

SOMERSET NEWSLETTER

spectrum
generations

June 2018



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 Center Director

June is National Elder Abuse Awareness Month

Elder Abuse Awareness Month is a time to highlight the ways many seniors are being abused, and provide education on signs to look for and resources if someone you care about may be in danger. With a growing population of elderly people, and as longevity increases, abuse of the elderly is an increasing and serious problem that affects health and human rights and can cause death, so it is vital to raise awareness of it and prevent it whenever and wherever possible.

Over half a million reports of abuse of elderly Americans are made to authorities each year but it's believed that many more instances are never reported. Elder abuse can take place in an older person's home. Caretakers in an institution can be the perpetrators. Scam artists can get at them over the phone, via computer, or at the front door. Sadly, many cases of abuse are at the hands of family. Abuse is not always actively done with force. It can also be neglect. The senior is not fed, not kept clean or warm, not kept safe, and/or not given proper medical care. Don't turn your back, we all need to become more aware of signs when vulnerable people are mistreated.

Here are questions to consider:

- Do you see changes in personality or behavior?
- Is there noticeable tension between the older person and their caregiver?
- Has the older person lost weight? This can be a sign of malnutrition or dehydration because of not being fed properly.
- Are they dirty, or are their clothes dirty?
- Are they seen wandering around on their own when they shouldn't be?
- Do you see signs of violence like bruising on parts of the body?

Not everyone who abuses the elderly will seem like bad people. Often they are just people who can't handle the pressures and responsibilities of looking after someone who is frail and unable to take care of themselves. If you see something that looks like abuse may be going on, you can contact the Maine Office of Elder Services at 1(800)624-8404 (Voice) 711 (Maine Relay), who can provide or arrange for services to protect incapacitated and dependent adults in danger of abuse, neglect, or exploitation. Calls may be made anonymously.

Upcoming Events

Medicare 101 Clinic

New to Medicare? Need help understanding Medicare? Join us on

Wednesday, June 20, from

1:00—3:00 p.m.

Donations are appreciated.

Pre-registration is required. For more information or to register, call 474-8552.

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.

Caregiver Support Group meets at Sabasticook Valley Hospital, 130 Leighton Road in Pittsfield, the **first**

Thursday of every month

from 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.

Call 800.639.1553 for more information.

Legacy Corps seek members to aid in caregiving and respite for veterans and military families

Spectrum Generations' Legacy Corps Program, which caters to the caregiving needs of veterans and their families, is seeking new volunteer members.

At Spectrum Generations, the Legacy Corps program provides companionship respite care for veteran and military families and their caregivers, throughout central and midcoast Maine. The volunteer members are trained and carefully matched with each client they work with to help support the specific needs veterans and military families often face, as well as decrease feelings of burden and stress for caregivers when caring for a loved one.

With a current waitlist of 35 veteran families seeking assistance, the need is high. Legacy Corps volunteer members will receive high quality training, and a monthly taxable living allowance of \$160/month. Volunteer members are asked to support the program through one-year terms (40 weeks, allowing for vacations and illness), providing 10-12 hours of service a week. Volunteer members can also qualify for an education stipend if they provide 450 service hours during the one-year term.

For more information, contact Maria Raymond, Volunteer coordinator at Spectrum Generations: 620-1684 or mraymond@spectrumgenerations.org. Additional information about Legacy Corps can be found online at: spectrumgenerations.org/legacycorps

Snow Pond Center for the Arts

Snow Pond Center for the Arts – located on Messalonskee Lake in Sidney – offers many concerts, recitals, and live events on their beautiful lakeside campus. Though a few performances require tickets, many are **free** and open to the public!

Spectrum Generations consumers and employees will be offered discounts for ticketed events ordered on the Snow Pond website (www.snowpond.org). Talented performers include world-renowned visiting artists, honor students of the prestigious New England Music Camp (NEMC), and nationally touring acts. Genres include classical and jazz, as well as music of contemporary artists. The Snow Pond Center is located on the Pond Road in Sidney (route 23) just a stone's through from the Bacon Maple Products Farm.

Performances are held either outdoors at the historic amphitheater called "The Bowl in the Pines" or in indoors at the acoustically impressive Alumni Hall. There is ample parking for events, and handicap accessibility.

For more information, watch for Spectrum Generations' July Newsletter or visit Snow Pond online at www.snowpond.org – get to know this gem in your backyard!



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



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



Spectrum Generations webpage is full of information keeping you informed. Visit www.spectrumgenerations.org



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:



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1-800-639-1553