

spectrum generations

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

COASTAL COMMUNITY CENTER HAPPENINGS

Fall Prevention Day 2015



Falls Free®

National Council on Aging

**TAKE A STAND
TO
PREVENT FALLS**

Fall is just around the corner, but falls shouldn't be just around the corner for older adults. While falls are the leading cause of both fatal and nonfatal injury for people 65 years of age and older, they are not an inevitable part of aging. On September 23, the 8th Annual Fall Prevention Awareness Day, help keep seniors safe—*Take a Stand to Prevent Falls!* See how you can get involved at www.ncoa.org/FPAD. #FPAD15.

Join the coastal team for a special Lunch and Learn Program with AnniPat McKenney and Jim Stevens members of the LincolnHealth Wellness and Rehabilitation team at Wavus Camp for Girls in Jefferson. For those luncheon guests who are interested, physical testing will be available following the program.

**Wednesday, September 23,
Lunch at 11:15 AM.
Program at noon.**



**BALANCE
EXERCISES FOR
FALL
PREVENTION**

Along with core exercises, balance exercises, when practiced regularly, will help prevent falls. Balance exercises help with fall prevention because they improve your ability to maintain your upright position whether you're standing still or moving, essential when you have arthritis.

Join Robin and learn about a daily balance work-out that you can do in the comfort of your home. Fee: \$5
Wednesday, September 23, 3 PM ☎

Center Activities & Clubs, Pages 2 & 4

SEPTEMBER 2015

**FOURTH ANNUAL
THERE'S NO PLACE LIKE
HOME—AGING IN THE
RIGHT PLACE SYMPOIUM**

We all need to be active participants in our aging experience. No longer do we have the luxury of passively moving into our golden years. We all have a role in helping to facilitate this transition for ourselves as well as those aging ahead of us. *Finding the Courage and Confidence to Age My Way—In My Community* is the theme for this fall's community conversation being held at the Church of Jesus Christ of Latter-day Saints on the Belvedere Road in Damariscotta.

Setting the stage for the day's peer-to-peer round table discussions will be Lenard Kaye, D.S.W./PH.D, Director of the Maine Center on Aging. During his keynote presentation, Dr. Kaye will address the challenges of aging in Maine, present realities and future prospects.

**Thursday,
September 17, 9 AM—3 PM.**

Coastal Community Center
521 Main Street
Damariscotta, ME 04543

Consumer Helpline
1-800-639-1553

(TTY) 1-800-464-8703

www.spectrumgenerations.org

☎ REGISTRATION
☑ APPOINTMENT

Active Aging Week 2015

LIVE YOUR ADVENTURE

Now in its 12th year Active Aging Week is the annual health promotion event for adults over 50 years organized by International Council on Active Aging®. AAW 2015 will be held from **Sunday, September 27- Saturday, October 3.**



The goal of Active Aging Week is to give as many older adults as possible the means to experience activities and exercise in a safe, friendly and fun atmosphere. The CCC supports wellness for older adults and is inviting the community to participate in a special series of programs throughout AAW2015. Stop by the Center after September 21 to pick up Coastal's special AAW schedule of events and activities. Challenge yourself to break your routine and try something new. For tips on how you can participate, go to <http://www.activeagingweek.com/resources-participants/resources.php>

**READY TO RE-ENTER
THE WORKFORCE?**

Perhaps the Senior Community Service Employment Program (SCSEP) is right for you. SCSEP is a Department of Labor Job Training Program administered through Goodwill of Northern New England for low income community members who are 55 years of age and older. Learn the technology, social service and customer service skills that you need to reenter the job market by becoming a Spectrum SCSEP volunteer receptionist/office assistant or maintenance/kitchen-MOW assistant at Spectrum Generations Coastal Community Center in Damariscotta. FMI contact Marianne at 563-1363 or coastal@spectrumgenerations.org



Lunch & Learn Programs, Page 4



Learning



ILLUMINATED LYRICAL MANUSCRIPT: Illustrating a Musical Score

Bring your favorite musical score to life by discovering how to turn the song's story into a whimsical illustration of your unique interpretation of the verses. For example Fly Me To the Moon. Instructor Kathi Nordone says that all styles are wonderfully creative. Bring your favorite medium to work in. Gold and silver markers that you bring will make your manuscript shine.

Pencil and paper provided. Fee: \$20, **September 10, 2:00 PM** 📞

UNLEASH YOUR DOG'S POTENTIAL: Therapy Dog Team Training

There are basic guidelines to follow as you and your canine friend get ready to become a therapy dog team. Join professional dog trainer Jean Conte at the Lincoln Home to practice the 15 exercises one needs to perform in order to obtain one's TDI pet therapy certification. Fee \$80.

Thursdays, September 10—October 8, 5 PM 📞

CANINE GOOD CITIZEN TRAINING

The Canine Good Citizen (CGC) program helps pet owners feel confident that their dog is trained well enough to accompany them out in public. A **6-week class** at the Lincoln Home focuses on the 10 requirements for passing the AKC CGC test. Fee \$80.

Thursdays September 10—October 8, 6:30 PM 📞

AARP SMART DRIVER COURSE

A no-tests refresher course for experienced and mature drivers designed to help them learn about defensive driving techniques, new traffic laws, rules of the road and much more. AARP members \$15.

All others \$20. **Saturday, September 12, 10 AM—3 PM.** 📞



Living

HYPNOTHERAPY THROUGH GUIDED IMAGERY

Therapeutic imagery is one of the oldest self improvement systems for people seeking answers and solutions for wisdom buried deep within our subconscious minds. Imagery is the way the brain and the mind learns. Join Derrick Hyatt and follow this natural path of learning to gain insight, direction and action from imagery.

Fee: \$15. **Thursday, September 24, 3:30 PM** 📞

COMMUNITY ACUPUNCTURE: Refresh & Be Well

Ear acupuncture helps to balance all the systems in the body. Side effects include: pain relief, better sleep, improved digestion, increased energy and better moods. Join Sharon Gordon, M.Ac. as she holds weekly community ear acupuncture sessions.

Special CCC Rate: \$20, Friday, October 23, 9 AM ☑

RESTORE & RENEW YOUR HEALTH AND FEEL VITAL AGAIN

Private acupuncture sessions with Sharon Gordon, M.Ac. FMI: Sharon at (207) 482-0725. Special SG CCC Private rate: \$45 One hour appointments, **Wednesdays beginning October 14 at 1:30 PM** ☑

PAMPER YOUR FEET

45-minute therapeutic pedicures with Patsy Cunningham. Fee: \$22 **September 4 & 18, 9 AM - 2 PM** ☑

HOLISTIC HEALING

Experience deep relaxation, well-being and energy renewal throughout your body with Shamanic Healer, Ann-Dee. Fee: \$20/hour. **Tuesdays** ☑

REFLECTIVE SELF-HELP

Ann-Dee Burnham will reveal what life messages the tarot cards hold for you. Fee: \$15/hour. **Mondays** ☑

MASSAGE THERAPY OR REFLEXOLOGY

with Jennifer Gunnels will leave you feeling relaxed, renewed and rejuvenated. Fee: \$40/session **Thursdays, 10 AM - 3 PM** ☑

Fitness with Robin

ROUND SHOULDERS?

From being on your computer to looking at your phone or years of bad posture, come learn exercises that will help strengthen the upper back, neck and shoulders.

Fee: \$10. **Thursday,**

September 10, 10:30 AM. 📞

FitMx for ACTIVE AGERS

Build core strength with free weights & fitness balls.

September Fee: \$36 or \$5 /class

Tuesdays & Thursdays, 9 AM

GET UP AND GO

If you are ready to start exercising on a regular basis or have a chronic disease and need to exercise to improve your quality of life, join basic, functional exercises that can be done either standing or sitting. Your pathway to better breathing and a more active life. Fee: \$36 or \$5/class **Tuesdays & Thurs. at noon.**

TNT WHOLE BODY FITNESS

Three mornings a week. A fitness class that offers a total body workout.

Fee: \$48 or \$5/class.

Mon., Wed., Fri., 8 AM

Your First Class is Always Free—📞
Five Classes Per Week—\$75

ON BALANCE

Getting Stronger, Living Longer

Gentle exercises for strength, flexibility and balance.

Fee: \$15/5weeks or \$4/class

Wednesdays, 10:30 AM 📞

PERSONAL TRAINING

Are you ready to start an exercise program but do not know where to start? Make an appointment with Robin, Advanced Certified Senior Personal Trainer and Senior Exercise Instructor, for a free consultation. Her safe, whole-body approach will help you meet your fitness goals.

6 one-hour sessions \$150
(or 12 half-hour sessions).

One-on-One consultations.

\$30 per hour. ☑

Answers



Fitness at the Center

MORNING YOGA

with Carol Krajnik

For your whole being, gentle movements calm the mind & relax the body. Fee: \$50/5-Wed. sessions, \$40/4-Friday Sessions or \$15/class.

Wednesdays, 9 AM and Fridays, 11 AM ☎

TANG SOO DO

An introduction to Tang Soo Do Karate training for all ages, Developing flexibility, self confidence, and mental focus.

Fee: \$100 for two classes/week. One class \$65. **Thurs., Sept. 3, 10, 17, 24, 5:30 PM**
Saturdays, 5, 12, 19 and 26 9:30 AM ☎

LET THE FUN BEGIN ADULT HIP HOP

Would you like to learn the fundamentals of hip hop and its encompassing styles? Join dance instructor Anna Pagurko to learn beginner choreography and get a high energy, aerobic workout. Fee: \$88/8-weeks.

Fridays 5:30 PM, Sept. 18. ☎

SHAPE UP CLASSES

With Dianne Daniels

Mon., Sept., 7, 14 and 21

Feldenkrais: Explore easy movement patterns that will help you overcome pain or restriction in your neck, shoulders, back, hips, and knees. Bring a mat and two thick towels to class.

4:00 PM—4:45 PM

Step Class: Fun, easy to follow aerobic class interspersed with weight training. If you have one, please bring your own 4 inch or higher step.

5:00 PM—5:45 PM.

Yoga—Hatha Yoga style, easy to follow and suitable for all levels of fitness. Bring a mat.

6:00 PM—6:45 PM

\$15 per class for a monthly series or walk-in \$20/class. ☎

VETERANS' ADVOCATE CONSULTS Veterans, widows and widowers of veterans, learn about the benefits, recognition and services to which you are entitled. **By appointment** free consultations with Veterans' Advocate Matthew Haley, 822-2391. **Tues., September 1, 9 AM - 1 PM**

MEDICARE FOR EVERYONE: Cutting through the Red Tape

Find out about all four parts of Medicare coverage (A,B,C & D); how to choose a drug plan that is best for you; how and when to enroll; how Advantage plans and supplemental plans differ from HMO or PPO plans, and much more! Aging and Disability Resource Counselor Joshua Rich will provide answers to your questions. Suggested donation \$15.

Wednesday, September 16, 9:00 AM—10:30 AM and

Tuesday, October 13, 2:30 PM—4:00 PM ☎

Please let us know two weeks prior to your appointment if you require special accommodations by calling 563-1363.

Caring



SAGE (SERVICES AND ADVOCACY FOR GLBT ELDERS) DROP IN

This will be the first of what SAGE hopes will be monthly gatherings aimed at bringing together older adults living in the midcoast area. There will be light refreshments and the chance to help create a space and opportunity for members of the lesbian, gay, bisexual and transgender community to come together at a time of life that is both rich and full of change. Please attend this first meeting and meet new neighbors and potential friends.

Help decide the format for these meetings. We can chose topics to discuss, plan other outings, play games or simply enjoy casual conversations and shared interests. FMI or if interested and unable to attend this first gathering but want to be on an e-mail contact list or join a Facebook group, please contact SAGE board member Mitzi Lichtman at mitzjoy23@gmail.com or by phone at 207-338-5889. Donation \$1

Wednesday, September 2, 1:00 PM—3:00PM ☎

FAMILY CAREGIVER SUPPORT GROUP

A confidential group for non-professional caregivers to get together, discuss and get the support they need. FMI Family Caregiver Specialist, Elizabeth Crawford, 1-800-282-0764, ext. 1656. Free. **Sept. 10, 1 PM** ☎

BLOOD PRESSURE CLINIC Get your numbers checked for free with Jini Lewis, MS, PNP. **Wednesdays, 11 AM—11:30 AM**

BRIDGES HELP AT HOME: When Home is Where You Want to Be! Bridges provides caregivers to help you stay independent at home.

If everyday chores and tasks are overwhelming you, we may have the solution! We believe that every person has the right to age in their residence of choice with dignity and respect. FMI: Bridges at 623-0761.

LOCAL ADVISORY COUNCIL MEETING

Become an advocate for aging! Join the members of Coastal's LAC for a discussion about Center programs & services. Community members are always welcome to attend LAC meetings. **Monday, Sept. 14, Noon** ☎

WEEDING FOR FITNESS

Get outside. Get your exercise. Spend an hour or two a week weeding the Center's garden patches. Our plants need a bit of your tender loving care. FMI contact Marianne 563-1363 ☎

Center Clubs & Groups

COFFEE AND CONVERSATION

The Challenges of Aging in Maine
Please join Aging in the Right Place committee members and friends as they share their stories and discuss takeaways from this fall's AIP Symposium.

Fri., September 25, 9:00 AM ☎

MAH JONGG @ COASTAL

Mah Jongg is an entertaining and fun game using tiles instead of cards. The purpose, somewhat like gin rummy, is to create a hand with a specific arrangement of suits and numbers. Join Jane Tedrow and learn the game. Fee: \$5. **Tues. Sept. 1, 9:30 AM** ☎

Everyone from beginners to established players are invited to gather at the CCC to play the American version of Mah Jongg. Fee \$1 **Thursday afternoons, 1:00 PM - 4:00 PM** ☎

NOW YOU'RE TALKING:

Coastal's Book Group

Some books might touch your heart; others might challenge the way you think, make you laugh or might make you cry. Books are something you want to talk about with your friends. September selection "**Possession**" by Elana Johnson, Fee: \$1. **Thursday, September 21, 1:30 PM.**

SPECTRUM CAMERA CLUB

Educational programs, field trips. FMI call Bob Gorrill @ 563-7463
Fee: \$1. **September 15, 12:30 PM**

CENTER BRIDGE GROUP

All levels welcome! Fee: \$1.
Mondays, 1 - 3 PM ☎

ALL THINGS STRING: Violin Lessons for Adults

Have you ever dreamed of playing or reconnecting with the violin that you used to play? The CCC is now offering private violin lessons with classically trained & experienced teacher Athena Taylor. The focus of the lessons will be on acquiring the skills necessary for playing together with other musicians. Fee: \$30 per 40 minute class.

To schedule your first lesson call 563-1363. ☎

Lunch and Learn Series

Wednesdays, 11:15 AM - 1 PM
Reservations Required. Call 563-1363 by Monday Noon
Suggested Donation \$5 guests over 60. All others \$6.

September 2: LUNCH & HISTORY *Early Celtic Spirituality in Ireland* with Tom Shriver, Coastal Senior College Instructor.

Entree: Roast Pork Loin

September 9: LUNCH & THE LAW *The Supremes' Court Decisions in 2015* with Retired Federal Judge Boyce Martin. Entree: Chicken Parmesan

September 16: LUNCH AND WELLNESS *Aging in the Right Place: The Power of Evidence Based Health and Wellness Programs* with Jennifer Fortin, Entree: Meatloaf

September 30: LUNCH AND ACTIVE AGING *Breathe Strong and Live Your Adventure* with Suzan Michelle Collins, BSRT, RRT, COPD Foundation Advocacy Captain - Maine Entree: Pasta with Butternut Squash



ON THE ROAD
September 23
The Lodge at Camp Wavus for Girls, Jefferson

LUNCH ON FALL PREVENTION AWARENESS DAY

Take a Stand to Prevent Falls with AnniPat McKenny and Jim Stevens from the Wellness and Rehabilitation program at Lincoln County Healthcare, Miles Memorial Hospital and St. Andrews Hospital Campuses
Entrée Chef's Choice ~ \$6 each

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

207-660-9191
www.nalelaw.com

Trusted ~ Caring ~ Experienced

Technology at Coastal

JIM'S COMPUTER ESSENTIALS ☎

CONFUSED BY TECHNOLOGY? Computer Classes with Jim Skilling

Internet Essentials

Struggling to wade through the sea of information online? Learn how to find what you're looking for and make sure it's from a trusted source. Fee \$5.

Thursday, September 10, 11 AM ☎

E-Mail Essentials

Geared toward those who are new to communicating electronically. Learn how to create, send, organize and attach files to messages. Fee \$5.

Thursday, September 24, 11 AM ☎

TAME YOUR COMPUTER ☑

Individualized computer classes (Windows 7, file management, Internet and e-mail, free programs, security) with Jim Skilling. Fee: \$10.

TAME YOUR i-PAD ☑

Learn how to get the most out of your iPad, a user friendly, portable multimedia device with endless capabilities. Individualized i-Pad classes with Ben Thompson, Fee \$10/hour.

WHY FAMILY HISTORY IS IMPORTANT

Representatives from The Church of Jesus Christ of Latter-day Saints will demonstrate how to use familysearch.org as a starting point in finding a wealth of information about your ancestors. Bring any family history information you have (names, birth dates and places). Fee: \$5. **Wed., September 9 and 23, 2:30 PM** ☎

GREAT MAINE OUTDOOR WEEKEND PADDLE (GMOWP)

This 2-hour paddle, from Biscay Pond to Pemaquid Pond, in collaboration with the Pemaquid Watershed Association and the Damariscotta Lake Watershed Association, will be easy not difficult. The paddle will leave from the Berger's home at 163 Fogler Road in Bremen. Pack your own lunch and provide all of your own gear for this free GMOWP paddle. PFD's must be worn and releases signed. FMI, weather cancelations and directions call Peter, 563-7663, 563-3104
Saturday, September 26 from 10:00 AM—1:00PM. ☎

PREVENTING FALLS – ONE STEP AT A TIME

What can you do to prevent a fall?

Get some exercise: Lack of exercise weakens legs, which increases the chance of falling. Exercise programs like Tai Chi increases strength and improves balance, making falls less likely for aging adults.

Be mindful of medications: Some medicines—or combinations of medicines— can have side effects like dizziness or drowsiness. This can make falls more likely. Have a doctor or pharmacist review all your medications to help reduce the chance of risky side effects.

Keep your vision sharp: Poor vision makes it harder to get around safely. To help make sure you're seeing clearly, have your eyes checked every year and wear glasses or contact lenses with the right prescription strength.

Remove hazards at home: About half of all falls happen at home. A home safety check helps identify fall hazards, like clutter and poor lighting that should be removed or changed.

Sign up for A Matter of Balance: This nationally recognized program reduces the fear of falling and increases activity levels. Classes are held once a week for 8 weeks at convenient community locations.

To learn more, come to the CCC's Fall Prevention Awareness Day MOB information session.

Wednesday, September 23, 2:30 PM.



COMMUNITY CONNECTIONS

MILES OF FRIENDS: A New Year, New Beginnings

The first new school year gathering of Nobleboro Central School's 3rd graders and their Spectrum Buddies. To learn more about becoming a special 2015/2016 school year friend call Marianne, 563-1363.

September 4, 12:45 PM, NCS

EARLY CELTIC SPIRITUALITY in IRELAND

Coastal Senior College instructor Tom Shriver will offer an 8-week class at the CCC tracing the development of spirituality in Ireland and Great Britain from 350 BCE to 664 CE. Druidic beliefs and practices and how they influenced the introduction of Christianity, the lives of Irish Saints Patrick, Brigid, and Columille, and the influence of Peter and John upon the Celtic Christian Church will all be discussed. Annual CSC membership \$25. Course fee \$30.

For more details check

www.coastalseniorcollege.org

For questions or to register call 1-800-286-1594. **Tuesdays, September 15 – November 3, 10 AM – noon.**

DRUG TAKE-BACK DAY

Here's your chance to get those unwanted drugs out of your home and keep them out of our environment! Drop off

locations: Police Station-Waldoboro, Town Office-Boothbay Harbor, Sheepscot Valley Healthcare-Whitefield, LincolnHealth-Miles Campus.

Damariscotta and the Lincoln County Communications Building-Wiscasset.

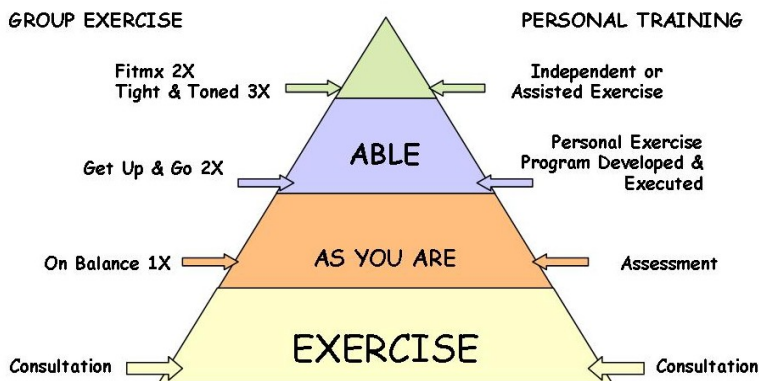
Saturday, September 26. 10 AM - 2 PM

TRANSPORTATION ASSISTANCE FROM LINCOLNHEALTH

Lincoln County Healthcare has received a transportation grant from the Maine Medical Center Physician-Hospital Organization to assist patients getting to medical appointments. Patients of participating practices, including all Lincoln Medical Partners practices, Full Circle Family Medicine, Lifespan Family Healthcare and Medomak Family Medicine, who need transportation assistance, can call Julie Carroll at 563-4156.

SENIOR FITNESS WITH ROBIN

Turning apathy for fitness & exercise into energy for life.



Active aging is the new buzz word. Instead of focusing on anti-aging, people are focusing on active aging, also known as pro-aging. And guess what? Aging begins the moment we are born with visible signs beginning as early as our mid-30s. One of the most effective, inexpensive and pain-free ways to look and feel years younger is right in front of us: It is **EXERCISE!**

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."

You Have
CHOICES



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, and/or 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 a 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.

RESPIRE 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 1-800-639-1553.



LIVING WELL FOR BETTER HEALTH SEMINAR SERIES



Who should attend?

Any adult who has any kind of ongoing health condition.
A family member or friend can also participate.

When is the next workshop series?

6-Week Workshop Dates: Tuesdays beginning September 22—October 27
at Golden Oldies Senior Center, 314 Front St. Richmond, ME.

To register or for more information contact Jennifer Fortin at 620.1657

SPOTLIGHT ON THE PATCH—COUNTRY SHOW—FALL FUNDRAISER

Saturday, October 3, 2015 from 9 AM—5 PM

DRA's Round Top Farm & Darrow's Barn. 3 Round Top Lane, Damariscotta

A day of traditional "back on the family farm" events: Sheep herding & shearing, pet parades, K9 demonstration, local farmers, goats, alpacas and much more.

Suggested donation at the gate \$10 for adults, \$5 for children (5—12) , families \$30

Blue Grass Concert with The Blake Russo Band, 7 PM in the Barn. Tickets \$10/advance. \$15/door.

THERE'S NO PLACE LIKE HOME

FINDING THE COURAGE AND CONFIDENCE TO AGE
"MY WAY—IN MY COMMUNITY"

Thursday, September 17, 2015

Registration: 8:30 AM ~ Program: 9:00 AM—3:00 PM

Church of Jesus Christ of Latter-day Saints, Belvedere Road, Damariscotta

**KEYNOTE SPEAKER: LENARD KAYE, D.S.W./PH.D.
DIRECTOR, MAINE CENTER ON AGING**

**The Hidden Challenges of Aging Well in Maine:
Present Realities and Future Prospects**

Peer to Peer Roundtable Community Conversations

The Challenge of Our Age—Update with

Gillian Graham, Staff Writer, Maine Sunday Telegram

There are Solutions and Ways to Create One's Own Community

For more information, program descriptions and local experts listing, to express your interest and make your luncheon reservations call 563-1363.

http://www.spectrumgenerations.org/symposium_coastal



Your Home for a Lifetime: A FREE Community Based Symposium
Donations in support of this and other Center programs appreciated



Hosted by Spectrum
Generations Coastal
Community Center

spectrum
generations

The Central Maine Area
Agency on Aging and your
local Aging and Disability
Resource Center
An Equal Opportunity Provider
www.spectrumgenerations.org

Luncheon Option

Soup & Wrap

Smorgasbord

\$7 per person.

Reservation

Deadline, Monday

September 12.