

# SOMERSET NEWSLETTER

spectrum  
generations

November 2019



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

### National Family Caregiver Month

November is National Family Caregivers Month. This is a time to celebrate the contribution of those volunteer friends and family members who support a loved one with their health or managing a disability. We're thankful for the contributions of the more than 44 million Americans who care for a family member, friend, or neighbor. Join us as we celebrate the contribution of caregivers and find better ways to support them as they care.

The theme for 2019 is **#BeCareCurious**. Family caregivers want their loved ones to have the best care possible – at the doctor's office, at the hospital, and at home. We encourage family caregivers across the country to ask questions, explore options and share in the care decisions that affect the health and well-being of their loved ones.

#### **#BeCareCurious about:**

**Your loved one's goals:** You spend the most time with your loved one and know them better anyone else does. Talk to them about what their goals are for treatment and their care in general.

**Treatment options:** Is your loved one responding well to treatment? If not, ask your doctor if there are other options.

**Research:** Talk to friends, family, and doctors to ask as many questions as possible to learn about your loved one's condition.

**The care plan:** A lot of care happens at home and you need to be prepared to provide that assistance.

**Coverage:** Don't be shy about asking questions about insurance coverage.

So this November, during National Family Caregivers Month, take time to **#BeCareCurious** about your loved one's care!



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

### 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.

## National Diabetes Month 2019

# TAKE DIABETES TO HEART

Linking Diabetes and Cardiovascular Disease

**November is National Diabetes Month**, a time when communities across the country team up to bring attention to diabetes. In partnership with the National Heart, Lung, and Blood Institute (NHLBI), this year's focus is on the link between diabetes and cardiovascular disease.

**Adults with diabetes are nearly twice as likely to die from heart disease or stroke as people without diabetes.** This is because over time, high blood glucose from diabetes can damage your blood vessels and the nerves that control your heart. The good news is that the steps you take to manage your diabetes can also help lower your chances of having heart disease or a stroke:

	<b>Manage your A1C, blood pressure, and cholesterol levels.</b> Ask your health care team what your goals should be.
	<b>Develop or maintain healthy lifestyle habits.</b> Follow your healthy eating plan and make physical activity part of your routine.
	<b>Learn ways to manage stress.</b> Try deep breathing, gardening, taking a walk, doing yoga, or listening to your favorite music.
	<b>Stay on top of your medications.</b> Take medicines as prescribed by your doctor.
	<b>Stop smoking or using other tobacco products.</b> You can start by calling 1-800-QUITNOW or visiting smokefree.gov.

## 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 three to six 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.**

**Pre-registration is required. Call (207) 474-8552.**

**The next Medicare 101 will be held on Thursday, November 14, from 1:00—3:00 p.m. at the Somerset Community Center, 30 Leavitt Street in Skowhegan.**

**Monday, October 15 - Thursday, December 7,** is the annual open enrollment period for Medicare Part D prescription drug plans & Medicare Advantage plans. During this time you can compare plans for 2020 and make a change if you find a plan with better coverage, higher quality, or lower cost. If you make no change, you remain in your current plan for 2020.

If you would like help with this process, call Spectrum Generations for an appointment with one of our certified Senior Health Insurance Plan counselors, at 1-800-639-1553. Appointments fill quickly, so call soon to find the SHIP counselor nearest to you. You can compare plans and make changes yourself by using the Plan Finder tool on the medicare.gov website or by calling Medicare at 1-800-633-4227.



All proceeds help end senior hunger

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

### Holiday Closures!

All Spectrum Generations' locations will be closed Monday, **November 11**, in observance of **Veterans Day**. All Spectrum Generations locations will also be closed on Thanksgiving day, Thursday, **November 28**, and Friday, **November 29**. Meals on Wheels for the week will be delivered on Tuesday, November 26.



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 call 1-800-876-9212.

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