

MEDICARE 101



The next session will be held on
Tuesday, February 11, 2020
12:30—2:30 p.m.
People Plus
35 Union St., Brunswick
Call (207) 729-0757 to register or
for more information.

A \$15 donation is appreciated

American Heart Health Month

February is **American Heart Health Month**, and while you might first think of it as routine campaign—it's becoming more important than ever. Heart disease is responsible for about one in every four deaths in the U.S., claiming the lives of more than half a million people each year. About 735,000 Americans will have a heart attack this year.

The numbers are scary, but the steps to reduce your risk are simple and clear.

The top lifestyle changes to make to avoid heart complications include the following:

- ◆ Quit smoking, including using e-cigarettes
- ◆ Maintain a healthy weight
- ◆ Eat a healthy diet and avoid trans fats
- ◆ Start moving
- ◆ Treat your other health conditions, especially if you have high blood pressure, high cholesterol and diabetes



Dr. Suzanne Steinbaum, a cardiologist at The Mount Sinai Hospital and a volunteer medical expert for American Heart Association's Go Red for Women, says, "It's always about baby steps. It's never too late, let's just start there. It's never too late to start eating healthy, it's never too late to start moving. But you certainly don't start by running a marathon, you start by walking around the block."



At Bridges Home Services we are here to do one thing: **make life better for you!** For over 20 years, Bridges Home Services has provided expert, knowledgeable care, enabling our loved ones to stay at home where they want to be. Our professional, certified, trained staff are devoted to providing solutions to every day struggles, allowing for a better quality of life for you and your loved one.

Bridges Home Services provides individualized solutions for families caring for loved ones and for older adults who need extra help with daily activities. Continuing a relationship with a parent or disabled family member does not have to be compromised by age and medical restrictions. Families facing the everyday challenges that caring for a loved one may present can feel confident in the personalized options we offer to keep your loved one at home and active in the community. We understand that different stages of life can require different types of care. Whether it's a little care now or more needed down the road, we are by your side to help make that journey easier for you and your family.

At Bridges Home Services, our consumers have access to: Personal Support Services, Adult Day and Community Support, Life Care Consulting, and Personal Emergency Response Units and Medication Stations.

For more information please call **(207)623-0761** or toll free at **1-800-876-9212**.



All Spectrum Generations' locations will be closed on Monday, February 17, in observance of Presidents' Day



FREE Living Well with Chronic Pain

This program 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, poor sleep, and appropriate exercise for maintaining and improving strength. The class will also address appropriate use of medications, communicating effectively with family, friends, health professionals, proper nutrition, and how to evaluate new treatments.

People Plus

35 Union Street, Brunswick
Mondays, 2:00—4:30 p.m.
February 3—March 9

For a listing of all upcoming events, visit **healthylivingforme.org** or call **1-800-620-6036** to speak with a team member.



Weather Cancellations and Delays

In the event of inclement weather, Spectrum Generations will announce any delays or closings on our Facebook page (@SpectrumGenerations) as well as:

TV Channels 2, 5, 6, 8, or 13
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
AM Radio Station 1160

