

SOMERSET NEWSLETTER

spectrum
generations

May 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

May is Older Americans Month

Every May, the Administration on Aging, part of the Administration for Community Living (ACL), celebrates Older Americans Month to recognize older Americans for their contributions to the nation.

This year's theme, "Engage at Every Age," emphasizes the importance of being active and involved, no matter where or when you are in life. You are never too young or too old to take part in activities that can enrich your physical, mental, and emotional well-being. Engage at Every Age also celebrates the many ways in which older adults make a difference in our communities.

Across the country, older Americans are taking part in activities that promote wellness and social connection. Older Americans are working, volunteering, mentoring, learning, leading, and engaging. At Spectrum Generations, our community centers offer many activities to stimulate your mind, body, and soul. Whether it be socialization, life-long learning, wellness classes, and volunteerism.

We invite you to become Engaged at Every Age by visiting one of our community centers, joining our amazing volunteer team, or signing up to become an advocate. Visit our website www.spectrumgenerations.org where you can learn about our offerings.

The possibilities are endless at Spectrum Generations!



ENGAGE AT EVERY AGE: MAY 2018



Bob Marin
Regional
Center Director

Upcoming Events

Medicare 101 Clinic

New to Medicare? Need help understanding Medicare? Join us on **Thursday, May 24**, 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 Sabastick 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.

Care and Companionship Options for Loved Ones

The Adult Day and Community Support Services program is designed to provide care and companionship for older adults and/or adults with disabilities who need assistance and supervision during the day. The program offers much needed respite to family members and caregivers, allowing them to work, handle personal business, or relax, knowing their relative is well cared for and safe.

We offer person-centered activities designed to engage the individual in ways that are fun, stimulating, and interesting. Our new wheelchair accessible van provides access to explore and participate in community events.

Bridges Adult Day and Community Support Services is a licensed alternative to more expensive assisted living settings, and offers health, therapeutic, and social services for individuals with various medical conditions. Our programs provide a well-balanced breakfast and lunch, as well as nutritious snacks, and can also accommodate special dietary needs. As a division of Spectrum Generations, we have four locations, within the Community Centers you already know!

We understand that different stages of life can require different types of care. Whether it is 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. Our skilled team can provide more information relating to private pay rates, or with help connecting you to state or federal subsidies. Please contact us at 1(800)876-9212 or email bridges@spectrumgenerations.org.

AniMeals Bottle Drive

Spectrum Generations' AniMeals program began over a decade ago when we learned that some Meals on Wheels recipients did not have enough money to feed their pets and were sharing their delivered food with their companion animals.

We worked with local veterinarians and many generous community partners to offer AniMeals in conjunction with Meals on Wheels.

Often, our Meals on Wheels consumers live in rural areas and/or are socially isolated; many have companion pets, who are a source of support, comfort and friendship. Some research studies have found that people who have a pet have healthier hearts, make fewer visits to the doctor, get more exercise, and are less depressed.



Seniors with pets are 36% less likely to report loneliness and make 21% fewer doctor visits compared to non pet owners.



Spectrum Generations Somerset Community Center will be holding a fundraising bottle drive in the month of May. There are 5 drop off points to bring your bottles if you would like to donate them:

- Pittsfield Redemption, 518 Main St. Pittsfield
- The Beverage Mart, 55 North Ave. Skowhegan
- Emteez Redemption, 10 St. Marks St. Skowhegan
- Pine Street Redemption, 52 Pine St. Madison
- Somerset Community Center, 30 Leavitt St., Skowhegan

All proceeds will benefit our AniMeals program. Thank you for all your support!



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



All proceeds help end senior hunger

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



Spectrum Generations will be closed on Monday, May 28 in observance of Memorial Day.



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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www.SpectrumGenerations.org



1-800-639-1553