

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.

September 2015

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.



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

Movie Presentation

Genius of Marion

An intimate family portrait that explores the heartbreak of Alzheimer's disease, the power of art and the meaning of family. The Genius of Marion follows Pam White in the early stages of Alzheimer's disease as her son, the filmmaker, documents her struggle to hang on to a sense of self.



September 8th at 2 pm

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

This moving but never maudlin film chronicles the struggles of Pam, her husband, Ed, and her children to deal with what happens when the family matriarch can no longer calculate the tip on a dinner bill or, eventually, respond to simple questions.

REMINDER—The Center will be closed Monday, September 7th for Labor Day



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 your 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, September 10th, 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:

Meets at **12:30 pm on Friday, September 4th & September 18th**. 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

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

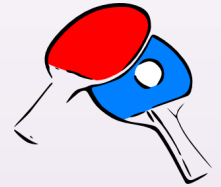
Do you know a nurse who has a few hours a month to donate to Cohen? The nurse who was doing our foot clinic has retired and we are looking for someone. Please call Dave for more information.

Gentle Yoga

Tuesday & Thursday at 9 am. \$10 for one/\$15 for both each week. Starts September 15th

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., Sept. 9thth, 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, Sept. 23th 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, Sept. 23rd at 10:00 AM.** Please call to reserve you spot.

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:

- Bingo Caller!!
- Kitchen Assistant
- Meals on Wheels Driver
- Wait Staff or Hostess
- Aging & Disabilities Resource Management



Gentle YOGA

Fall Yoga classes are starting back up. Monday and Wednesday mornings. \$10 for one/\$15 for two sessions per week. First class September 15th. Call to register.



AARP Safe Driver Class

Scheduled for Sept. 15 at 9:30. Class size is limited so register early. Cost is \$18 for AARP members and \$23 for non-members.



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 you.



Bingo at Cohen

Every Friday at 1:00. \$5.00 plays four cards for 12 games. 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 Necklass

Sonny's Rock Shop has gone over the top in donating this beautiful necklace. With a value of \$600 and it's exquisite color it is a rare find. This is your chance to support the center and have a chance at winning this beauty. Tickets are \$1 each or 6 for \$5.00. The drawing will be September 30th.



Falls Prevention Seminar **FREE — Open to the public** **September 23, 2015 1:00-2:30**

This seminar is for anyone who has concerns about falling. Age related changes that increase the risk for falling will be explored, as well as home modifications and basic exercise movements.

Spectrum Generations is here to help you maintain your health, increase strength, and improve flexibility.

For more information, please contact Jennifer Fortin at 620-1657 or Jfortin@spectrumgenerations.org

Introduction to Tai Ji Quan **Moving for Better Balance**

FREE — Open to the public
Monday, September 21, 10-11 am.

NEW! Learn about this adapted Tai Ji Quan exercise program to help improve your balance, mobility, walking, physical and mental well-being. You will be introduced to a variety of movements from the traditional art of Tai Ji Quan but which have specifically tailored to train balance, self awareness, and controlling body movements in performing various activities of daily life.





Become A Leader

Volunteers for Free Training Living Well for Better Health Leader Training is a proven program designed to help people deal with ongoing health conditions, nutrition, physical activity, communication, chronic pain and action planning. Spectrum Generations is looking for volunteers to help provide this program.

Coaches make a difference in our community by helping participants become more confident about managing their health. If you have good communication and interpersonal skills, enthusiasm, and the willingness to lead small groups, please contact Jennifer Fortin at 620-1657 or

Jfortin@spectrumgenerations.org.

Next leader training will be September 17, 18, 24 and 25, 2015 at the Cohen Center, 22 Town Farm Rd, Hallowell.

Flu Vaccination Clinic

Wednesday, September 30th at noon. Offered in conjunction with Rite-Aid. Bring your insurance card and come ward off the flu for another season.

Do you take medication?

Here are a few things you should know about medication safety and disposal.

Keep a medication list. Include all medications – including prescriptions, over-the-counter medications, vitamins and minerals, and inhalers. Keep this list current and bring it to the doctor's office at every visit! This can help avoid undesirable medication interactions.

Have a place to hide your medication. Older adults are an easy target for people looking to abuse prescription medication. If you have people visiting or if you're leaving town, have a place to hide your easily-abused medication (pain killers and anxiety medication are the two biggest culprits). Just remember where you hid them!

Dispose of all expired or unused medication safely. Don't just throw them away or flush them! There are prescription medication drop boxes in the Augusta Police Department, Gardiner Police Department, Kennebec Sheriff's Office, and Winthrop Police Department. Simply bring in your meds and put them in the box in the lobby – no questions asked. If you can't get to one of these locations, mix your medication with kitty litter or coffee grounds, put it all in a plastic container, tape up the container, and throw it away.

Look out for each other. Older adults are at risk of medication misuse and accidental overdose. Keep an eye on your friends and neighbors. Signs of a drug misuse problem include 1) a change in eating habits, 2) change in sleep patterns, 3) mood swings, 4) lack of energy, and 5) keeping secrets or lying. These can also indicate other issues, so being able to talk honestly with your friends can be helpful.

Spread the word. Being aware of the risk of medication misuse and overdose among older adults is important. Many people aren't aware that there are increased risks for older adults when it comes to overdose. Help spread the word and protect yourself and those around you!

Holli Kiidli, Community Health Specialist
Healthy Communities of the Capital Area



Medicare Savings Programs can help those with limited income and assets

Medicare Savings Programs (MSPs), also called Medicare Buy-In, are assistance programs that help to pay certain Medicare costs for people with limited incomes and assets. MSPs can help to pay your monthly Part B premium, deductibles, co-insurances, and/or co-payments. It may possibly cover other Medicare costs, like Medicare Part D premiums and out-of-pocket costs.

MSP is an income-based program with eligibility rules regarding resources and assets. Resources would include such things as all bank accounts, stocks, bonds, mutual funds, IRAs. You do not count your primary residence or your car. Income includes Social Security benefits (before deductions), Railroad Retirement Benefits (before deductions), Veteran's benefits (before deductions), pensions, annuities, rental income, disability payments, and wages.

For an individual who is married and who is living with spouse — the spouse's income/resources must be included in your total even if the spouse is not applying for benefits. If your total income and resources are higher than what guidelines specify, but close to limits, you should apply regardless. You could still qualify because some portion of your income/resources may be disregarded.

In Maine, the MSP income eligibility starts at \$1,448/mo. for a single person; \$1,959/mo. for a couple. Liquid assets eligibility limits: less than \$50,000 for a single person; less than \$75,000 for a couple. There are three levels of benefits in this program — all levels pay for the beneficiary's Medicare Part B premium of \$104.90. MSP beneficiaries with maximum income of \$1,056/mo. for a single person; \$1,428/mo. for a couple, would also receive additional benefits including some coverage for Medicare deductibles and coinsurance.

Once approved for the MSP, it can take 2 – 3 months for all systems to communicate and for the Medicare Part B premium to stop coming out of your Social Security check. You should receive written notice telling whether or not you qualify. Be sure to keep all correspondence and copies of applications.

To learn more about MSPs in Maine and how to apply, contact your local Department of Health and Human Services Office (DHHS) 1-800-977-6740, your State Health Insurance Assistance Program (SHIP) 1-877-353-3771, or Legal Services for the Elderly (LSE) 1-800-750-5353.

spectrum
generations


**Celebrity Chef
Challenge**

PURCHASE YOUR TICKETS TODAY!

**Wednesday, September 16th
Maine Maritime Museum, Bath**

5:15PM Reception
6:00PM Dinner & Program

All proceeds benefit Meals on Wheels

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

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 am turning 65 in December 2015, and I am anxious to enroll in Medicare on time. When is the earliest that I can enroll in Medicare?

—Nancy

Dear Nancy,

When you turn 65 and become eligible for Medicare, the best time to enroll is during your Initial Enrollment Period (IEP). Your IEP includes the three months before, the month of, and the three months following your 65th birthday. For you, your IEP will span from September 2015 to March 2016. If you enroll in Medicare during this time, you will avoid late enrollment penalties.

The date when your Medicare coverage begins depends on when you enroll during your IEP. For your coverage to begin as soon as possible, it is best to enroll in the first three months of your IEP. Your Medicare coverage will then go into effect starting the month you turn 65.

To enroll in Medicare, you can call the Social Security Administration at 1-800-772-1213 or you can visit your local Social Security office. It is important to be proactive and take the steps to enroll during your IEP. If you miss your IEP, you may be limited to specific times when you can enroll in Medicare in the future, and you may face a penalty for late enrollment resulting in higher premiums.

—Marci

Marci's Medicare Answers is a service of the Medicare Rights Center (www.medicarerights.org), the nation's largest independent source of information and assistance for people with Medicare. "This information is republished with permission from the Medicare Rights Center. For more info visit www.medicarerights.org."

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, September 1 - Pot Roast
Wednesday, September 2 - Roast Pork Loin
Thursday, September 3 - Chicken Piccata
Friday, September 4 Haddock

Tuesday, September 8 - Alfredo Macaroni & Cheese
Wednesday, September 9 - Chicken Parmesan
Thursday, September 10 - Beef Tips, Red Wine Sauce
Friday, September 11 - Vegetable Chili

Tuesday, September 15 - Lemon-Ginger Pork
Wednesday, September 16 - Meatloaf
Thursday, September 17 - Chicken Florentine,
Friday, September, 18 - No lunch served

Tuesday, September 22 - Chicken Fricassee,
Wednesday, September 23 - Baked Haddock
Thursday, September 24 - Chef's Choice
Friday, September - 25 Beef Stroganoff,

Tuesday, September 29 - Honey Mustard Chicken
Wednesday, September 30 - Pasta with Butternut Squash

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.

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



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

Cohen
on the
Meadows
BANQUETS | CATERING
All proceeds help end senior hunger

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