



co-located at People Plus
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Brunswick, ME
207-729-0475

www.spectrumgenerations.org

Central Maine Area Agency on Aging
Southern Midcoast Aging and Disability Resource Center

Monthly Update

November 2020

All Spectrum Generations' locations will be closed on Wednesday, November 11, in observance of Veterans Day. We will also be closed on Thursday, November 26 and Friday, November 27, for Thanksgiving.

National Diabetes Month

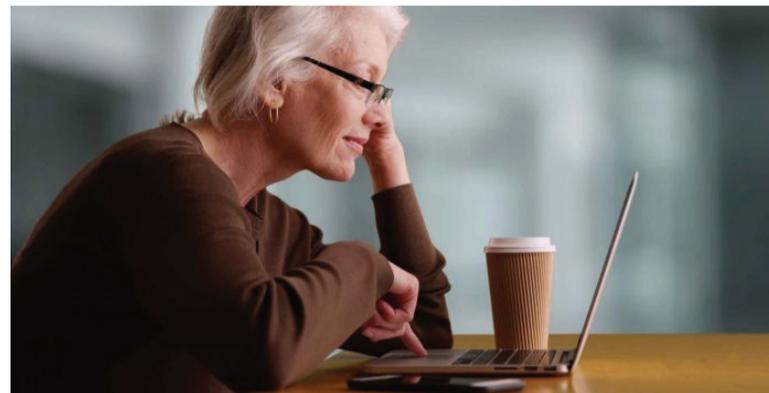
← steps to prevention

In November, National Diabetes Month focuses attention on the growing cost of diabetes on American's health. From the physical, emotional and social effects to financial and damaging health, diabetes impacts more than 30 million people in the United States. Also known as American Diabetes Month, the month focus on making healthy changes and reducing the risk of type 2 diabetes.

When we make small changes, we are more likely to stick when them. So, add one or two small changes at a time, instead of huge sweeping changes.

7 Key Steps to Diabetes Prevention

-  **Be more active.**
-  **Eat fiber-rich foods.**
-  **Eat whole grains.**
-  **Lose weight.**
-  **Make healthier choices.**
-  **Don't Smoke.**
-  **Drink in Moderation.**



Medicare →

Open Enrollment

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 schedule an appointment with one of our counselors via ZOOM.

If you live outside of those areas, call Spectrum Generations' Consumer Helpline at 1-800-639-1553 to find the center closest to you.



← Health at home

Do you want to feel better, increase your quality of life, or improve your experience with healthcare providers?

You can now take Living Well for Better Health at home and it's free!

This program is run by peer leaders who understand just how challenging it can be to make their own health and wellness a priority. Throughout this six session series, that has been proven to promote health and prevent disease, you'll learn how to boost your energy, improve mood and decrease fatigue.

Slow internet, no computer or only have a small phone screen? No problem! Our new tablet loaning program is launching in January 2021 – Just in time for the start of this workshop on February 3.

If you're interested or are looking for more information, contact our Healthy Living Coordinator at (207) 620-1642 or visit our website at www.healthylivingforme.org.

Cold Weather Reimbursement →



The winter months are tricky to navigate for anyone, but the group of people who faces the most difficulty is unquestionably older adults, as they are very susceptible to slipping and falling. If you are helping someone who is experiencing memory loss, you should check out this opportunity to have some of the costs involved with preparing for colder weather reimbursed.

Spectrum Generations is here to help you prepare and be pro-active, so you will be ready for the first cold spell. We can help you get reimbursed for services such as winterizing your home, leaf removal, snow removal, gutter maintenance, and gutter installation.

For more information or to see if you qualify, please contact Molly at 1.800.639.1553.



Don't miss out!
Save the date
2nd Annual
Midcoast Tree Festival
November 20-22 and
November 27-29, 2020.

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



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

Proud to partner with People Plus