

Monthly Update

April 2024

Kick-off spring right with Physical Wellness Month

According to National Today, there are five important facts that you should know about your physical wellness:

1. SLEEP IS KEY

Sleep is important in helping your body recharge while your cells regenerate and your muscles repair.

2. REGULAR PHYSICAL ACTIVITY IS PARAMOUNT

Maintaining a routine exercise schedule will help you lose weight and reduce and prevent symptoms of type 2 diabetes. Learn more about this during our Living Well workshops.

3. A BALANCED MEAL

Making sure that you are getting enough nutrition from all the different food groups is vital to your physical wellness. This will help you maintain your energy and focus to be able to maintain a positive wellness environment.

4. COMBINING DIET AND EXERCISE WORKS BEST

According to National Today, the National Weight Control Registry identifies that 89% of people who combine diet and exercise have been successful in losing weight. Joining a Living Well workshop will help you find the balance for a healthy lifestyle.

5. SIMPLE ACTIVITIES ARE EFFECTIVE EXERCISES

There are a variety of simple exercises that can help you build your body's strength, endurance, and stamina. Some of these activities include taking a brisk walk, gardening, Tai Chi, and aerobics.



Maine Masonic Charitable Foundation shows support for Spectrum Generations' Meals on Wheels

David Walker, Secretary for the Monmouth Grand Lodge, along with Monmouth Police Chief and Mason, Paul Ferland, presented Spectrum Generations' Southern Region Nutrition Supervisor, Matthew Lee, and Nutrition Coordinator, Donna Schwab, a check for \$2,000 to benefit the Meals on Wheels program at the Cohen Community Center in Hallowell.

A special thanks goes out to the Lodge for the donation as well as Monmouth Police for delivering meals to town residents. It is because of organizations like these, that Spectrum Generations is able to serve the people and the communities we do!

By promoting health education during Physical Wellness Month, you help yourself and others in your community get out of the winter blues. Connect with your local community center or Area Agency on Aging to create a bonding experience between family and friends that will help reduce your stress and anxiety while also supporting efforts to improve your mental and physical health. Check out our upcoming programs now at healthylivingforme.org. If you don't see an active workshop that meets your needs, reach out to us directly to be added to a waitlist for future workshops.

UPCOMING WORKSHOP

All workshops have a suggested donation of \$20.



Tai Chi for Health and Balance, Clinton Parks and Recreation
April 29 - June 19: Mondays & Wednesdays,
11 a.m. to Noon



Starting Friday, April 5 | 11 a.m. - Noon
New Creative Writing Class at Muskie Community Center

This creative writing workshop starting April 5, is designed to spark your imagination, hone your writing skills, and provide a supportive environment for your creative expression. The class is open to all levels and backgrounds-no experience required! In this workshop you'll delve into various genres of creative writing, including fiction, poetry, creative nonfiction, and more. **Cost is \$2 per person, per class. Pre-registration is required by calling (207) 873-4745 or stop by the Muskie Center reception desk.**



Monday, April 8 | Noon - 1 p.m.
The US Explained: Maine Edition at Muskie Community Center

Join us at Spectrum Generations' Muskie Community Center on Monday, April 8 from noon to 1 p.m. for an episode of "That Is Interesting" featuring the state of Maine. Come along to learn more about Maine's, past and present. Topics discussed include Maine's geographical history, climate, small fishing villages, wildlife, and the state's human factor. The narrator goes into detail about what Maine has to offer and different sites to visit. **Pre-registration is required by calling (207) 873-4745 or stop by the Muskie Community Center reception desk. Donations are always accepted and appreciated!**



Wednesdays starting April 10 | 10 a.m. - 1 p.m.
Computer/Phone Class at Muskie Community Center

Do you have a laptop, tablet, Kindle, or smartphone, and would like to learn more ways to use it? You can now book a one-on-one 45 minute session with Muskie Community Center's instructor, Lois Harrington. Lois will be able to assist you with Facebook, email, and more, just bring along your fully charged device! Participants should have basic computer skills. If you need assistance with email, please have the email address and password available at your appointment. **Cost is \$7 per person. To sign up or learn more, please visit the Muskie Community Center reception desk or call (207) 873-4745.**



Tuesday, April 16 | 11 a.m. - Noon
Using Technology to Help Save Money at Muskie Community Center

Join us at the Muskie Community Center on Tuesday, April 16, from 11 a.m. - Noon for a lunchtime learning workshop. Carrielyn Reynolds, Financial Coach at New Dimensions FCU, will give you tips and resources on using technology to help save money. You will learn about how to save money on groceries, gas, dining out, and online add-on's to help find coupons. **To register, visit the front desk receptionist or call the Muskie Community Center at (207) 873-4745. Pizza lunch will be provided by Maine Pine Catering and admission is free!**



Wednesday, April 17 | 10 - 11 a.m.
Telehealth Program at Muskie Community Center

Join us at Spectrum Generations' Muskie Community Center on Wednesday, April 17 from 10 - 11 a.m., as we welcome Kate Titherington and Susan Roy, MHA, LSW from Northern Light Health who will provide telehealth information. Managing chronic health conditions can mean frequent trips to the doctor or hospital to monitor vital signs. Northern Light's Telehealth Program does the monitoring for you right from home. It takes your vital signs, then records and transfers information to your medical team. **Pre-register for this free presentation by calling (207) 873-4745 or stop by the Muskie Center reception desk!**



Wednesday, April 24 | 8 a.m. - 2 p.m.
Bayview Foot Care at the Waldo Community Center in Belfast

Join us at the Belfast Community Center on Wednesday, April 24 from 8 a.m. - 2 p.m. as we welcome Stephanie Wagner RN, NP, CFCS, certified foot care specialist. Stephanie will provide you with skilled foot care. During your private appointment she will perform a general assessment of your feet and address your individual needs. Stephanie can clip your toenails, assist you with any callouses and/or corns, and provide a soothing massage with lotion. **Pre-registration is required for your private appointment by calling (207) 338-1190. The charge is \$45 per session.**



Thursdays, April 25 - May 30 | 1:30 - 3 p.m.
Cooking Matters workshop at Muskie Community Center

Join us on Thursdays, April 25 through May 30 from 1:30 - 3 p.m., for Share Our Strength's - Cooking Matters class. This workshop is a free nutrition education series at Spectrum Generations' Muskie Community Center. Instructors Alison LaPlante and Samantha Grenier, SNAP-Ed Nutrition Educators will take you through this six-week series that includes hands-on learning where recipes are prepared and enjoyed in class. Groceries are provided to create the recipes at home. You will also receive a workbook with recipes included! Class is limited to 10 people. **Pre-registration for this free, fun class is required. Call (207) 873-4745 or stop by the Muskie Center reception desk! You will be provided a materials list upon registration. There will be a \$3 class fee per session.**



Volunteers Olivia & John at the Volunteer Appreciation BBQ at the Muskie Center, January 22.

APRIL IS VOLUNTEER APPRECIATION MONTH

Thank you volunteers for all that you do!

If interested in volunteering, please contact Stacey Forkey, Spectrum Generations' Volunteer Coordinator at (207) 620-1684 or email volunteer@spectrumgenerations.org.



Annual Meeting Celebrates Champions

With a focus on the many partnerships and collaborations Spectrum Generations' has had throughout the year, several volunteers, community supporters, business partners and employees were recognized March 20 at the annual meeting.

(A) Employee of the Year: Tom Alexander, presented by, Facilities Director, Rob Melvin



(B) Appreciation Award: Stephanie Duncan, presented by, Board Chairman, David Farago



(C) Community Champion: Bath-Brunswick Regional Chamber & All Saints Parish,

presented by, V.P. of Community Engagement, Lindsay MacDonald



(D) Business Partner of the Year: Central Maine Power Company, accepting the award for CMP was Linda Ball,

presented by, President and CEO, Gerard Queally



(E) Direct Care Worker of the Year: Kathy Merrifield, presented by, Community Case Management Director, Sandy LaBelle

(F) Volunteer of the Year: Terry Reddy, presented by, V.P. of Aging & Disability Services, Nate Miller



From left is Michele (Bridges staff), Adult Day participant Larry, Meals on Wheels Coordinator Cathe Kelley, Maine State Credit Union's Branch Manager Michele Lyons, Carrie (Bridges staff), and seated is Adult Day participant Heidi.

Spectrum Generations' Somerset Community Center in Skowhegan received a donation to its Meals on Wheels program on March 1 from the Maine State Credit Union.

Branch Manager Michele Lyons presented Meals on Wheels Coordinator Cathe Kelley, a \$250 check on March 4. The Credit Union's "Drive for Good" campaign offers auto loan customers the choice to donate to a local charity in each of the counties they serve. According to Lyons, Maine State Credit Union is committed to helping local communities flourish and are always looking for ways to

make a difference. This is done, she said, through volunteer work, financial education, and giving back.

Michele said 2023 was the first year for the Drive for Good campaign and added "hopefully we will be back next year with the same or more money."

Thank you, Maine State Credit Union, for your generosity!

Our Locations:

Home Office:

One Weston Court, Suite 109
Augusta
1-800-639-1553

Community Centers:

Lincoln County Regional Ctr.
767 Main Street, Suite 3
Damariscotta
(207) 563-1363

Cohen Community Center
22 Town Farm Road
Hallowell
(207) 626-7777

Muskie Community Center
38 Gold Street
Waterville
(207) 873-4745

Somerset Community Center
30 Leavitt Street
Skowhegan
(207) 474-8552

Waldo Community Center
18 Merriam Road
Belfast
(207) 338-1190

Aging and Disability Resource Centers:

Midcoast Regional Center
(co-located with People Plus)
35 Union Street
Brunswick
(207) 729-0475

Knox Resource Office
87 Elm Street, Suite 204A
Camden
(207) 596-0339

Interested in receiving our monthly newsletter?
Visit spectrumgenerations.org/contact.

April is Autism Awareness Month

April is Autism Awareness Month, and April 2 is World Autism Awareness Day - established by the United Nations in 2008. In general, these designations bring awareness and increase understanding and acceptance of people with autism. Blue in April represents the color of autism spectrum disorder awareness.

Autism and Developmental Disabilities Monitoring Network estimates 1 in 44, 8-year-old children, have been identified with autism spectrum disorder (ASD) and boys are four times as likely to be diagnosed with ASD as girls.

If you, or someone you know, is managing autism or other intellectual and/or developmental disabilities, Healthy Living for ME is here to provide support. Through our **HealthMatters™** program we offer support and assistance, and our **Building Better Caregivers** program is available as a resource for those caring for someone with autism.

For more information, visit healthylivingforme.org, call (207) 620-1642, or email mhawk@spectrumgenerations.org.

AGING ME GERIATRICS WORKFORCE ENHANCEMENT PROGRAM (GWEP) PRESENTS

Combatting Dementia Worry

LECTURE TRAINING

May 10 | 10 a.m. - 1 p.m.
Cohen Community Center

AgingME has created a brief lecture that has been shown to alleviate worry and gives clear guidance on what you can do to improve your cognitive health. Owing to the success of this program, we are looking for speakers that we can train statewide.

Susan Wehry is a board-certified geriatric psychiatrist with almost 40 years of experience. She is the director of AgingME, a GWEP to create a more age-friendly health system.

Hotel accommodations, mileage, and ferry reimbursement are available for the training. Email info@healthylivingforme.org or call 1.800.620.6036 to register or for more information.



Take the first step towards Dementia Inclusion!

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COMING SOON | STAY TUNED!



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