Walking 12:45 p.m. Wood Carving 1:00 p.m. Knitting/Crocheting</p> <p>★ 4:00 p.m. Diabetes Prevention Program</p>	<p>11</p> <p>★ 9:00 a.m. Ask The Lawyer</p> <p>★ 9:00 a.m. Tai Chi</p> <p>10:45 a.m. One-on-one computer lessons</p> <p>12:30 p.m. Mahjong 1:00 p.m. Game Day</p>	<p>12</p> <p>★ 10:15 a.m. Meditation Class</p> <p>1:00 p.m. Bridge</p> <p>★ 2:00 p.m. Healthy Eating for Every Age</p>	<p>13</p> <p>☑ 8:00 a.m. TOPS</p> <p>☑ 9:00 a.m. Tai Chi</p> <p>★ 1:00 p.m. Spirit Readings</p>
<p>16</p> <p>★ 8:30 a.m. Medicare 101</p> <p>★ 9:00 a.m. Tai Chi for Balance 12:00 p.m. Blood Pressure Screening 12:30 p.m. Mahjong 1:00 p.m. Cribbage</p> <p>☑ 6:00 p.m. Baptiste Yoga</p>	<p>17</p> <p>9:00 a.m. Rug hooking</p> <p>★ 12:00 p.m. Personalized Fitness Assessments 12:45 p.m. Wood Carving 1:00 p.m. Knitting/Crocheting</p> <p>★ 4:00 p.m. Diabetes Prevention Program</p>	<p>18</p> <p>★ 10:45 a.m. One-on-one computer lessons</p> <p>12:30 p.m. Mahjong 1:00 p.m. Game Day</p>	<p>19</p> <p>1:00 p.m. Bridge</p> <p>★ 2:00 p.m. Healthy Eating for Every Age</p>	<p>20</p> <p>9:00 a.m. TOPS</p> <p>12:30 p.m. Book Club</p>
<p>23</p> <p>★ 9:00 a.m. Tai Chi for Balance 12:30 p.m. Mahjong 1:00 p.m. Partner Cribbage</p>	<p>24</p> <p>9:00 a.m. Rug hooking</p> <p>★ 10:00 a.m. Medical Marijuana Seminar 12:00 p.m. Personalized Fitness Assessments 12:45 p.m. Wood Carving 1:00 p.m. Knitting/Crocheting</p> <p>★ 4:00 p.m. Diabetes Prevention Program</p>	<p>25</p> <p>★ 10:45 a.m. One-on-one computer lessons</p> <p>12:30 p.m. Mahjong 1:00 p.m. Game Day</p>	<p>26</p> <p>★ 8:00 a.m. Matter of Balance Training 1:00 p.m. Bridge</p> <p>★ 2:00 Healthy Eating for Every Age</p>	<p>27</p> <p>★ 8:00 a.m. Matter of Balance Training 9:00 a.m. TOPS</p> <p>★ 1:00 p.m. Spirit Readings</p>
<p>30</p> <p>★ 9:00 a.m. Tai Chi for Balance 12:30 p.m. Mahjong 1:00 p.m. Partner Cribbage</p>	<p>31</p> <p>9:00 a.m. Rug hooking 11:30 a.m. Halloween Costume Contest</p> <p>★ 12:00 p.m. Personalized Fitness Assessments 12:45 p.m. Wood Carving 1:00 p.m. Knitting/Crocheting</p> <p>★ 4:00 p.m. Diabetes Prevention Program</p>	<p>1</p>	<p>2</p>	<p>3</p>



Spectrum Generations is an Equal Opportunity Provider.

Please let us know if you require special accommodations at least two weeks prior to the event.