



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

KNOX ADR CENTER HAPPENINGS

Spectrum Living

SUMMER BENEFIT GALA

WDAM's Inaugural Television Show featuring Spectrum's Down Home Memory Players



Spectrum Generations invites you to put on your "Pretty in Pink" and "New Style" threads as we experience a day in the life of a 1950's television set. Musicians, comedians, dancers, and show-offs portraying television contestants and actors from the early 1950's will entertain you, our live studio audience. Program adapted by Mike and Beth Rowe. Performed by members of Hearts Ever Young, the Studio Theater of Bath and other local performers. Gourmet Lawn Party Dinner catered by Cohen on the Meadows. Cash Bar

Wednesday evening, August 12, 2015, 5 PM

on the grounds of the historic Pownalborough Court House, Dresden.

Docent tours at 4 PM

Individual \$60: Pair \$100;
Table of Eight \$400:

All proceeds will be matched by an anonymous donor.

Reservation Deadline:

August 5 call 563-1363



Elder Law Attorneys Nale Law Offices, LLC

207-660-9191

www.nalelaw.com

Trusted ~ Caring ~ Experienced

AUGUST 2015

NEW LOCATION

FAMILY CAREGIVER SUPPORT GROUP



If you are caring for a loved one, could use the support of others dealing with the same issues that you are experiencing, or have valuable suggestions that other caregivers would find helpful, please join us at our monthly Family Caregiver Support Group.

Free. Donations appreciated.

FMI contact

Elizabeth Crawford at
1-800-282-0764

Extension 1656. ☎

Wednesday, August 12, NOON

Anderson Inn at Quarry Hill
3rd Floor Library
30 Community Drive
Camden

Knox County ADR Center
61 Park Street
Rockland, ME 04401

Open By Appointment
(207) 596-0339
Tuesday—Friday
Closed Monday

Consumer Helpline
1-800-639-1553

(TTY) 1-800-464-8703

www.spectrumgenerations.org

☎ REGISTRATION

☑ APPOINTMENT

Call (207) 563-1363

Community Connections

HEALTH MATTERS:

"CHRONIC HEART CONDITIONS: MANAGING AT HOME"

Living with congestive heart failure and other chronic heart conditions can affect every aspect of your life. Join Kno-Wal-Lin nurses Valerie Garrigan, RN, BS, CDE and Beth Lauer, RN, Telehealth Coordinator, as they share helpful information about the role nutrition, activity, stress management, medications, and environmental triggers play in the successful management of these conditions at home. Also, discover how Telehealth works and why it can be an added invaluable tool in preventing hospitalizations and keeping you happy and healthy at home.

Thursday, August 13 NOON—1:00 PM.

Picker Family Resource Center, Pen Bay Healthcare.

Call 596-8950 to register. Bring a brown bag lunch. Beverages & treats provided.



KEEP MOVING FITNESS

Get fit, have fun, make friends. Fitness classes provided by instructors from the Penobscot Bay YMCA and coordinated by Center volunteer Bruce McCreedy. Try a class at no charge by calling 563-1363 and letting us know that you will be checking our exercise group out. Fee: \$20 for 8 sessions beginning August 4 or \$4 per class. To sign up please call 563-1363. **Tuesdays & Thursdays, 9:30 AM** ☎



Please let us know two weeks prior to your appointment if you require special accommodations by calling 207-596-0339 or 563-1363

VETERANS' ADVOCATE CONSULTS

with Conrad Edwards at the Department of Health and Human Services (DHHS), 91 Camden Street, Rockland, ME. Veterans, widows and widowers of veterans, learn about the benefits, recognition and services to which you are entitled. Free by appointment. Home visits available. If needed, please ask for one when scheduling your appointment. To schedule your appointment call Julie at 872-7846.

Thursdays, August 6 and 20, 9:00 AM - 1:00 PM

MEDICARE FOR EVERYONE SEMINAR

"New to Medicare" workshops led by Gloria Rhode, ADRC Counselor who will help you understand the basics of the program and give you a better idea of the decisions you will need to make. Gloria asks that you attend a Medicare for Everyone seminar before scheduling a 1:1 appointment with her. Advanced registration required. Suggested donation \$15.

Monday, August 17, 2:00 PM — 3:30 PM

CONSUMER INFORMATION & REFERRAL

Get answers to your questions and the info you need about Medicare fraud, options for aging in place or transitioning to residential care, community services and resources for aging and disabled community members from Gloria Rhode. By appointment only. No walk ins.

COMMUNITY CASE MANAGEMENT

Every person deserves the chance to reach his or her full potential! Spectrum's Community Case Management team specializes in navigating a complicated system to link adults with intellectual disabilities and their families, with needed supports and services that enhance independence in the community, at home and in the workplace to meet the consumer's personal desires for their life.

FMI, Sandra LaBelle at 207-620-1667 or slabelle@spectrumgenerations.org

BRIDGES HELP AT HOME

When Home is Where You Want to Be!

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 Allison Williams, Bridges Supervisor for the Mid-coast Region at 623-0761.

ASK THE ATTORNEY OR INVESTMENT ADVISOR

Is someone you know paying out-of-pocket for assisted living or nursing home costs? Would you like to learn how you might protect your assets in this situation? Please contact Dawn at 563-1363 to schedule your FREE 15 minutes in Damariscotta at the Coastal Center, with attorney Craig A. Stevens to learn how to protect assets from assisted living and nursing home costs. Tuesday, August 18, 9 AM—11 AM.



USDA COMMODITY SUPPLEMENTAL FOOD PROGRAM

The distribution site for Knox County's USDA Commodity Supplemental Food Program (CSFP) has changed.

CSFP bags can be picked up at: The Methodist Conference Home (MCH)

39 Summer Street

Rockland on the Third

Tuesday of each month from 9:30 AM—3:30 PM (Aug. 18).

Use the rear entrance. For additional pick-up information contact Lois Stackpole Alley at 594-2740. FMI & to sign-up for the USDA Commodity Supplemental Food Program, to designate a proxy or if your telephone number or mailing address has changed please contact Dawn Moore, 563-1363.

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 Knox Center bulletin from the webpage as well as other center bulletins.



Answers



Central Maine Area Agency on Aging - Aging and Disability Resource Center
1.800.639.1553 www.spectrumgenerations.org

August, 2015

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

Marci's Medicare Answers is a service of the Medicare Rights Center (www.medicareriights.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.medicareriights.org.

AARP SMART DRIVER COURSE



at
Spectrum
Generations
Coastal Community Center
521 Main Street
Damariscotta

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, August 15,
10 AM—3 PM.** ☎
Advanced Registration
Call 563-1363



6th Annual Summer's End Surf & Turf Cookout

at the Kennedy
Learning

Center, Nobleboro
Luncheon buffet includes:
Spear's corn on the cob,
summer salads,, a seasonal
dessert with Round Top ice
cream and assorted
beverages.

**August 26, 11:30 AM
Reservation and
nonrefundable payment
deadline August 19.** ☎

Special Per Person Pricing:
Dock House Lobster \$15;
Yellowfront Steak \$15; Com-
bo—Steak & Lobster \$25;
Twin-2 Lobsters \$25 or Twin-
2 Steaks \$25. To share a
combo or twin meal add \$10
to the per person price.



SAVE THE DATE - THERE'S NO PLACE LIKE HOME

**4TH Annual Aging in Place Symposium
September 17, 2015 from 9 AM—3 PM
Church of Jesus Christ of Latter-day Saints, Damariscotta**

**Keynote Speaker—Lenard Kaye, D.S.W., PhD.
Director, University of Maine Center on Aging**

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

SPECTRUM GENERATIONS IS AN EQUAL OPPORTUNITY PROVIDER * HELP LINE * 1-800-639-1553