

# WALDO NEWSLETTER



September 2018

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



## Message

from the Center

## Volunteer Opportunities



We are looking for 3 volunteers to deliver meals on behalf of the Spectrum Generations' Meals on Wheels program. If you have availability Tuesdays between the hours of 10:30 a.m. - 2:00 p.m. and an interest in helping coordinate meals to consumers in designated areas, can lift 30lbs., have dependable transportation, and a valid drivers license, please pick up an application at the Waldo Community Center.



## Adult Day and Community Support Service

Bridges Home Services Adult Day program is currently looking for volunteers to do crafts and play games with consumers on Tuesdays and Thursdays, between the hours of 10—11:30 a.m. and 12:30—2:00 p.m. Volunteers are also needed if you have a skill for playing music, ministering bible study, teaching art, or general entertainment, etc. Applications are available at the Waldo Community Center.



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

## Medicare 101

Choosing a Medicare drug and or health plan can be difficult and confusing. Spectrum Generations' Medicare 101 class will provide you with information regarding Medicare, Medicare drug coverage, Medicare Advantage plans, Medicare Supplements and tips on how you may save money and avoid penalties.

Medicare 101 class will be held on **September 24 from 2:00—4:00 p.m.** at Spectrum Generations, 18 Merriam Road in Belfast. Please call Brooke at 930-8081 to register.

We will be  
**CLOSED**  
*Labor Day*

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

# 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.

## What should you do if you fall at home?

- ✓ Stay calm and take 3 deep breaths.
- ✓ Check your surroundings and assess if you can get up safely.

## If you can get up safely, follow these guidelines:

1. Roll onto your side and push up onto your hands and knees.
2. Use stable furniture to help yourself get to a sitting position.
3. Remembering to breathe, stand up slowly.
4. Rest and tell someone you have fallen.
5. Call your healthcare provider.



## If you can't get up safely, take the following steps:

- ⇒ Get someone's attention by making a loud sound, reach for the phone, slide or crawl slowly to a door, press your personal emergency device should you have one.
- ⇒ Conserve your energy and lie quietly until help arrives.
- ⇒ Use pillows and blankets that are within your reach to keep you comfortable.
- ⇒ Once help had arrived, tell someone you have fallen and see your healthcare provider.



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](http://www.healthylivingforme.org). You can also call toll free 1-800-620-6036 or email [info@healthylivingforme.org](mailto:info@healthylivingforme.org).

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:



spectrumgenerations



@SpectrumGen



[www.SpectrumGenerations.org](http://www.SpectrumGenerations.org)



1-800-639-1553