



## A volunteer opportunity for you!

### Front Desk Reception duties may include:

- Guide and assists program participants in planned group activities.
- Provide activities on a one on one basis. Bring your own artsy talents to the table.
- Assists with meals, serving, preparing food items and cleanup.
- Prepares rooms and equipment for activity sessions; lays out materials for consumer's use; cleans up room and puts materials and supplies in the proper place.
- Replenish storage cabinets or worktables in area with supplies and materials.

For more information, please contact Volunteer Coordinator, Amalia Perez del Pulgar at [adelpulgar@spectrumgenerations.org](mailto:adelpulgar@spectrumgenerations.org) or 680-1684.

## Medicare 101 Clinics

*Attendance is required before an individual appointment can be made.*

Nearing the age for Medicare eligibility? Learn the facts!

Do you know...

- The four different parts of Medicare?
- The difference between a Medicare Advantage Plan and a Medigap Plan?
- The Medicare out-of-pocket costs?
- What to consider when choosing your Medicare coverage?
- Late enrollment can lead to financial penalties?

**Do not wait until you are 65!** You should begin learning about Medicare three to six months before you are eligible. You need to know the answers to these questions and more to make the best choice from the many Medicare options.

Attending a Medicare Clinic can help!

**The next Medicare Clinic will be held Monday, June 10, from 1:00—3:00 p.m. at the Muskie Community Center, 38 Gold St. in Waterville.**

**Pre-registration is required by calling 873-4745. Donations are appreciated!**



*Spectrum Generations is an Equal Opportunity Provider. Please let us know if you require special accommodations at least two weeks prior to the event.*

# MUSKIE NEWSLETTER

spectrum  
generations

June 2019

38 Gold Street, Waterville, ME 04901  
(207) 873-4745 or [TTY] 1.800.464.8703  
Fax: (207) 872-6168  
Monday-Friday, 7:30 a.m.— 4:00 p.m.



## Message from the Center Director

### Elder Abuse Awareness Month

June is a time to highlight the ways many seniors are being abused, and provide education on signs to look for and resources if someone you care about may be in danger. Working together, we can build the social supports that can prevent this abuse and keep everyone safe as we age.

You may see signs of abuse or neglect when you visit an older person at home or in an eldercare facility. You may notice the person:

- Has trouble sleeping
- Seems depressed or confused
- Loses weight for no reason
- Displays signs of trauma, like rocking back and forth
- Acts agitated or violent

**THERE'S NO EXCUSE FOR ELDER ABUSE.**

If you see signs of abuse, try talking with the person to find out what's going on. If you see something that looks like abuse, you can contact the Maine Office of Elder Services at 1-800-624-8404 (Voice) 711 (Maine Relay), who can provide or arrange for services to protect incapacitated and dependent adults in danger of abuse, neglect, or exploitation. Calls may be made anonymously.

Every year on June 15, **Elder Abuse Awareness Day** is recognized around the world.

On this day, our Bridges Adult Day and Community Support Services will be holding a discussion with our consumer programs about the reason for this day, warning signs of elder abuse, how to overcome it, and what we can do to help. Our Team Leaders are always advocating for our consumers' wishes and needs no matter the time of year.

## Upcoming Events

June 5

### Ageing Well in Waterville

#### Aging Law Considerations

John Nale, Esq., will be offering an opportunity to discuss topics related to legal affairs of all ages at R.E.M., 31 Temple Street in Waterville on **Wednesday, June 5, 9—10:00 a.m.** Bring your questions! FMI please call 873-4444. No registration required. Free for all Adults!

June 19

### Family Caregiver Support Group

Are you a caregiver for a family member or friend? Does your loved one have dementia or another chronic illness? If so, come and talk with others who share a similar journey to support one another, and learn about resources and information that may help you. The Caregiver Support Group will meet on **Wednesday, June 19, from 1—2:30 p.m.** FMI please call 620-1670.



Planning an event? Cohen on the Meadows is available to serve all catering needs! FMI please call **(207)620-1189** or **(207)660-9267**.



Spectrum Generations webpage is full of information keeping you informed. Visit [www.spectrumgenerations.org](http://www.spectrumgenerations.org) today!



*This newsletter is sponsored by Bridges Home Services, committed to providing solutions for clients' individual needs and helping improve quality of life while aging in place. FMI please call (800)876-9212.*

Spectrum Generations is the Central Maine Area Agency on Aging. Our mission is to promote the life-long learning, health, wellness, nutrition, community engagement, and social well-being of all older and disabled adults. We actively engage the people of central Maine, across the entire generational spectrum, in redefining how older and disabled adults live healthy, socially enjoyable and independent lives. We invite you to connect with us in various ways:

## 17th Annual Golf Fore a Cause – last chance!



**Spectrum Generations' 17th Annual Golf Fore a Cause** tournament promises to be an exceptional day of fun, prizes, and golf—all while participants show their support for our Meals on Wheels Program.

Participants will enjoy 18 holes of golf, with cart, at the beautiful Brunswick Golf Club. They'll also receive a bagged lunch (catered by Cohen on the Meadows), a homestyle barbeque dinner, awards, and much more.

The cost is \$125/individual, \$450/team, so get your foursome organized and sign up today! You'll be able to take advantage of the longest day of the year—the Summer Solstice—when we tee off a **1:00 p.m. on Friday, June 21**, and kick off your weekend in spectacular fundraising fashion!

If you're not into golf but would like to **join us for the homestyle barbeque**, you can purchase a dinner ticket for just \$25. And be sure to **purchase raffle tickets** for the drawing that will happen on June 21—just \$10/ticket and you'll be entered to win a Weber grill (courtesy of Bridges Home Services), a men's Seiko watch (donated by Keith Field Goldsmith), a family four-pack to Monkey C Monkey Do, and a pair of Oakley sunglasses (courtesy of Smart Eye Care in Augusta). **Tickets on sale now at the reception desk!**

To register for golf or purchase dinner tickets, contact Sarah at 620-1677 or [sbrown@spectrumgenerations.org](mailto:sbrown@spectrumgenerations.org).

## Discussion with John Nale, Esq.

Please join us along with John Nale on **Friday, June 14** at Spectrum Generations Muskie Community Center, 38 Gold Street in Waterville from **10:30 — 11:30 a.m.** for a **free** discussion on *Current Issues in Elder Abuse*.

John will discuss the importance of Elder Abuse Awareness month.

Questions and answers to follow the discussion. Pre-register by calling 873-4745 or stop by the reception desk. All are welcome!



## 57th Annual Windjammer Days in Boothbay Harbor

Windjammer Days is an annual event in Boothbay Harbor that celebrates Maine's Maritime Heritage. Join us for a day of fun and excitement on **Wednesday, June 26** at **9:00a.m.** as we travel to Boothbay Harbor to enjoy the day.

Scheduled events include: Tours of the U.S. Coast Guard Station, Maine State Aquarium (both these events have a free shuttle service), British Invasion Attack on Boothbay Harbor, Gathering of the Fleet, Join the Pirates of the Dark Rose on board the Must Roos and get a firsthand look at pirate life on the water! She's docked at the Fisherman's Wharf.

Everyone buys their own lunch. Our van will be leaving Spectrum Generations' Muskie Community Center at 9:00 a.m. Transportation fee: \$18.00 per person. Registration is required by calling 873-4745 or stop by the reception desk to sign up!

### Save the Date!

#### Fort Edgecomb State Park Trip Wednesday, July 17

Enjoy a scenic ride to Fort Edgecomb State Park overlooking Sheepscot River (known for hosting Harbor Seals). After exploring the park we will continue on to Boothbay Railway Village museum. Pre-register at reception or by calling 873-4745. Transportation fee: \$19.00 plus admission fee to museum of \$4.00

## Health & Wellness

### Richard Simmons Workout

Come join in on this upbeat and beneficial workout! **Monday, Wednesday, and Friday, 9—10:00 a.m.** **Fee: \$1.00.** Call 873-4745 or stop by reception to register.

### Yoga

Yoga is an ancient art based on a harmonizing system of development for the body, mind, and spirit. The purpose of yoga is to create strength, awareness and harmony in both the mind and body. Join Kim Nashed, a Yoga Alliance Certified Instructor on **Tuesdays** and **Thursdays** from **8:30 — 9:30 a.m.** **Fee: \$5.00** per class. Call 873-4745 or stop by the reception desk to register.

### Enhance@Fitness

Enhance@Fitness was developed and created for older adults of all fitness levels which focuses on dynamic cardiovascular exercise, strength training, balance, and flexibility — everything to help you maintain health and function as you age. No special equipment is required for participation. The program is led by a certified instructor trained in bringing out the physical best for those 55 and older. Classes are held at the YMCA of Greater Waterville, 126 North Street, Waterville on **Mondays, Wednesdays, and Fridays** from **10:00—11:00 a.m.**

To register or for more information, please call 873-0684.

### Living Well with Diabetes

This workshop is designed to help people with type 2 diabetes learn how to live well. **Topics include:** techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, depression, anger, fear, and frustration; appropriate exercise for maintaining and improving strength and endurance; healthy eating, appropriate use of medication; and working with healthcare providers.

**Location:** Thayer Center for Health  
149 North Street in Waterville.  
**Dates:** Mondays, June 10—July 15  
**Time:** 4:00—6:30 p.m.

For more information or to register in advance, please visit [healthylivingforme.org](http://healthylivingforme.org), call (800)620-6036 or email [info@healthylivingforme.org](mailto:info@healthylivingforme.org)

## Learn, Play, & Socialize!

### Pony Canasta A New & Fast Card Game! Mondays, 1:00 — 3:45 p.m. Cost: \$1.00

With 2 or 3 players, each plays for themselves. If there are more than 3 and an even number of players, play as partners or teams if desired.

### Hand and Foot Card Game Tuesdays, 1:00 — 3:30 p.m. Cost: \$1.00

Play as an individual or as a team.

### Quilters Tuesdays, 9:45 — 11:00 a.m. Cost: \$1:00

### Notary Public Tuesdays, 1:00 p.m. Cost: By donation

Call 873-4745 to book your appointment.

### Speak French Social Hour Wednesdays, 9:30 — 10:30 a.m. Cost: \$3.00

Includes coffee and muffin. Speak French but only have a few people to converse with? If so, join our Speak French Social Hour. Call 873-4745 to join today!

### Cribbage Wednesdays, 12:30 — 3:00 p.m. Cost: \$1.00

### Bridge Waterville Non-Sanctioned Duplicate Bridge meets each **Thursday** from **11:00 a.m. — 3:45 p.m.** Cost \$2.00

Please bring your own partner.  
Call 872-5932 For more information.

### Remember Me Spiritual Readings Medium Francine McEwen uses her clairvoyant abilities to connect with loved ones who have passed to spirit. Join Francine on **June 21**, from **12:30 — 2:45 p.m.** Cost: \$25.00 for each 1/2 hour. Call **873-4745** to schedule an appointment for your private reading.