



Co-located at People Plus
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AGING ME GERIATRICS WORKFORCE
ENHANCEMENT PROGRAM (GWEP) PRESENTS

Combating Dementia Worry LECTURE TRAINING

May 29 | 10 a.m. - 1 p.m.
Cohen Community Center

AgingME has created a brief lecture that has been shown to alleviate worry and gives clear guidance on what you can do to improve your cognitive health. Owing to the success of this program, we are looking for speakers that we can train statewide.



Susan Wehry is a board-certified geriatric psychiatrist with almost 40 years of experience. She is the director of AgingME, a GWEP to create a more age-friendly health system.

Hotel accommodations, mileage, and ferry reimbursement are available for the training. Email info@healthylivingforme.org or call 1.800.620.6036 to register or for more information.



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

Monthly Update

April 2024

April is Autism Awareness Month



April is Autism Awareness Month, and April 2 is World Autism Awareness Day - established by the United Nations in 2008. In general, these designations bring awareness and increase understanding and acceptance of people with autism. Blue in April represents the color of autism spectrum disorder awareness.

Autism and Developmental Disabilities Monitoring Network estimates 1 in 44, 8-year-old children, have been identified with autism spectrum disorder (ASD) and boys are four times as likely to be diagnosed with ASD as girls.

If you, or someone you know, is managing autism or other intellectual and/or developmental disabilities, Healthy Living for ME is here to provide support. Through our **HealthMatters™** program we offer support and assistance, and our **Building Better Caregivers** program is available as a resource for those caring for someone with autism.

For more information, visit healthylivingforme.org, call 207-620-1642, or email mhawk@spectrumgenerations.org.



WHEN: Thursday, April 11, 10:30 a.m. to 12:30 p.m.
WHERE: Cohen Community Center, Hallowell

Join LGBTQ+ older adults in the Augusta area for lunch at the Cohen Community Center, 22 Town Farm Rd., Hallowell. This luncheon is hosted and run by other LGBTQ+ older adults and occurs monthly on the second Thursday of each month. Folks meet at 10:30 a.m. and lunch is served at 11 a.m. The meal is free to those 60 and older; there is a \$7.50 charge for anyone under 60. All older LGBTQ+ adults are welcome to attend! Email Chuck Randall at europabear@aol.com or Izzy Ostrowski at izzy@equalitymaine.org for more information.

COMING SOON | STAY TUNED!



SpectrumGenerations.org/events/Celebrity-Chef

Proud to partner with People Plus