

SOMERSET NEWSLETTER

spectrum
generations

September 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

Luck of the Draw

Are you feeling lucky? If so, please join us at the American Legion, 217 Waterville Road in Skowhegan at **9:00 a.m.** on **Saturday, September 8** for our 3rd Annual Luck of the Draw fundraiser. Admission is \$2. Once inside you can purchase raffle tickets for a variety of prizes including gift baskets, handmade items, gift cards from local businesses, and many more items! There will also be a 50/50 raffle and drawings for prizes begin at noon in which you must be present to win. Please call 474-8552 with any questions or for further information! This fundraiser is generously sponsored by Bridges Home Services.

Falls Prevention Awareness Month

September is National Falls Prevention month, and though most people are aware of the health risks associated with heart disease, stroke, and cancer, often overlooked is another type of serious health risk especially affecting older adults—the risk of injury due to falling. Falls can lead to injuries, such as bruising, bone fractures, and concussions. Any one of these injuries could require hospitalization, in-home nursing care, or other assisted living arrangements.

There will be a **free** Falls Screening assessment on **Friday, October 19** from 9:00—11:00 a.m. at the Smithfield Town Office, 926 Village Road in Smithfield, for any adult who would like to learn more about their balance and risk factors associated with falls. The assessment consists of activities that involve sitting, standing, and walking.



Bob Marin
Regional
Center Director

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

6th Annual Celebrity Chef Challenge

Saturday, September 8

Cohen Community Center, 22 Town Farm Road, Hallowell. Festivities begin at 5 p.m. and tickets \$75 per person.

FMI contact 620-1677 or sbrown@spectrumgenerations.org Benefiting Spectrum Generations' programs and services, including Meals on Wheels.

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, 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.

Volunteer & Senior Resource Fair

You are invited to join Spectrum Generations' Somerset Community Center on **Saturday, October 20**, from **10:00 a.m.—2:00 p.m.** at the American Legion located at 217 Waterville Road in Skowhegan for the **The 1st annual Volunteer & Senior Resource Fair.**

Interested in volunteering but unsure what is available and how to start? This is the perfect place to find answers to those questions and more! There are many proven benefits of volunteering. A few of them are developing new skills, making a difference in the community, building your resume, improving mental health, increasing self-esteem, reducing stress, and making new friends!

Come for your chance to win \$100 door prize! Refreshments will be available for purchase. FMI call Jason at 474-7775 or Theresa 474-8552. You can also visit Somerset County Association of Resource Providers Facebook page for updates!

Falls Prevention & Healthy Aging Month

Did you know that 25% of Americans aged 65+ experience a fall each year, according to the CDC? This September, Healthy Living for ME will join with the National Council on Aging and hundreds of organizations nationwide to celebrate Falls Prevention Awareness with activities to empower older adults to prevent falls in their everyday life.

For more information or questions, request a workshop guide, or to register in advance for classes or programs, visit the Healthy Living for ME website: www.healthylivingforme.org.

You can also call toll free 1 (800)620-6036 or email info@healthylivingforme.org.

Medicare 101 Clinics

Attendance is required before an individual appointment can be made.

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?
- Late enrollment can lead to financial penalties?

Do not wait until you're 65! You should begin learning about Medicare 3 to 6 months before you are eligible. You 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!

The next Medicare Clinic will be on Wednesday, September 5 from 1:00—3:00 p.m. at Somerset Community Center, 30 Leavitt Street in Skowhegan. Donations are appreciated!

Pre-registration required by calling 474-8552.

AniMeals

It's a tough decision to choose between feeding yourself or your pet. Homebound adults face these challenges every day. Meals on Wheels volunteers deliver donated pet food to homebound seniors in need to help them care for their beloved companions. We are currently accepting unopened dog and cat food at Spectrum Generations' Somerset Community Center, located at 30 Leavitt Street in Skowhegan. You can also mail a financial donation to the center if you wish. Please indicate that your donation is for AniMeals. Thank you for your generosity!



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

We will be
CLOSED
Labor Day

All Spectrum Generations locations' will be closed on Monday, September 3.



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