



The Central Maine Area Agency on Aging

Learning

## MUSKIE & SOMERSET CENTER HAPPENINGS

Living

### Free Savvy Caregiver Training



Are you caring for a family member or a friend with dementia? If so, we welcome you to sign up for our 12 hour educational training program designed for family and friends that are caring for individuals with dementia living in the community. Learn what dementia is and how it affects the person and a person's behaviors, get tips and strategies for interacting and communicating with the person affected and learn how to understand and manage challenging behaviors. Develop a sense of confidence in caregiving and learn to care for yourself! **Free** classes will be held on **Monday's October 5th thru November 16th, 1:00 - 3:00 p.m.** **Pre-registration is required.** Please call 873-4745 or stop by the reception desk to sign up.

### Healthy Habits for a Healthier You

Interested in learning more about healthy aging? Then be sure to attend this fascinating program presented by the *Alzheimer's Association*, Maine Chapter. For centuries, we've known that the health of the brain and body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn research in the areas of diet and nutrition, exercise, cognitive activity and social engagement and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. Join us on **Tuesday, September 8, 10:30-11:30 a.m.** for this **free** program!

## September 2015



All proceeds benefit Meals on Wheels

### Wednesday, September 16th

**5:15 PM** Reception

**6:00 PM** Dinner & Program

Join us at *Maine Maritime Museum* located at 243 Washington St. in Bath, as celebrity chefs from Central and Mid-Coast Maine compete to test their culinary skills using locally grown ingredients. All proceeds benefit Meals on Wheels.

Chefs include: Chris Toole from *The Highlands* in Topsham, Anthony St. Peter from *Stirling & Mull Gastropub* in Freeport, Dave French from *Kennebec Tavern* in Bath and Troy Mains from *Harraseeket Inn* in Freeport.

**Cost is \$75.00 per person, \$550.00 per table of 8.** For more information on Sponsorships or Ticket Purchasing visit our website: [spectrumgenerations.org/celebrity](http://spectrumgenerations.org/celebrity)

**We will be closed on Labor Day, September 7th, 2015**

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

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

### September Muskie Van Trips

#### Wine Tasting Tour II



Join us for our popular Wine Tasting Tour on **Wednesday, September 9th.** Enjoy a scenic

ride to *Dragonfly Farm Winery* in Stetson for a winery tour and delicious wine tasting. Our next stop will be for lunch at *Dysart's* in Hermon. Everyone buys their own! After lunch we will be off to the *Winterport Winery* where there is beer tasting also available. The last tour of the day will be at *Younity Winery* in Unity. The trip **cost is: \$28.00 (travel & wine tasting fees included).** Our van will be leaving the Muskie Center at **9:15 a.m.** **Pre-registration is required** by calling 873-4745, or stop by the front reception desk to sign up.

#### Common Ground Fair



Grab your hat, some sunscreen and a water bottle and join us on **Friday, September 25th** for a day trip to the always exciting fair!

The Common Ground Fair hosted by the Maine Organic Farmers and Gardeners Association celebrates organic living, farming and growing! Van leaves the Muskie Center at **9:00 am.** **Fair Admission Costs** are: **13-64 yrs. \$15.00, 65+ \$10.00.** **Transportation Cost: \$10.00.** **Pre-registration is required** call 873-4745 or stop by reception desk!

- All trips require a minimum amount of sign-ups for the trip to go. So, get your name on the list today.



## 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.

**Notary Services:** *FREE* -Tuesdays 1:00 p.m. Pre-register at Reception

**Family Caregiver Support Group:** Wednesday, **September 16th**, 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 email: [skinney@spectrumgenerations.org](mailto:skinney@spectrumgenerations.org).



## Save These Dates!

### Tuesday, September 15th **Stroke Support Group**

We will be hosting a free open forum with Maine General Medical Center from 11:00 a.m. - 12:30 p.m.

### Wednesday, September 23rd **Better Business Bureau**

Join us at **2:00 p.m.** for a free introduction of the *Better Business Bureau*. Learn who they are, what they do, and how to use their free services as a precautionary resource tool before making important purchasing decisions.

### Friday, September 25th 10:00a.m.

John Nale of Nale Law Offices will be speaking on ***Retirement Planning***. Free and open to public. Q&A will follow.

### Tuesday, October 6th **"Programs Overview"**

A review of Alzheimer's Association Maine Chapter's programs for the community. Free program runs from 10:30 a.m. - 11:30 a.m.

### Friday, October 9th 9:00 - 1:30 Thursday, October 22nd 11 - 1:30

**Flu Shots Administered by Rite Aid**  
Those interested in getting a flu shot need to bring their health insurance card. Flu shots are free on most all health plans. For those **without coverage** the cost is **\$25.00**, payable when shot is received.

### Thursday, October 15th & Monday, October 19th 1:00 - 3:00 p.m.

**Marketplace Insurance (ObamaCare)**  
Open enrollment for insurance begins November 1st. A Health Navigator from KVCAP will be available to discuss options with you for 2016.

### Tuesday, November 10th **"Know the 10 Warning Signs of Alzheimer's Disease"**

A review of the 10 warning signs of Alzheimer's disease and what to do if you believe you or a loved one might have an Alzheimer's diagnosis. Free program runs from 10:00 - 11:30.

## 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, September 9th, 2:00 p.m. & Wednesday, September 23rd, 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.**



### Computer Classes!

**September 22nd - October 20th**

We will be offering Computer training classes, I-Pad lessons, as well as smart phone instruction on **Tuesdays** starting at **1:00 p.m.** These 45 minute classes will be starting on September 22nd and ending on October 20th. We encourage you to bring your own computer, I Pad, or smartphone to the class! The cost of each class will be **\$8.00**. Pre-register at reception desk or call 873-4745.

### Free Benefits Checkup! Could You be Saving Money?



Spectrum Generations, central Maine's Area Agency on Aging and Aging and Disability Resource Center, is hosting free Benefit Check-ups at local town areas. Volunteers from Spectrum Generations will be discussing various programs and services that could help residents of Kennebec & Somerset counties save money in these difficult economic times. Please stop by any one of the following locations to see if you qualify for the Supplemental Nutritional Assistance Program, Medicare Savings Program, MaineCare, Supplemental Social Security Income, and Home Energy Assistance Programs. We will be at the **Benton Town Office** on **September 3rd** from **2:00- 6:00 p.m.** The next Checkup will be at the **Clinton Town Office** on **September 9th** from **9:00-12:00 p.m.** and the last one will be at the **Interfaith Food Pantry** located at 23 Lawrence Avenue in Fairfield on **September 17th 9:00 - 12:00 p.m.**

### Bridges Adult Day Break Program (ADB)



Adult Day Break 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 delicious lunches, 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.

### Volunteers Needed for Free Training

#### Living Well for Better Health Leader 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. Volunteer 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 email her at [Jfortin@spectrumgenerations.org](mailto:Jfortin@spectrumgenerations.org). Next leader training will be **September 17th, 18th, 24th and 25th** at Spectrum Generations Cohen Community Center, 22 Town Farm Road, in Hallowell.

### Caregiver Respite Program Funds Available!



Are you caring for someone with Dementia? Do you need a break? The Caregiver Respite Program can help. We can reimburse you for 80% of what it costs for several hours of adult day care or in-home care, up to \$3,040 a year. In order to qualify, the care recipient must have a written diagnosis of a memory impairment, must not be receiving any other state supplement for respite, and liquid assets cannot exceed \$50,000 for one person or \$75,000 for a couple. If this could be helpful to you or if you would like more information, please contact Spectrum Generations' Family Caregiver Support Program at 800-639-1553.

**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

**September Lunch Menu**

Tuesday, 9/1/15 Spaghetti & Meatballs, Veggie Medley

Wednesday, 9/2/15 Beef Stroganoff, Noodles, Zucchini

Thursday, 9/3/15 **\$6.00** Chicken & BBQ Pork, Corn

Friday, 9/4/15 Seafood Newburg over Popover, Noodles

Monday, 9/7/15 **Closed for Labor Day**

Tuesday, 9/8/15 Chicken Stir Fry, Seasoned Rice

Wednesday, 9/9/15 American Chop Suey, Veggie Medley

Thursday, 9/10/15 **\$6.00** Roast Pork, Mashed Potato

Friday, 9/11/15 Herbed Haddock, Parsley Potato, Zucchini

Monday, 9/14/15 Salisbury Steak, Mashed Potato

Tuesday, 9/15/15 Chicken Salad Sandwich, Soup Du Jour

Wednesday, 9/16/15 Breaded Pork Fritter w/ Gravy

Thursday, 9/17/15 **\$6.00** Turkey Dinner with all the Fixings

Friday, 9/18/15 Salmon Fillet, Rice Pilaf, Broccoli, Dessert

Monday, 9/21/15 Sausage Ratatouille, Cauliflower

Tuesday, 9/22/15 Ham & Baked Beans, Green Beans

Wednesday, 9/23/15 Chicken Lorraine, Rice, Carrots

Thursday, 9/24/15 **\$6.00** Pot Roast, Mashed Potato

Friday, 9/25/15 Lemon Herbed Haddock, Veggie Medley

Monday, 9/28/15 Franks & Beans, Beets, Dessert

Tuesday, 9/29/15 Lasagna, Broccoli, Dessert

Wednesday, 9/30/15 Meatloaf, Mashed Potato, Dessert

**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 clinic will be held on **Wednesday, September 9th from 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.



**Save the Date!**

Rite Aid will be at Somerset Community Center on

**Thursday, September 24th, 2015 from 9:00 - 1:30**

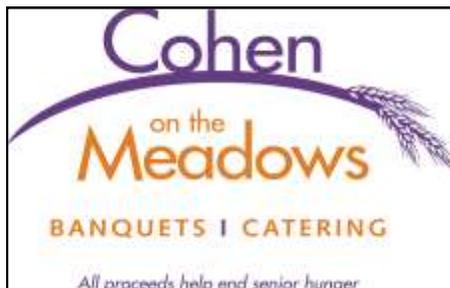
**p.m.** providing flu shots. If interested in getting your flu shot, bring your insurance card, as most health care plans cover the cost under preventative services. The cost is \$25.00 with no health coverage.

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