

WALDO NEWSLETTER



March 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



**Commodity
Supplemental
Food Program**
a Senior Food Assistance Program

The Commodity Supplemental Food Program (CSFP) works to improve the health of low-income elderly persons, at least 60 years of age, by supplementing their diets with nutritious USDA Foods. Packages include a variety of foods, such as, oats, rice, pasta, peanut butter, juice and more!

CSFP bags can be picked up on the **first Wednesday** of each month from **9:00 - 11:00 a.m.** at the CSFP site for Waldo County **Redman Hall, 153 Main Street, Belfast.**

For more information contact Beth Seekins at 930-8090.



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

COMEDY NIGHT FEATURING BETSY CROWELL

DOORS OPEN: 5 PM SHOW BEGINS: 6 PM

**SATURDAY
JUNE 16**

Stone Crest Event Center, Waldo ME
Light refreshments included

Ticket: \$20



Don't forget to set your clocks forward an hour on March 11. Enjoy the extra hour of daylight!

LIVE AUCTION

BENEFITTING SPECTRUM GENERATIONS
MEALS ON WHEELS PROGRAM

spectrum
generations



ANNUAL AUCTION

hosted by the Local Advisory Committee

April 6, 2018
Redman Hall
Main Street, Belfast

View Auction Items: 5:00 p.m. ● Auction Begins: 6:00 p.m.

Auction items include:

Gift certificates, homemade crafts, heating oil,
firewood, collectibles, gravel, jewelry, and pottery.

50/50
Raffle

QUESTIONS?
CALL BETH AT 930-8090

Food items will be
available for purchase

Welcome to Maine's Accessible Outdoors



As warmer weather approaches it is never too early to start planning your summer hikes, bike rides, walks, etc. Many Maine cities and towns have convenient, wheelchair-accessible, multi-use pathways that comply with Americans with Disabilities Act (ADA) standards.

Many park features are accessible to visitors with varying needs and abilities. In some parks, however, visitors may need the assistance of a member of their party to access certain features.

Begin planning your summer activities by visiting the national Rails-to-Trails Conservancy lists wheelchair-accessible rail-trails by state on its web site, www.traillink.com (go to "Find Trails by Activity" at the bottom of the homepage).

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 classes will be held on the fourth Monday of every month at Spectrum Generations, 18 Merriam Road in Belfast. Please call Brooke at 930-8081 to register.

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