

SOMERSET NEWSLETTER

spectrum
generations

March 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

UPDATE: MEDICARE CARDS

Have you moved recently? Here's a friendly reminder to update your mailing address with Social Security. Don't delay — it's something you'll want to check off of your to-do list soon.

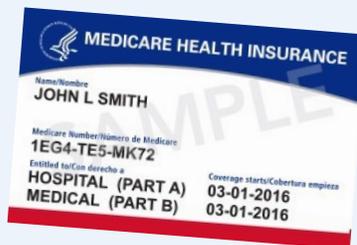
Starting in April 2018, Social Security administration will begin mailing **new Medicare cards** with new Medicare Numbers to help protect you from identity theft and fraud.

They will use the name and address on file with Social Security, so it's important that this information is up-to-date.

You can update or verify your address by:

- Visiting your online [my Social Security account](#).
- Calling Social Security at 1-800-772-1213. TTY users can call 1-800-325-0778.
- Contacting your local Social Security office. To find your local office visit <https://secure.ssa.gov>.

Want to learn more about your new Medicare card? Visit [Medicare.gov](#).



Bob Marin
Regional
Center Director

Upcoming Events

Medicare 101 Clinic

New to Medicare? Need help understanding Medicare? Join us on **Wednesday, March 7**, or **Thursday, March 29**, 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, Pittsfield, the **first Thursday of every month**, **1:00 - 2:30 p.m.**

Federated Church Tewksbury Hall, 13 Island Avenue, Skowhegan.

Call 800.639.1553
for more information.

MARCH FOR MEALS

with Spectrum Generations

Meals on Wheels serves virtually every community in America and is powered by a network of providers, like Spectrum Generations. Every March we come together to raise awareness for the program and the seniors we serve.

Providing so much more than just a meal -

At the core of the Meals on Wheels service is a nutritious meal, companionship and a watchful eye on the health and safety of our elderly neighbors.

- **A nutritious meal** - Adequate nutrition is necessary for health, functionality and the ability to remain independent. Healthy eating can increase mental acuity, resistance to illness and disease, energy levels, immune system strength, recuperation speed and the ability to manage chronic health problems.
- **A friendly visit** - For many seniors, the trusted Meals on Wheels volunteer who shows up with a meal and a warm smile is the only person they see all day. This special delivery is a reason to get up in the morning, something to look forward to, and a reminder to take good care of themselves.
- **A safety check** - Along with the inevitable impacts of aging come the increased risks of medical emergencies, falls, and accidents. The safety check that accompanies each meal delivery helps to reduce falls, trips to the hospital, or premature institutionalization. It also ensure that, in the case of an emergency medics will be called, families will be notified and our seniors will not be forgotten.

Meals on Wheels Volunteers Needed!

Call Spectrum Generations'
Somerset Community Center at 474-8552.

Welcome to Maine's Accessible Outdoors

As warmer weather in Maine approaches it is never too early to start planning your summer hikes, bike rides, walks, etc. Many ME cities and towns have a convenient, wheelchair-accessible, multi-use pathways that comply with Americans with Disabilities Act (ADA) standards.



Maine is a place everyone can enjoy. The Bureau of Parks & Lands welcomes all visitors to Maine's natural and cultural wonders. The bureau is committed to making our state parks, historical sites, and other public facilities accessible to people with disabilities and people with special needs.

Each state park or historic site in Maine is unique. Many park features are accessible to visitors with varying needs and abilities. In some parks, however, visitors may need the assistance of a member of their party to access certain features.

Begin planning your summer activities by visiting the national Rails-to-Trails Conservancy that lists wheelchair accessible rail trails by state on its website, www.traillink.com.



Your Ad Here!

Take advantage of this advertising opportunity with our monthly center newsletter. Advertisement artwork/logo must be provided. If you are interested in advertising in the Somerset Newsletter, contact Bob Marin at rmarin@spectrumgenerations.org or call (207) 873-4745.



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

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



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1-800-639-1553