



November 22, 4:00 p.m.—8:00 p.m.
 November 23, 24, 29 and 30, 10:00 a.m.—6:00 p.m.
 December 1, 10:00 a.m.—2:00 p.m.

St. John's Community Center
 43 Pleasant Street, Brunswick

The **Midcoast Tree Festival** will showcase fully decorated, themed, and lighted artificial Christmas trees on display throughout the two-weekend event, which will be raffled off to lucky winners at the conclusion of the festival.

Admission is \$2 for adults and no charge for children 12 and younger.

Additional information can be found online at [facebook.com/midcoastreefestival](https://www.facebook.com/midcoastreefestival)

The Midcoast Tree Festival proceeds will support: All Saint's Parish (St. John School), Spectrum Generations' Meals on Wheels, and the Southern Midcoast Maine Chamber.



All Spectrum Generations' locations will be closed on **Monday, November 11**, in observance of Veterans Day.

We will also be closed on **Thursday, November 28 and 29**, for Thanksgiving.

National Diabetes Month 2019



November is National Diabetes Month, a time when communities across the country team up to bring attention to diabetes. In partnership with the [National Heart, Lung, and Blood Institute \(NHLBI\)](http://www.nhlbi.nih.gov), this year's focus is on the link between diabetes and cardiovascular disease.

Adults with diabetes are nearly twice as likely to die from heart disease or stroke as people without diabetes. This is because over time, high blood glucose from diabetes can damage your blood vessels and the nerves that control your heart. The good news is that the steps you take to manage your diabetes can also help lower your chances of having heart disease or a stroke:

	Manage your A1C, blood pressure, and cholesterol levels. Ask your health care team what your goals should be.
	Develop or maintain healthy lifestyle habits. Follow your healthy eating plan and make physical activity part of your routine.
	Learn ways to manage stress. Try deep breathing, gardening, taking a walk, doing yoga, or listening to your favorite music.
	Stay on top of your medications. Take medicines as prescribed by your doctor.
	Stop smoking or using other tobacco products. You can start by calling 1-800-QUITNOW or visiting smokefree.gov .



November Spotlight Living Well with Chronic Pain

Living Well with Chronic Pain is designed for people with an ongoing pain condition and offers techniques and strategies for dealing with symptoms. Class topics include techniques to deal with frustration, fatigue, isolation, poor sleep, appropriate exercise for maintaining and improving strength, appropriate use of medications, communicating effectively with family, friends, and health professionals, nutrition, pacing activity and rest, and how to evaluate new treatments.

FMI or to register for a class, visit healthylivingforme.org or call **1-800-620-6036** to speak with a team member.

Need help with Medicare?

Spectrum Generations' Aging & Disability Resource Counselors can help you understand your options and help you choose which plan is right for you. If you live in the Brunswick, Harpswell, or Sagadahoc County area, call (207) 729-0757 to make an appointment with one of our counselors. If you live outside of those areas, call Spectrum Generations' Consumer Helpline at 1-800-639-1553 to find the center closest to you.

Open Enrollment



Medicare 101

Choosing a Medicare drug and health plan can be difficult and confusing. In this Medicare 101 class you will be provided with information regarding Medicare, Medicare drug coverage, Medicare Advantage plans, Medicare Supplement plans, and tips on how you can save money and avoid penalties.

The next session will be held on November 12, 2019
 12:30—2:30 p.m.
 People Plus | 35 Union St., Brunswick
 Call (207) 729-0757 to register or for more information.

A \$15 donation is suggested