

March Madness Raffle Calendar

Want a chance to win some really great prizes? Purchase a raffle ticket for \$10.00 and have a chance to win one of 21 exciting prizes in the month of March such as; gift cards, handcrafted lamps, handcrafted wooden bench, crocheted throw, painted wall slates, and much more! Each prize has a value of \$25.00 or more!

Purchase as many tickets as you wish. If you win a prize, your ticket goes back in the drawing for the rest of the month. Tickets are on sale all month long!



Weekday drawings will be held Monday - Friday during lunch at the Muskie Community Center. You do not need to be present to win. All proceeds benefit Spectrum Generations Muskie Community Center's many programs and activities.

Spring Fundraiser

Do you have costume jewelry that you would like to donate for an upcoming fundraiser at Spectrum Generations' Muskie Community Center?

If so, please bring it in and drop it off at the reception desk!

We are also accepting donations of yard sale items; however we cannot accept very large and heavy items. We appreciate all your support!

bridges

HOME SERVICES

a division of
Spectrum Generations

This newsletter is sponsored by Bridges Home Services; providing in home and community support services. We are committed to improving quality of life while aging in place and providing solutions for our clients.

Offering caregiving options with day programs in four community centers, personal support specialists providing assistance in the home, and life care consulting. To learn more, call (800) 876-9212.



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 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:



spectrumgenerations



@SpectrumGen



www.SpectrumGenerations.org



1-800-639-1553

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, March 11, 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.

Weather Cancellations & Delays

In the event of bad weather, please call 873-4745 before heading to the Muskie Community Center. If no answer, please call (800)639-1553 for a recorded message announcing any agency closings. Spectrum Generations will announce any delays or closings on our Facebook page as well as:

TV Channels 2, 5, 6, 8, or 13
and on **FM Radio Stations 92.3, 93.5, 96.7, 97.1, 97.5, 98.5, 101.3, 102.5, 103.3, 104.3, 105.1, 107.9, and AM Radio Station 1160**

MUSKIE NEWSLETTER

spectrum
generations

March 2019



Message from the
Center Director

Join us to feed seniors!



March for Meals so No Senior Goes Hungry

For more than 45 years, critical programs like **Meals on Wheels** have delivered more than nutritious meals to homebound seniors in virtually every community across the country. At Spectrum Generations, we are **currently serving 1,104 people** through this program and we could not do it without the dedicated staff and volunteers who prepare, pack, and deliver these meals each week. Meals on Wheels provides a vital lifeline and connection for recipients to their community, which is sometimes all it takes to keep them at home, where they want to be.

Join us as we **March for Meals** all month-long, and celebrate the program that sustains millions of Americans nationwide. It takes the collaboration of local community organizations, businesses, all levels of government, and **most importantly, compassionate individuals** to ensure that our seniors are not forgotten. Help us raise awareness and funds – to support this program, make a donation at your local center this month!

We also are urging all members of the public to look at LD472 – a proposed bill currently making its way through the Maine legislature that could infuse much-needed financial support to the Meals on Wheels program, statewide. If you, or someone you know has benefitted from this program, or you simply believe in its importance, your voice can make a difference!

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.

Upcoming Events

March 6

Aging Well in Waterville

Learn How to be Safe on the Internet

Betina Tagle, Assistant Professor of Cyber/CIS Security, and University of Maine WiCYS Chapter student, will be at the Alfond Center, 126 North Street in Waterville on **Wednesday, March 6** from 11:00 - 1:00 p.m. to demonstrate and answer any questions on keeping yourself safe on the internet. Seating limited to 25. Free for all Adults. FMI call 873-4444.

March 20

Family Caregiver Support Group

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 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, March 20**, from 1:00 - 2:30 p.m. and is here to listen, to care, and to help.

FMI please call 620-1670.

We Respect Your Abilities

March is National Intellectual Disabilities Month! Spectrum Generations would like to introduce you to our Case Management Team. Our team consist of **9 highly qualified** and experienced case managers serving **7 counties**. Our team is here to help consumers and their families navigate a complex and critically underfunded service system. With effective and responsive coordination, case managers are able to link consumers to much needed resources to enhance the quality of life, and inclusiveness in their communities.

We are here to help design, coordinate, and monitor supports and services.

- Follow the wishes and needs of each individual through a person centered planning process.
- Enable people to explore a full range of options.
- Develop formal and informal supports.
- Advocate for the interests, preferences, and dreams of the individual.
- Assist individuals and families in independently coordinating their own supports and services if they so desire.
- Be free from conflict of interest.
- Support the development and expression of self-determination and self-advocacy.
- Provide a wide range of available resources.

We want to hear from you! If you have questions or would like more information about the services we offer, call our consumer helpline at 1.800.639.1553.



Living Well with Diabetes

In this FREE six-session workshop series you will learn new ways to better manage your diabetes. The workshop is open to any adults who have diabetes or care for people who do.

Location: Thayer Center for Health, 149 North Street, Waterville
Dates: Mondays, March 11 – April 15
Time: 2:00–4:30 p.m.

To register for this free program, please visit www.healthylivingforme.org or call (800) 620-6036.

17th Annual Golf Fore a Cause



What better way to take advantage of Summer Solstice, the longest day of the year, than at one of Spectrum Generations' biggest fundraising events! Our 17th Annual Golf Fore a Cause tournament, benefiting our programs and services, will take place on Friday, June 21, at the Brunswick Golf Club. Spend the day on the course and transition into the evening with a homestyle BBQ and live music around the fire pit.

The cost is \$125 /individual, \$450/team and includes 18 holes with cart, bagged lunch (catered by Cohen on the Meadows), homestyle BBQ, awards, and much more! Want to join us just for a homestyle BBQ? Purchase a dinner ticket for \$25 each!

There are also various sponsorship levels available and offer a great way for businesses or individuals to generate positive publicity from their association with our tournament.

Please contact Sarah at sbrown@spectrumgenerations.org or 620-1677 for more information.

Living Well for Better Health

This FREE six-session program series is designed to help people gain self-confidence in their ability to control their symptoms and learn how their health problems affect their lives. Open to any adult who have a chronic disease or care for someone who does.

Location: Thayer Center for Health
149 North Street, Waterville
Dates: Fridays, March 1 - April 5
Time: 9:00–11:30 a.m.

Location: Lovejoy Health Center
7 School Street, Suite 1, Albion
Dates: Wednesdays, March 20- April 24
Time: 9:00–11:00 a.m.

Health & Wellness

Richard Simmons Workout

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

Yoga

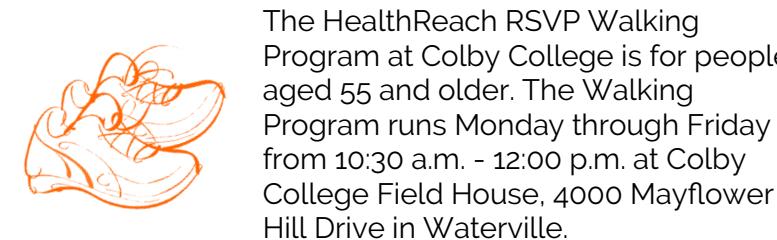
Yoga is an ancient art based on a harmonizing system of development for the body, mind, and spirit. The purpose of yoga is to create strength, awareness and harmony in both the mind and body. Join Kim Nashed, a Yoga Alliance Certified Instructor on **Tuesdays** and **Thursdays** from **8:30–9:30 a.m.** **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 or expensive equipment is required for these classes.

Enhance®Fitness improves physical and mental well-being in older adults in a relaxed atmosphere. 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 questions, please call 873-0684.

Walking Program at Colby College



The HealthReach RSVP Walking Program at Colby College is for people aged 55 and older. The Walking Program runs Monday through Friday from 10:30 a.m. - 12:00 p.m. at Colby College Field House, 4000 Mayflower Hill Drive in Waterville.

Participants are asked to park in the lower parking lot of the Field House, and to enter and exit through the main lobby of the Field House. Outside footwear is not allowed on the new track, you will need to bring a separate pair of shoes to be worn on the track.

For more information, please call Community Health at (207) 872-4102.

Learn, Play & Socialize!

Hand and Foot Card Game

Tuesdays, 1:00–3:30 p.m. Cost: \$1.00

Hand and Foot card game is related to Canasta. Each player is dealt 2 sets of cards, one as the "hand" and one as the "foot." You can either 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 set up your appointment.

Speak French Social Hour

Wednesdays, 9:30–10:30 a.m. Cost: \$3.00

Includes coffee and muffins. Speak French but only have a few people to converse with? If so, join our Speak French Social Hour. Call 873-4745 or stop by the reception desk to join!

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 FMI.

Remember Me Spiritual Readings

Medium Francine McEwen uses her clairvoyant abilities to connect with loved ones who have passed to spirit. Join Francine on **March 15**, 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.

Coming in April

Maine State Credit Union FEED ME 5K WALK/RUN

The Muskie Community Center will be participating in the Maine State Credit Union Feed ME 5K Walk on **Saturday, April 7**. Join the Muskie Community Center team or feel free to start your own. Sponsorship donations are also very much appreciated!

E.P. Rock Don Boudreau

E.P. Rock, Maine's Premier Elvis tribute act, featuring Don Boudreau will be in concert at Spectrum Generations' Muskie Community Center on **Sunday, April 28** from 2:00-4:00 p.m. Tickets on sale soon!

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