

SOMERSET NEWSLETTER

spectrum
generations

February 2020



30 Leavitt Street, Skowhegan, ME 04976



(207) 474-8552 or [TTY] 1.800.464.8703



Monday, Wednesday, and Friday,

9:00 a.m. — 1:00 p.m.



Message from the Somerset Community Center



Spectrum Generations' 22nd Annual Gene and Lucille Letourneau Ice Fishing Derby will be held on **Sunday, February 16, 2020**, (weigh-in between 2:00-5:00 p.m.) at the Muskie Community Center located at 38 Gold Street in Waterville.

Established by Maine's great outdoorsman and his wife, Gene and Lucille Letourneau, the Ice Fishing Derby attracts people throughout the state to compete for cash prizes including the largest catch in several categories.

Adult 1st Place: \$100.00 cash
Adult 2nd Place: \$50.00 cash
Salmon, Brook Trout, Brown Trout, Togue, Splake, Pickerel, Pike, and White Perch

Child 1st Place: \$50.00 cash
Child 2nd Place: \$30.00 cash
Child 3rd Place: \$20.00 cash
Child is 15 & under, same categories as adult, plus Yellow Perch and Black Crappie

A live auction follows the weigh-in. Courtney's Hotdogs will be on site throughout the day! Brownies, cookies, and beverages will be available inside the center for purchase.

Tickets on sale now at the Muskie Community Center. Ticket prices: 1 for \$3.00, 2 for \$5.00, 5 for \$10.00. Each ticket purchase allows a fish entry and an entry into the drawing for the door prize—a Yeti Tundra 65 cooler valued at \$500.00, sponsored by Nale Law Offices.



Thank you Sponsors!

Dukeforth Family
foundation

Waterville Masonic
Lodge #33



Upcoming Events

Family Caregiver Support Groups

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 Family Caregiver Support Group meets at Sabastickook Valley Hospital, 130 Leighton Road in Pittsfield on the **first Thursday of every month, 1:00—2:30 p.m.** and at Skowhegan Federated Church in Tewksbury Hall, 13 Island Avenue, in Skowhegan **every fourth Tuesday of the month, 12:00—1:30 p.m.**

For more information please call 1-800-639-1553.

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

February is 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."

Medicare 101

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?

Do not wait until you are 65!

Late enrollment can lead to financial penalties! You should begin learning about Medicare 3-6 months before you are eligible. You will 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!

Attendance is required before an individual appointment can be made.

The next Medicare 101 will be held on Thursday, February 27, from 1:00—3:00 p.m. at the Somerset Community Center, 30 Leavitt Street in Skowhegan. Donations are appreciated!

Pre-registration is required by calling 474-8552.

Weather Cancellations & Delays

In the event of bad weather, please call 474-8552 before heading to Spectrum Generations' Somerset Community Center. If no answer, please call (800) 639-1553 for a recorded message announcing any agency closings.

You can also watch or listen to:

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

Message from the Waldo Community Center

The Waldo Community Center located in Belfast will be holding a Live Auction benefiting Spectrum Generations' Meals Wheels program on **Friday, April 10, 2020.**

More details coming soon!



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

Message from the Cohen Community Center



The Cohen Community Center located at 22 Farm Road in Hallowell will be holding the 12th Annual Healthy Aging Expo on **Friday, June 5, 2020.**

More details 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



1-800-639-1553