

WALDO NEWSLETTER

spectrum
generations

November 2019

📍 18 Merriam Road, Belfast 04915
☎ (207) 338-1190 or [TTY] 1.800.464.8703
🕒 Monday-Friday, 9:00 a.m. — 1:00 p.m.



National Diabetes Month

Upcoming Events

 **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:

- ⇒ Manage your A1C, blood pressure, and cholesterol levels
- ⇒ Develop and maintain healthy lifestyle habits
- ⇒ Learn ways to manage stress
- ⇒ Stay on top of your medications
- ⇒ Stop smoking or using other tobacco products

All Spectrum Generations' locations will be **closed** on **Monday, November 11**, in observance of Veterans Day.

We will also be closed on **Thursday, November 28 and 29**, for Thanksgiving.

Medicare 101

Choosing a Medicare drug and health plan can be difficult and confusing. In this Medicare 101 class you will be provided information regarding Medicare, Medicare drug coverage, Medicare Advantage plans, Medicare Supplements, and tips on how you can save money and avoid penalties.

Tuesday, Nov. 12, 1:00—3:00 p.m.

Waldo Community Center
18 Merriam Road, Belfast

Call 338-1190 to register.
\$15 suggested donation



November Spotlight Living Well with Chronic Pain

Living Well with Chronic Pain was designed for people with and ongoing pain condition, or their caregiver, and offers techniques and strategies for dealing with symptoms. Class topics include techniques to deal with frustration, fatigue, isolation, and poor sleep, appropriate exercise for maintaining and improving strength, appropriate use of medications, communicating effectively with family, friends, and health professionals, nutrition, pacing activity and rest, and how to evaluate new treatments.

For a statewide calendar of upcoming events, visit healthylivingforme.org or call **1-800-620-6036** to speak with a team member.

Need help with Medicare?

Spectrum Generations' Aging and Disability Resource Counselors can help you understand your options and help you chose which plan is right for you. If you live in the southern Kennebec County area, contact **Brooke at (207) 620-1191**, or bjansen@spectrumgenerations.org to make an appointment for a one-on-one meeting. If you live outside of that area, call Spectrum Generations' Consumer Helpline at 1-800-639-1553 to get help at the center closest to you.



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



For more information on the volunteer openings below, please contact Volunteer Coordinator, Jessica Bucklin at 207-620-1684 or by email at JBucklin@spectrumgenerations.org.

Bridges Home Services Adult Day program

Do you enjoy puzzles, crafts, or just spending time with the older adults? Our Adult Day program is in need of a volunteer to come in a few hours a week to spend time with our consumers. Hours are flexible and the time spent is always rewarding!

Our Adult Day program is also looking for a volunteer who would enjoy helping out the staff and consumers venture around town on their outings. Transportation is provided during outings and hours are Tuesday and Thursday mornings.

Healthy Living for ME Facilitator

Are you interested in empowering others — and yourself — to improve health and confidence while having fun leading classes right in your own community? Healthy Living for ME is looking for people like you to educate, motivate, and inspire people living with chronic conditions.

No experience? No worries! We will provide free facilitator training and all class materials.

Meals on Wheels substitute drivers

Substitute drivers are needed for the greater Belfast area. Drivers with fill in for other volunteers when they are unable to drive their normal routes. Drivers are needed on Tuesdays and Wednesdays between 10 a.m. and 2 p.m. Mileage reimbursement is available for all Meals on Wheels drivers.

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: