

Our Locations:

Home Office:
One Weston Court
Suite 109
Augusta

Community Centers:

Lincoln County Regional Ctr.
(co-located with CLC YMCA)
525 Main Street
PO Box 474
Damariscotta

Cohen Community Center
22 Town Farm Road
Hallowell

Muskie Community Center
38 Gold Street
Waterville

Somerset Community Center
30 Leavitt Street
Skowhegan

Waldo Community Center
18 Merriam Road
Belfast

Aging and Disability
Resource Centers:

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

Knox Resource Office
87 Elm Street
Suite 204A
Camden

Spectrum Generations is an Equal Opportunity Provider



Please let us know if you require special accommodations at least two weeks prior to an event.



Medicare Savings Program

We have noticed a trend in the community where individuals are avoiding medical attention and are not taking medication as prescribed in order to save costs. In addition, they are not signing up for programs that can help cover Medicare costs, because they are concerned about losing their family homes.

Unfortunately, they are avoiding medical care due to having false information.

Medicare Savings programs such as QMB, SLMB, and QI do not practice estate recovery. Individuals who enroll in QMB, SLMB, and/or QI will not be subject to estate recovery as those who are on full MaineCare.

Medicare Savings Programs help pay the Medicare Parts A and B premiums for low income people. It can also assist in covering Medicare Part D costs.

Please call us at 1.800.639.1553 FMI and to find out if you qualify.

Golf Fore a Cause Save the Date →

Friday,
6/21/21
1:00 p.m.

Please consider joining Spectrum Generations on Friday, June 25, at the Brunswick Golf Club, for our annual Golf Fore a Cause fundraiser benefiting our programs and services!

Each year we fundraise in order to address the needs of people we help. You can help too! Take a swing out of senior hunger by sponsoring and/or playing in this year's Golf Fore a Cause fundraiser, which benefits Meals on Wheels.



Registration and sponsorship information will be posted soon on our website, spectrumgenerations.org

For more information, you may also contact Sarah Brown at sbrown@spectrumgenerations.org or 207.620.1677.

Spectrum Generations is the Central Maine Area Agency on Aging. Our mission is to promote and advance the well-being and independence of older and disabled adults, with the support of their care partners, to live in their community of choice. We actively engage the people of central and midcoast 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:



1.800.639.1553
spectrumgenerations.org

All Spectrum Generations' locations will be closed Monday, February 15, in observance of Presidents' Day



Spectrum Generations' 23rd Annual Gene and Lucille Letourneau Ice Fishing Derby will be held on Sunday, February 14, 2021, (weigh-in between 2:00-5:00 p.m.) at the Muskie Community Center located at 38 Gold Street in Waterville.

The derby promotes outdoor sports and helps raise funds for the Muskie Community Center- a place where older and disabled adults can gather for socialization with friends, fun activities to keep them engaged, and health and wellness classes to maintain vitality of mind and body!

Tickets are on sale now at the Muskie Community Center. 1 for \$3.00, 2 for \$5.00, 5 for \$10.00.

Each ice fishing derby ticket purchase allows you a fish entry and an entry into the drawing for the door prize—a Yeti Tundra 65 cooler package valued at \$500.00, sponsored by Nale Law Offices.

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

Monthly Update

February 2021



AWARENESS SAVES LIVES!

February is AMERICAN HEART MONTH

Heart Health Tips

It's no secret February is all about hearts — but not just the candy kind. It's also American Heart Month, a time the nation turns its attention to keeping families and communities free from heart disease, the number one killer of Americans.

Follow these heart healthy lifestyle tips with your friends, family, coworkers, and others in your community and you'll all be heart healthier for it:

- Be more physically active.
- Maintain a healthy weight.
- Eat a nutritious diet.
- Quit smoking.
- Reduce your stress.
- Get enough quality sleep.
- Track your heart health stats.

You don't have to make big changes all at once. Small steps will get you where you want to go.

7 Days of Self-Care

<p>#MindfulMonday</p> Know your blood pressure numbers and other heart stats	<p>#TastyTuesday</p> Try a tasty, heart-healthy recipe	<p>#WellnessWednesday</p> Put your heart into your wellness routine
<p>#TreatYourselfThursday</p> Treat your heart to some relaxation and fun	<p>#FollowFriday</p> Share who inspires you to show your heart more love	<p>#SelfieSaturday</p> Post about your favorite way to take care of your heart

#SelfcareSunday
Create your **self-care checklist** for the week



#OurHearts

Thank you for being a volunteer

Words are not enough to describe how grateful we are for the dedication, compassion, and generosity of the hundreds of individuals who have given their time to help fulfill our mission; to promote and advance the well-being and independence of older and disabled adults, with the support of their care partners, to live in their community of choice.

Without our volunteers, we would not be able to accomplish all that we have accomplished. This month we would like to recognize the dedication and commitment of all our volunteers who give their time to help their neighbors and communities.

WE LOVE  OUR VOLUNTEERS

Meet a few of our dedicated Lincoln County Meals on Wheels volunteer drivers.

Cynthia Davis, a loyal Damariscotta driver, is always willing to pick up a second route if asked.



Terry Reddy, a committed volunteer, is always willing to pitch in when needed.



Herb Nixon, a dedicated driver, delivers to Westport Island and Wiscasset.



National Wear Red Day®

Friday, February 5, 2021

About **87,000** people in Maine have coronary heart disease.



This is the most common form of heart disease and can often be prevented. #OurHearts are healthier when we move more, eat healthier, get enough sleep, reduce stress, and quit smoking!

Learn more at hearttruth.gov

Show your support and wear red!



Spreading the love

Bridges Adult Day and Community Support Services is spreading some love around the Spectrum Generations Community Centers. Clients will participate in painting rocks and writing kind words on them and placing them around the community centers as well as leaving some for congregate dining members to take home. Painting rocks is one of those therapeutic activities that builds fine motor skills and allows the consumers to be creative.



American Heart Month

Free Health Classes

Heart disease is the leading cause of death for both men and women in the United States. About 90 percent of middle-aged people have one or more risk factors for heart disease, such as diabetes, high blood pressure, high blood cholesterol, or being a smoker or overweight. Having multiple risk factors increases your risk for heart disease.

Did you know that people who have close relationships in their community tend to be healthier and live longer? One reason, according to the National Heart, Lung, and Blood Institute (NHLBI), is that we're more successful at meeting our health goals when we join forces with others. You don't have to make big changes all at once – small steps will get you where you want to go! Take your first step by joining one of our free health promotion classes to meet others who are going through the same thing, and together learn the skills you need to get back on track.

Diabetes Prevention Program

(Year-long program that meets weekly for the first 4 months then bi-weekly for the remainder of the year)

March 2021 – March 2022

Thursdays, 3:30-4:30 p.m.

Weekly, beginning March 25

Bi Monthly, beginning August 8, 2021

Living Well with Chronic Pain

Thursdays, 1:00-3:00 p.m., March 11 – April 15

Living Well for Better Health

Tuesdays, 10:00 a.m.-12:00 p.m., April 6 – May 11

For more information or to register contact our Healthy Living Coordinator Jen, at (207) 620-1642 or jpaquet@spectrumgenerations.org



Volunteer SHIP Counselor

Medicare is a required insurance for most individual once they turn 65, however, there are very few unbiased resources for those who enroll. You have the opportunity to be trained by Legal Services for the Elderly, work with our Medicare experts, and give back to the community. You won't want to miss out on this opportunity!

In depth training will be provided and you will work closely with the SHIP/SMP program Coordinator.

If you are interested and would like to fill out an application, please contact Brooke Jansen at 620-1692 or bjansen@spectrumgenerations.org

Our Staff

Thank you!

United Way awarded Spectrum Generations with the Public Service Partner of the Year award. This award recognizes a nonprofit or government partner that has supported the United Way campaign in new or stronger ways. In addition to increasing our campaign by 217%, we were recognized for all the incredible work we did this past year and are continue to do for the community. Our loyal and dedicated employees are the foundation to a successful company. Thank you for your contributions to our success. Throughout this time it's important that we support each other and the community. We're all in this together!

