

WALDO NEWSLETTER



December 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



Wishing you a Happy and Healthy Holiday Season!

3 Tips for Healthy Holidays

Eat

As many colorful fruits and veggies as you can! Go ahead, stuff yourself silly with delicious winter squash, and citrus fruits!

Drink

As much water as you can, plus winter teas like ginger and lemon, cranberry smoothies, and other fresh concoctions.

Be Merry!

At the end of the holidays, what you'll treasure most, and will build mental and physical health, is the love of friends and family! Enjoy!

Happy Holidays

Spectrum Generations' locations will be closed on **Tuesday, December 25** for Christmas and **Tuesday, January 1, 2019** for New Year's Day.



Open enrollment for Medicare Part D

If you would like help with this process, call Spectrum Generations for an appointment with one of our certified Senior Health Insurance Plan (SHIP) counselors, at 800-639-1553. Appointments fill quickly, so call soon to find the SHIP counselor nearest to you.

What You Should Know and Do this Flu Season If You Are 65 Years and Older

It has been recognized for many years that people 65 years and older are at greater risk of serious complications from the flu, because human immune defenses become weaker with age. While flu seasons can vary in severity, during most seasons, people 65 years and older bear the greatest burden of severe flu disease.



Actions to take this flu season:

1. Get Your Flu Shot, as long as flu viruses are circulating, vaccination should continue throughout flu season, even in January or later.
2. Practice good health habits including covering coughs, washing hands often, and avoiding people who are sick.
3. Seek medical advice quickly if you develop flu symptoms to see whether you might need medical evaluation or treatment with antiviral drugs.
4. Get pneumococcal vaccines. People who are 65 years of age and older should also be up to date with pneumococcal vaccination to protect against pneumococcal disease, such as pneumonia, meningitis, and bloodstream infections.
5. Do you have Asthma, Diabetes, or Chronic Heart Disease? If so, you are at high risk of serious illness if you get the flu. Asthma, diabetes and chronic heart disease were among the most common of these. Treatment with an influenza antiviral drug can mean the difference between having milder illness instead of very serious illness that could result in a hospital stay.
6. Talk to your doctor to find out which vaccines are recommended for you!

Bridges Home Services

Adult Day and Community Support Services

As a division of Spectrum Generations, our Adult Day program provides flexible, daytime, individualized support for older adults and adults with disabilities in a community setting. Our program also offers respite to family members and caregivers, allowing them to work, handle personal business, or relax, knowing their loved one is well cared for and safe. Bridges Home Services has over 40 years of experience in the Healthcare industry and all staff are DSP, CPR, and CRMA certified.

Grow and Maintain your independence through our Adult Day and Community Support Services Program. We are currently accepting new clients in our Waldo Community center—call us today for more information!

1-800-876-9212 or 207-623-0761

adultday@spectrumgenerations.org

bridgeshomeservices.org



Weather Cancellations & Delays

In the event of bad weather, please call 339-1190 before heading to the Waldo Community Center.

If no answer, please call (800)639-1553 for a recorded message announcing any agency closings. Spectrum Generations will announce any delays or closings on our Facebook page as well as:

TV Channels 2, 5, 6, 8, or 13

FM Radio Stations 92.3, 93.5, 96.7, 97.1, 97.5, 98.5, 101.3, 102.5, 103.3, 104.3, 105.1, 107.9

AM Radio Station 1160



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

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