



February is American Heart Month

Be heart SMART

CELEBRATING HEART HEALTH MONTH

Heart disease doesn't happen just to older adults. It is happening to adults of all ages more and more often. This is partly because the conditions that

lead to heart disease are happening at younger ages. February is Heart Month, the perfect time to learn about your risk for heart disease and the steps you need to take now to help your heart.

Half of all Americans have at least one of the top three risk factors for heart disease (high blood pressure, high cholesterol, and smoking). Other conditions and behaviors that affect your risk for heart disease include obesity, diabetes, physical inactivity, and unhealthy eating patterns. You can take control of your heart health – here are four easy ways to get started:

- **Don't smoke.** Smoking is the leading cause of preventable death in the United States.
- **Manage conditions.** Work with your healthcare team to manage conditions such as high blood pressure and high cholesterol. This includes taking any medicines you have been prescribed.
- **Make heart-healthy eating changes. Eat food low in trans-fat, saturated fat, added sugar and sodium.** Try to fill at least half your plate with vegetables and fruits, and aim for low sodium options.
- **Stay active.** Get moving for at least 150 minutes per week.

Upcoming Events



All Spectrum Generations' locations will be closed on Monday, February 18.

Medicare 101 Clinics

Are you new to Medicare or nearing the age for eligibility? Do you know the four different parts of Medicare and the difference between a Medicare Advantage Plan and a Medigap Plan? Have you considered all options for choosing your Medicare coverage?

Do not wait until you are 65! You should begin learning about Medicare three to six months before you are eligible. Knowing the answers to these questions and more will help you make the best choice from the many Medicare options.

Our Medicare 101 Session will take you through the four different parts of Medicare benefits and how each works. You'll learn how to enroll, what services are covered, and what estimated costs will be for your coverage.

Medicare 101 class will be held on **February 12 from 1:00—3:00 p.m.** at Spectrum Generations, 18 Merriam Road in **Belfast**. Please call Brooke at 930-8081 to register.



In celebration of American Heart Month, we're participating in "Go Red for Women" the annual event to raise awareness about cardiac health in women.

Wearing red increases awareness, and people are more likely to notice the color red; please plan to join us!

When you wear red on **Friday, February 1**, you are joining a movement to encourage awareness about the importance of managing cardiac health conditions such as atherosclerosis, stroke, and heart attack. Everyone who sees you will be reminded (and hopefully inspired) to head to the doctor for a stress test and blood pressure checkup.



All that's missing is **U!**

Are you interested in giving back to your community? Spectrum Generations in Waldo Community Center could use your help.

We are looking to fill the following volunteer positions:

- Meals on Wheels drivers
- Meals on Wheels backup drivers
- Money Minders Program – Providing older adults assistance with finances
- Home Companions for military service men and women and/or their families.

If interested, please contact Spectrum Generations' Volunteer Coordinator, Amalia, at apdelpulgar@spectrumgenerations.org, or 207-620-1684.



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

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 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



1-800-639-1553