

The Central Maine Area Agency on Aging • Aging and Disability Resource Center

COHEN CENTER HAPPENINGS

Yard Sale Fundraiser in September

The Cohen Community Center has started collecting items for our Super September Yard Sale! We will gratefully accept your contributions of furniture, artwork, canoes, small appliances, puzzles, and any other fine items that you no longer need but would help us raise money for our center.



The nicer the items, the more we get for them and the more the donation helps. This is an opportunity to do some summer cleaning and help a great organization.

We are also looking for volunteers to help the day of the event; and people willing to go retrieve larger items.

Saturday, September 19th
with a special preview on
Friday evening
September 18th.

August 2015

Lighthouse Keeper

Author and painter Ernest DeRaps is a living link to the days when lighthouse keepers on Maine's coast kept the beacons lighted and rescued the shipwrecked.

Ernest, 87, will give a slide show of the years he and his wife Pauline spent on Maine's lighthouse islands, **Tuesday, August 11th at 1:00 pm.** Following the slideshow, he will be available to sign copies of "Lighthouse Keeping," the book he wrote with Pauline.

The DeRaps lived at the Monhegan Island Light, Fort Point Light and at Brown's Head Light in the 1950s and '60s at a time when the lighthouse keeper played a vital role, not just for maritime safety, but in the life of the close-knit island communities.



Spectrum Generations
W. S. Cohen Community Center
22 Town Farm Road, Hallowell, ME 04347
Phone: (207) 626-7777
Consumer Helpline: 1-800-639-1553 (TTY)
1-800-464-8703
Web: www.spectrumgenerations.org
Email: cohen@spectrumgenerations.org

Trip to Botanical Gardens

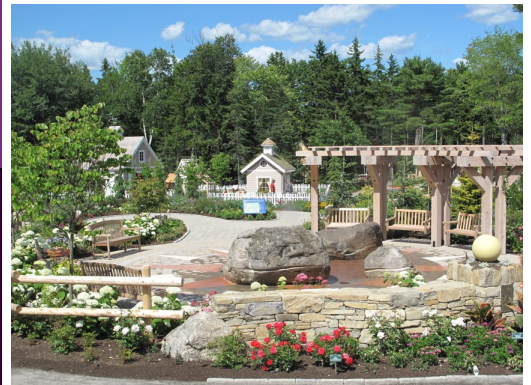
The flowers are in bloom and summer isn't over yet. Join us on our day long adventure to the Coastal Botanical Gardens in Boothbay.

Coastal Maine Botanical Gardens comprises 270 acres of tidal shore land. Dozens of different flower beds, pond areas, and multitudes of blooming plants.

We will be leaving **Friday, August 28th at 8:00** in the morning from the Cohen Community Center and return in the late afternoon. The trip includes transportation, admission to the gardens, and a wonderful box lunch prepared by Cohen on the Meadows.

Tickets are \$50.00 and we have limited seat available so if you are interested, sign up soon.

For more information, call Dave at 626-7777





Regular Programs

Wood Carving Learn with Master Carver, Rene Pomerleau. **Mondays 12:45 to 2:45.** Cost is \$3. From the novice to the expert, all are welcome.

Partner Cribbage Games **Mondays 1:00 to 3:45.** Cost is \$3.

Mahjong **Mondays & Wednesdays** at **1:00**; or watch and learn how to play. Cost is \$3.

Rug Hooking **Tuesdays 9:00 - 3:00**; Bring you own supplies. Cost is \$3.

Knitting/Crocheting Needlework **Tuesdays 1:00 - 3:00.** Cost is \$3.

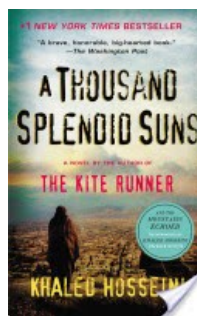
Customized Computer Lessons **Wednesdays, 12:00 or 1:45** based on availability. Bring your laptop. Private one-on-one computer lessons customized to your needs. Each lesson is 1.5 hours. Cost is \$10 each. Call 626-7777 for your appointment and come learn with Les.

Game Day **Wednesday's 1:00 to 4:00.** Bridge, Mahjong, Cribbage, Yahtzee, Dice, or organize your own team for other card or board games. Cost: \$3.

Local Advisory Council (LAC): **Thursday, August 13th, at 9:30.** LAC members assist us in planning events and activities, help us identify unmet needs in the community, connect people with the agency programs, assist with advocacy efforts. The Council is led by Vicki Saint Amand. Call Dave at 626-7777 FMI

Book Discussion Group:

Just starting A Thousand Splendid Suns by Khaled Hosseini, the author of The Kite Runner. Meets at **12:30 pm on Friday, August 7th & August 21st.** Free.



TOPS (Take Off Pounds Sensibly): Meets at **8:00 - 9:00 each Friday.** Weekly fees are \$3. Yearly dues to TOPS is \$32. First TOPS visit is free.

Tai Chi - Will resume in the fall - call us and sign up! 626-7777

Yoga: Will resume in the fall - call us and sign up! 626-7777

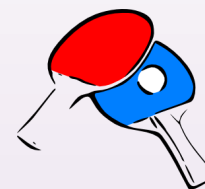
Veteran's Advocate Services Available to answer questions about veteran's benefits you may be entitled to with Conrad Edwards. Call for an on the **3rd Wednesday of the month, 9:00 am - 3:00 pm.** Please bring your DD-214 with you to the appointment.

Bridge Club **Thursdays 1:00 to 4:00.** Cost: \$3. Call Fran at 495-3490

Looking for a Nurse Do you know a nurse who has a few hours a month to donate to Cohen? The nurse who was doing our foot clinic has retired and we are looking for someone. Please call Dave for more information.

Table Tennis - Ping Pong is a great game and we want to have it here at the Center. We are looking for people who would be interested in friendly playing, or competition.

We are meeting **Mondays and Wednesdays from 10:00 to 11:30 AM.**



Stay for lunch!

Free but asking for a donation.

A day spent at the Cohen Center is a great day!

"Remember Me" Spirit Readings

Would you like to connect with your loved ones who have passed on or do you just want to experience a Spirit Reading? Medium Francine McEwen uses her clairvoyant abilities to connect with loved ones who have passed to Spirit. Francine's Readings have brought comfort and healing to those who are grieving. The Messages received from Spirit help us understand that our loved ones never really left us, but have passed on to the Spirit world and are waiting to connect with us. Readings will be offered on the **2nd and 4th Friday** of each month from **1:00 to 4:00 PM** and are \$25 for each 1/2 hour. Call us at 626-7777 for your private appointment. No walk-ins.



Legal Questions?

Estate planning and elder law attorney Craig Stevens will be here on **Wed., August 12th, 9:00 to 10:00** to answer questions about powers of attorney, last wills & testaments and how to protect assets from nursing home costs. Call to make your free 15 minute appointment.



Financial or investment Questions?



Make your free 15 minute appointment with an Investment Advisor Representative of Maine Center for Wealth Management, LLC, for **Wednesday, August 26th from 9:00 to 10:00.**

Appointments are required for both of the above services. Please stop by or call 626-7777 to schedule your appointment.

Asset Protection Seminar

Learn how to protect assets when you or a loved one are paying out-of-pocket to live in an assisted living or nursing home facility.

Craig Stevens will help you understand what you need to do to protect as many of your family's assets from the nursing home. **Wednesday, August 26th at 10:00 AM.** Please call to reserve you spot.

Harlow Gallery



Spectrum Generations Special Event at the Harlow Art Gallery

The gallery in Hallowell will be open just for Spectrum Generations on **Wednesday, August 19th from 10 to 11:30.** We will have Docent Cindy Rehlan show us around their August exhibit of local pottery sculptures.

Snacks and drinks will be served. Free if registered at Cohen for event. Come back to the center for lunch!

Colby Volunteer Scribes Information Session

Now you can tell your life story confidentially, privately to a Volunteer Scribe who will write your story as a legacy for your family, friends and yourself.

At the same time, you'll help college students develop a better understanding of Alzheimer's disease!



This program is open to those living with early stage Alzheimer's disease or a related dementia, and their care partners. Learn more - **Tuesday, September 1st, 10:30, Free**

Know the 10 Warning Signs of Alzheimer's

Through this compelling workshop, the Alzheimer's Association, Maine Chapter provides you with a greater understanding of the difference between age-related memory loss and dementia and what to do if you or a loved one have signs of Alzheimer's disease. At the workshop, you will learn: How to tell the difference between Alzheimer's and typical aging; steps to take if you recognize a warning sign in yourself or someone you know; the process to receiving an Alzheimer's diagnosis; why early detection is crucial. **Tuesday, August 4th, 10:30, Free**



Bingo at Cohen

Every Friday at 1:00. Cards are twenty-five cents each or five for a dollar. Cash awards and prizes. Come for the fun. Come to support Cohen.

Folk Dance Class

Dance your way around the world! This fun 6-week series will feature everything from old-time New England contras to Greek line dancing to French Canadian quadrilles and more. The instructor is Cindy Larock, who has taught for many years as a master artist in the Maine Arts Commission's Traditional Arts Program.



No prior dance experience necessary - the class is geared to both beginners and experienced alike.

The series will culminate in week 6 with a festive evening of traditional folk dancing open to the public, with live music provided by a multi-generational folk orchestra.

Classes will start in September so sign up now! \$30 for the series, including the public dance. **Registration is required.**

A day spent at the Cohen Community Center is a great day!

Win a Cord of wood!

We are so lucky to have a full cord of wood donated to us from Ike Raven. He will deliver this free within a 25 mile radius of the Cohen Center. Buy lots - it supports the Cohen Center and gives you the chance to win a cord of wood for very little money.

What a great donation, and opportunity! Tickets are available at the centers starting August 1st. \$1.00 each, 6 for \$5.00. The drawing will be Friday, September 4th, 2015



ADRC Specialist, Lynn Boardway, is available **by appointment** to help you obtain information on home services, insurance, prescription drugs, energy assistance, Medicare, and other programs.

FMI or to schedule an **appointment**, please call 626-7777. A suggested donation of **\$15.00** is greatly appreciated.

Movie Presentation

Complaints of a Dutiful Daughter

This Academy Award-nominated film takes a moving personal story, illuminates it with insight and humor,



and makes it universal. In recounting her attempts to come to terms with her mother's advancing Alzheimer's disease, Deborah Hoffmann explores the relationship between mother and daughter, parent and child, and the tenacity of love.

This will be a free presentation with a discussion following. FMI call 626-7777

Soak up the Smiles!

What is it about giving that makes you feel so good? Is it the chance to give back to your community? The joy in brightening someone's day? The fulfillment of truly helping someone in need? It's all of those things and more...

Volunteering is one of the best ways to bring a smile your face and to spread those smiles around. You can catch and spread a smile opportunity doing one of the following:

- Receptionist
- Workshop Facilitator
- Kitchen Assistant
- Meals on Wheels Driver
- Wait Staff or Hostess
- Aging & Disabilities Resource Management
- Talent/Musician/Arts/Crafts
- Money Management
- Nutrition Assts/Packers
- Adult DayBreak
- Board Member
- ...And More!

Are you ready to spread contagious Smiles? Please see Lynda Johnson at the Cohen Center or call Jennifer Fortin 620-1657 for more information.



Are You a Caregiver? Need Help?

Losing yourself while caregiving for a loved one is all too common. *Spectrum Generations can help!* Our **Adult DayBreak Program** may be the perfect solution. We offer a compassionate *adult day care* program where your loved one will enjoy a delicious lunch, crafts, music, exercise, and an opportunity to develop new friendships. Meanwhile, *you'll have peace of mind and time to yourself* to shop, cook or just relax... **Call us at 626-7777** for full details and to set up an appointment to learn more.

Cohen on the Meadows Surf & Turf

Feast on Lobster and/or Steak at our 7th Annual Surf and Turf, **Tuesday, August 25th** from **11:00 to 1:00**. Order surf & turf, twin lobsters or steak with all the fixings. Prices: Lobster: \$12; Twin Lobsters: \$20; Steak: \$12; Steak and Lobster: \$20.

Full menu and details are available at the Cohen Center. **Reservations are required.** Stop by or call 626-7777.

Also available for take-out.

Writing Class

Do you have interesting events that have happened over the years? Have you thought about how to put them down on paper?

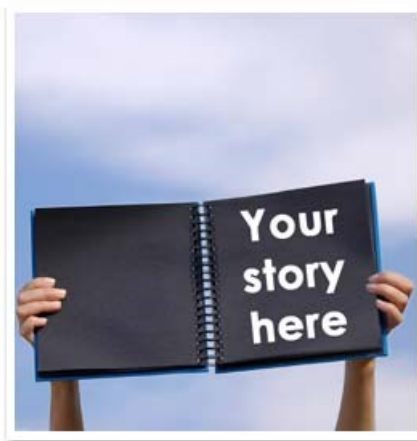
Jean Boudreau, a retired creative writing instructor, is offering a class in how to write your memoirs as short stories. He will help you identify the important parts, structure your work, and edit it to create your family history.

Space is limited, so sign up soon. Eight sessions Monday afternoons at **1:00** starting **September 14th**. \$30 for the entire class.



Veteran's Advocate Services

Available to answer questions about veteran's benefits you may be entitled to with Conrad Edwards. Call for an on the **3rd Wednesday of the month, 9:00am to 3:00pm**. Please bring your DD-214 with



spectrum
generations



Celebrity Chef Challenge

All proceeds benefit Meals on Wheels

Chris Toole
The Highlands,
Topsham

Anthony St. Peter
Stirling & Mull Gastro Pub,
Freeport

David French
Kennebec Tavern,
Bath

To Be Announced



Wednesday, September 16th

5:15PM Reception

6:00PM Dinner & Program



243 Washington St. Bath, ME 04530

COST: \$75 PER PERSON | \$550 PER TABLE OF 8

Join us as celebrity chefs from central and mid coast Maine compete to test their culinary skills using locally grown Ingredients — all for a great cause!

Thank you to our Dinner Sponsor! The **DAVENPORT TRUST FUND**



FMI on Sponsorships or Ticket purchasing visit our website:

WWW.SPECTRUMGENERATIONS.ORG/CELEBRITY

Marci's Medicare Answers

We have a rapidly aging population, and a Medicare program that has become increasingly complex. Now more than ever, people need answers to their questions about health care benefits, rights and options. Through Marci's Medicare Answers—a free, nationally syndicated column from The Medicare Rights Center—we're working to provide accurate, timely and helpful information on Medicare. Each month we will include on our website a Marci's Medicare Answers section. Hope you find this helpful and interesting.

Dear Marci,

I receive \$1,300 each month from my Social Security retirement benefits. This is my only source of income, and I have about \$10,000 in assets. Do I qualify for Extra Help?

—John

Dear John,

Yes, based on your income and assets, you will likely qualify for Extra Help. Extra Help is a federal assistance program that helps to pay Medicare prescription drug costs for people with limited incomes.

In 2015, individuals who receive less than \$1,471 in income each month and have up to \$13,640 in assets should qualify for Extra Help. Married couples who receive less than \$1,991 in income each month and up to \$27,250 in assets should qualify for Extra Help.

Know that if you have Medicaid, a Medicare Savings Program, or receive Supplemental Security Income (SSI), you should automatically receive Extra Help.

You can apply for Extra Help online by visiting www.ssa.gov. You can also apply by calling the Social Security Administration at 1-800-772-1213 or by visiting your local Social Security office.

—Marci

Community Dining

Lunch is offered **Tuesday - Friday 11:00 to 12:30.**
The suggested donation for **age 60+** or disabled is **\$5.00**;
Under age 60 the **cost** is **\$6.00** unless otherwise stated.
Age 4 to 12 is \$4.00, Age 3 and under is free.

We will not be offering our regular lunch on Monday's due to federal budget cuts to the nutrition program.

Monday is now Souper Salad Day. Choose from two soups, along with salad and bread. \$5.00 Tuckie Marvin performing on the 8th and 22nd

Tuesday, August 4 – Taco Salad, Entertainment: Bonnie Hendsbee

Wednesday, August 5 – Honey Mustard Chicken, Entertainment: Deb Ridlon

Thursday, August 6 – Beef Tips, Entertainment: Dave Fisher

Friday, August 7 – Baked Haddock, ****Nutrition Fundraiser +\$1.00****, Entertainment: Dave McInnis

Tuesday, August 11 – Beef Enchiladas

Wednesday, August 12 – Roast Pork w/ Gravy, Entertainment: Swingtime

Thursday, August 13 – Lasagna, Entertainment: Country Gentlemen

Friday, August 14 – Chicken Cacciatore, Entertainment: Bonnie Hendsbee

Tuesday, August 18 – Meatloaf, Entertainment: Joyce Fessenden

Wednesday, August 19 – Baked Ham, ****Nutrition Fundraiser +\$1.00****, Entertainment: Mike Theriault

Thursday, August 20 – Chef's Choice, Entertainment: Deb Ridlon

Friday, August 21 – Ground Beef Stroganoff, Entertainment: Olde Tymers

Tuesday, August 25 – Cohen on the Meadows 7th Annual Surf & Turf
****Reservations Only****

Wednesday, August 26 – Haddock Florentine, Entertainment: Dave McInnis

Thursday, August 27 – Sweet & Sour Pork, Entertainment: Country Gentlemen

Friday, August 28 – Baked Chicken, Entertainment: Swingtime

Listen to the Radio for our Menu

Listen to *Don Brown* each week day morning on *radio station FM 93.5 True Oldies* for full menu details for the Cohen Center and the Muskie Center in Waterville.

Medicare 101 Clinics

Are you new to Medicare or do you want to learn more about the Medicare coverage you have? We offer a monthly clinic to discuss Medicare options for plan coverages, benefits, how to avoid penalties and ways to help pay for your Medicare plans. Our certified State Health Insurance assistance Program (SHIP) specialist will provide a 90 minute session. We do not sell insurance, but provide education about Medicare. *Registration is required.* Significant others are welcomed, but must be registered for the Medicare Clinic, too. A \$15 donation is suggested per person.



Please note: any interested party requiring a translator at this clinic must contact the Cohen Center two weeks before the clinic so appropriate accommodations can be made.

Caregiver Support Group

Caregiving can be a frustrating, lonely road. Stress, worries, guilt... These can be some of the normal feelings when caring for someone else's health and personal needs. It can be a physical and emotional challenge. Our Family Caregiver Support Program is here to listen, to care, to help. The support group meets on the **2nd Tuesday of each month, from Noon to 1:00.** *All are welcome.* For more information, call Liz at 1-800-282-0764 Ext. 1656.

**Elder Law Attorneys
Nale Law Offices, LLC**

207-660-9191
www.nalelaw.com

Trusted ~ Caring ~ Experienced

The United Way of
Kennebec
Valley proudly
supports Spectrum
Generations Nutrition
Program!



BANQUETS | CATERING

All proceeds help end senior hunger

PLEASE NOTIFY US TWO WEEKS PRIOR TO AN EVENT IF YOU REQUIRE SPECIAL ACCOMMODATIONS