



spectrum generations

The Central Maine Area Agency on Aging

Learning

MUSKIE & SOMERSET CENTER HAPPENINGS

Living

Let's tell YOUR story

Are you or someone you know living with Alzheimer's disease and want their life story written and preserved for generations to come? Then attend the "Colby College Volunteer Scribes Information Session" on Thursday, August 13th from 10:30-11:30 at the Muskie Community Center. Presented by the Alzheimer's Association, Maine Chapter and Colby College Volunteer Scribes program. This program features trained, supervised Colby College students who interview and write the life stories of those living with dementia, also known as participants. Qualified participants who are living with early stage Alzheimer's or related dementias and want to have their stories written are sought for this program. Potential participants will need to have a brief screening to determine program eligibility. Participation is free completely private and fun. Please preregister by calling the Muskie Center at 873-4745.

Walk ins are welcome.

AARP Smart Driver Course

On **September 1st at 10:00 a.m.** AARP will be teaching a four hour refresher course on defensive driving techniques, new traffic laws, safe driving strategies, rules of the road and more! Cost is \$18.00 for AARP members, \$23.00 for non-members. Please pre-register at reception desk.

Annual Surf & Turf August 27th

The menu includes Lobster, Steak, Corn on the Cob, Baked Potato, Coleslaw and Dessert. Prices are: Lobster \$12; Twin Lobster \$22; Steak \$12; Steak & Lobster \$22.

Reservations are required by August 20th. Please call 873-4745.

August 2015



EP Rock Elvis Tribute Artist, Don Boudreau

On Sunday, August 16, 2015 from 2:00 p.m. thru 4:00 p.m. The Muskie Center will proudly be presenting EP Rock Elvis Tribute artist Don Boudreau.

Don Boudreau, is a well known and popular solo Elvis tribute artist from Sidney, Maine who has performed throughout the country with his lively renditions of Elvis Presley performances.

♪ Come for a rocking good time with us! ♪

Cost is **\$12.00 in advance.** Please pre-register and purchase tickets at the reception desk or by calling 873-4745. Tickets will be **\$15.00 if purchased at the door.**

All proceeds benefit The Muskie Center Activity Programs.



Muskie Community Center
38 Gold Street
Waterville, ME 04901
207-873-4745

Helpline: 1-800-639-1553
www.spectrumgenerations.org
(TTY) 1-800-464-8703
Hours: Monday - Friday

August Muskie Van Trips Hollywood Casino



Please join us and bring a friend on a day trip to the Hollywood Casino

in Bangor for a day of fun and excitement on **Friday, August 7th.** The meal options are *Take 2 Snack Bar & Grill* and the *Celebrity Bar & Grill.* Everyone buys their own lunch. **Transportation Cost is: \$18.00.** Our van will be leaving the Muskie Center at **9:00 a.m. Pre-registration is required** by calling 873-4745.

Shaw's Fish & Lobster Wharf

Join us **Monday, August 17th** for a beautiful coastal ride to Shaw's in New Harbor for lunch. Once there you can dine in or outside to enjoy the scenic ocean views. After lunch we will ride to picturesque Pemaquid Point. Everyone buys their own lunch.

Transportation Cost is: \$23.00. Our van will be leaving Muskie Center at **10:00 a.m. Pre-registration is required** by calling 873-4745.

Sabbathday Lake Shaker Village



The only active Shaker Community in the world today was established in 1783 and is located in New Gloucester.

We will be visiting and learning about the Shaker legacy on **Wednesday, August 26 at 9:00am. Admission/Tour is \$10.00. Transportation Cost is: \$22.00. Please pre-registration** by calling 873-4745 or stop by the reception desk. A lunch stop is planned, everyone buys their own.



MUSKIE CENTER HAPPENINGS & WEEKLY EVENTS

Games, Crafts, Support Groups, Health Screenings and More...

Socializing, Lunch and Mini Wii: Please join us at 11:00 a.m. every Wednesday for the Buffet Lunch, Wii and Socializing. All are welcome!

Wii Bowling: (\$2 weekly) Teams bowl on Wednesday 9:30, Thursday 1:30 and Friday 9:30 & 2:30

Hand & Foot: (\$1) Tuesdays 1:00-4:00 p.m.

Cribbage: (\$4) Wednesdays 12:30-3:00 p.m.

Bridge: (\$2) Thursdays 11:00-4:00 p.m.

“63” Card Game: (\$1) Fridays 1:00-4:00 p.m.

Quilters & Crafts: (\$1) Tuesdays from 9:00-11:00 a.m.

Beautician: Claire - Tuesdays - Call 873-4745 for an appointment.

Yoga Classes: Tuesdays & Thursdays from 8:30 - 9:30 a.m. With Kim Nashed, a Yoga Alliance Certified Instructor practicing yoga for 10 years. Cost is **\$4.00** per class. Please call to sign up.

Richard Simmons Workout: (\$1) Mondays 9:30-10:30 a.m. Wednesday's and Friday's 9:00-10:00 a.m.

Blood Pressure Screening: *FREE* - Please call ahead.

Family Caregiver Support Group: Wednesday, **August 19th**, from 12:00-1:30 p.m. Are you a Caregiver for a family member or friend? Does your loved one have dementia or another chronic illness? Come and talk with others who share your journey, to support one another and learn of resources and information that may help you. Our Caregiver Support Group is here to listen, to care, to help. For more information, call Mary at 873-4745.

Planning Your Next Business or Private Event?

Planning meetings or celebrations can be stressful so why not *let us do it for you!* **The Muskie Center** is the perfect venue for private events, meetings, office parties, family functions and weddings. We have several size rooms to choose from and we can cater the event for you. **Call Sheila at 660-9260 or e-mail at skinney@spectrumgenerations.org.** Proceeds help Meals on Wheels and other Spectrum Generations programs.



Save These Dates!

Wednesday, August 5th, 2015

Taste of Waterville

Join us on August 5th to enjoy our famous 4oz. Lobster Roll \$10.00 or try our Chicken Bacon Ranch Wrap \$6.00.

We will also have Chocolate Chip Cookies, Soda and Water available for \$1.00 each. All proceeds benefit

Meals on Wheels.

Tuesday, August 25, 9:00 -12:00

LAC Fundraising Walks

Our Local Advisory Council will be hosting a long and a short Fundraising Walk. If you are interested in walking, gathering pledges (whether you walk or not), or would like to donate, Please call 873-4745 or stop at the reception desk for further information.

Tuesday, September 8th

“Healthy Habits for a Healthier You”

Tips and guidance on how to age healthfully. Includes information on diet, exercise and cognitive engagement. Free program runs from 10:30-11:30.

Wednesday, September 16th, 2015

3rd Annual Meals on Wheels Celebrity Chef Challenge. Join us at the Maine Maritime Museum in Bath for a fun filled evening. More information coming soon!

Saturday, September 26th, 2015

5th Annual Ladies Day Out Expo.

Women of all ages want to look their best, feel their best, be empowered and get informed. That's why we created this one-of-a-kind Expo in the greater Waterville area!

Free Savvy Caregiver Training

Monday's Oct. 5th–Nov. 16th

1:00-3:00 pm.

Are you caring for a family member or friend with dementia? If so sign up for our 12 hour training program for family and friends caring for individuals with dementia. Pre-registration is required so please call Mary at 873-4745.

Answers

New To Medicare?

**Turning 65?
Need Medicare?**

Attendance is required before an individual appointment can be made.

Medicare for Everyone Clinics

This is where you can find the answers to basic questions about Medicare such as:

- What is Medicare?
- When and where to sign up for Medicare?
- What services are covered by Medicare?
- What is the Medicare Prescription Drug Benefit?
- What is the cost for Medicare?
- What is Medicare Supplemental Insurance?
- And more.....

Next sessions will be at the Muskie Center on **Wednesday, August 12th, 2:00 p.m. & Wednesday August 26th, 5:00 p.m.** A suggested donation of \$15.00 will be accepted and is appreciated.

Pre-registration is required.

Please Call 873-4745 to register for this informative clinic.

Please note: If you require a translator please notify us at least 2 weeks before the event so we can make arrangements for accommodations.



Notary Services Available!



We will now be offering a weekly Notary Service for

your convenience on **Tuesday's** starting at **1:00 p.m.** Please pre-register at the reception desk if you would like to utilize this service. This will be a free service; however, a donation to the Muskie center would be greatly appreciated!

Bridges Help at Home ~ When Home is Where You Want to Be!

Bridges Help at Home provides caregivers to help you stay independent at home. If everyday chores and tasks are overwhelming you, we may have the solution! **Bridges Help at Home** provides caregiver services to help you stay independent at home. We believe that every person has the right to age in their residence of choice with dignity and respect. We are committed to helping people stay home where they want to be. Elder services isn't just a profession - it's a passion. Many of our caregiver staff have been with us for 5, 10, even 15 years. For more information about at home services, contact Bridges at 623-0761.

Bridges Adult Day Break Program (ADB)



Adult Day Services is the most affordable alternative to assisted living placement and allows an elderly or disabled family member to continue living at home longer. We offer a compassionate program with a delicious lunch, arts, music, exercise, and an opportunity to develop new friendships. Meanwhile, you will have peace of mind and time to yourself. For more information please call Kathy at our Somerset Center at 474-8552 or call Allison at the Muskie Center at 873-4745 for details.

Medicare Savings Program

The Cost of your Medicare part B premium is now \$104.90 a month. This payment is typically taken out of your Social Security check before you receive it. There is a federal program called the Medicare Savings Program that, if you qualify, will make this payment for you each month. The income and asset limits for this program are below. If you fall within these guidelines and would like to apply for this program, please call Spectrum Generations at (800) 639-1553 for assistance.

Single person: Monthly income must be below \$1,792.00 a month with less than \$50,000 in total cash assets.*

Married couple: Combined monthly income must be below \$2,424.00 with less than \$75,000 in total cash assets.*

*Cash assets include money in the bank, value of stocks & bonds, CD's, or anything that can be turned into cash (your home and car do not count). Call us today for assistance with applying for this benefit; you could start saving over \$100.00 per month!

The SpecGen Report

Spectrum Generations ever-changing webpage is full of up-to-date links to news articles, scientific research, community conversations and opinions to keep you abreast of aging and disability issues. Check us out at www.spectrumgenerations.org in the *News and Events* section. You can also access our Muskie Center bulletin from the webpage as well as other center bulletins.



Muskie Community Dining

Public Buffet Breakfast

Breakfast each Friday, served from 8:00 a.m.-10:00 a.m.

The suggested donation for breakfast is **\$5.00**.

Breakfast sandwiches made to order

Monday through Friday. **\$2.00**

Public Lunch

Served Monday - Friday from 11:30 a.m. - 1:00 p.m.

The suggested donation for **age 60+** and people with disabilities is **\$5.00**, **Under age 60** the cost is **\$6.00**

Water, Soda, Coffee and Muffins available daily for

\$1.00+ tax Cash, Check, Credit Cards,

EBT cards are accepted

August Lunch Menu

Monday, 8/3/15 Sausage Ratatouille, Rice Pilaf, Dessert

Tuesday, 8/4/15 Ham, Baked Beans, Green Beans

Wednesday, 8/5/15 Chicken Laurraine, Seasoned Rice

Thursday, 8/6/15 **\$6.00** Yankee Pot Roast, Carrots

Friday, 8/7/15 Butter Crumb Haddock, Baked Potato

Monday, 8/10/15 Franks & Beans, Beets, Desserts

Tuesday, 8/11/15 Cheese Tortellini Primavera, Carrots

Wednesday, 8/12/15 Chicken & Gravy, Oven Fries

Thursday, 8/13/15 **\$6.00** Roast Pork, Mashed Potato

Friday, 8/14/15 Salmon Fillet, Parsley Potato, Dessert

Monday, 8/17/15 Chicken Pot Pie, Carrots, Dessert

Tuesday, 8/18/15 Shepherds Pie, Peas, Dessert

Wednesday, 8/19/15 Spaghetti & Meatballs, Squash

Thursday, 8/20/15 **\$6.00** Turkey w/ all the fixings

Friday, 8/21/15 Lemon Herb Haddock, Rice Pilaf, Dessert

Monday, 8/24/15 Salisbury Steak, Mashed Potato

Tuesday, 8/25/15 Riblets, Baked Beans, Green Beans

Wednesday, 8/26/15 Baked Chicken, Mashed Potato

Thursday, 8/27/15 **Surf & Turf, Reservations Required**

Friday, 8/28/15 Salmon, roasted potatoes

Monday, 8/31/15 Ham & Potato Casserole, Carrots

PLEASE LET US KNOW IF YOU REQUIRE SPECIAL ACCOMMODATIONS AT LEAST TWO WEEKS PRIOR TO EVENT

Listen to the Radio for Our Menu

Listen to *Don Brown* each weekday morning on **FM 93.5**

True Oldies for full menu details of what is being served at the Muskie Center Café.

SOMERSET COMMUNITY CENTER HAPPENINGS

30 Leavitt Street, Skowhegan ME 04976

Phone: 207-474-8552; Fax: 207-474-0866

Consumer Helpline: 1-800-639-1553

Public Hours: Mon., Wed., Fri., 9:00 a.m.-1:00 p.m.

Medicare 101 Clinics Offered

Spectrum Generations Somerset Center

Do you need help understanding Medicare? Please join us for a Medicare 101 informational clinic. Clinics are free, but donations are gratefully accepted (suggested donation \$15.00). **Registration is required.** For information, or to register, call Carmen at 474-8552.

The next clinics will be held on **Wed, August 5th 1:00-3:00** and **Monday August 17th 1:00-3:00**.

Please note: if you require a translator, please notify us at least 2 weeks before the event so we can make arrangements for accommodations.



Donation received from GFWC Semper Fidelis Woman's Club

Skowhegan's GFWC Semper Fidelis Woman's Club made a \$1,245.00 donation to the Somerset Meals on Wheels Program. The club had a

Kentucky Derby fundraiser on May 2, 2015 at the Bigelow Brewing Company in Skowhegan. This donation will help to continue to eliminate the waiting list for seniors and disabled adults in the Somerset County area who need Meals on Wheels. A very special thank you to each member of the club for their time & generosity involved in putting on this fundraiser.

2015 Film and Discussion Series

Hospice Volunteers of Somerset County (HVSC) and the Senior Strong Committee of Somerset Public Health will be showing a variety of films on Aging, Death and Relationships. These films are free of charge. They will be shown at HVSC, 41 Main Street in Skowhegan at

1:30pm on each Tuesday. Please

register by calling the Friday prior to the movie by e-mailing admin@hvosc.org or calling 474-7775.

Spectrum Generations will be co-hosting the "Living with Alzheimer's Series" with HVSC on August 4th. For a description of all films being shown contact HVSC or Spectrum Generations at 474-8552.

GALLANT FUNERAL HOME, INC.

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