

## Legal Services for the Elderly

Spectrum Generations works closely with Maine Legal Services for the Elderly (LSE) to protect the independence and dignity of Maine's seniors. Legal Services for the Elderly is a non-profit agency with offices in five locations: Augusta, Bangor, Lewiston, Presque Isle, and Scarborough. Legal Services for the Elderly provides persons age 60+ with free legal advice regarding health care, health insurance, Medicare, MaineCare (Medicaid), Social Security, other public benefits, pension and retirement benefits, Powers of Attorney, creditor and bankruptcy problems, physical and financial abuse, guardianship defense, and other issues.

Some of the things that Legal Services for the Elderly can do:

- Answer your questions and give you legal advice over the phone
- In some cases, speak with other people on your behalf
- In some cases, meet you in person
- In some cases, go to court for you

If LSE can't help you, they will try to refer you to someone who can. Some of the problems with which LSE can help:

- MaineCare and Medicare
- Losing money or property to a relative, friend, or scam
- Physical and mental abuse
- Powers of Attorney and Living Wills
- Housing, such as evictions
- Overdue bills and debt collectors

LSE can be reached at (800)750-5353 Monday - Thursday, 9:00 a.m.—5:00 p.m. and Friday 9:00 a.m.—4:00 p.m. For more resources visit [www.mainelse.org](http://www.mainelse.org).



### USDA Commodity Supplemental Food Program

This program helps supplement diets of those 60 and older by providing 30 pounds of shelf-stable food items once a month for free.

For those living in **Knox County**, pick up is third Tuesday of every month, 10:30 a.m.—12:30 p.m. at The Methodist Conference Home, 39 Summer St, Rockland.

Pick up for **Lincoln County** is fourth Monday of every month, 1:00—2:00 p.m. at the CLC YMCA, 525 Main Street, Damariscotta. FMI and application or designate proxy if you are unable to pick up your bags, call 563-1363 FMI.

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](https://www.facebook.com/spectrumgenerations)  [@SpectrumGen](https://twitter.com/SpectrumGen)  [www.SpectrumGenerations.org](http://www.SpectrumGenerations.org)  (207) 563-1363

## COASTAL NEWSLETTER

spectrum  
generations

August 2018

 525 Main Street, Damariscotta, ME 04543  
 (207) 563.1363 or [TTY] 1.800.464.8703  
 Monday—Friday, 8:00 a.m. — 3:00 p.m.

### Message from the Coastal Community Center

spectrum  
generations



the  
YMCA

**Saturday, September 8, 2018**

as chefs battle to win your votes for the best dish!

Festivities begin at 5 p.m.

CLC YMCA  
525 Main Street, Damariscotta

#### Tickets

**\$75 per person or  
\$700 for a table of eight (includes program ad)**

For sponsorship opportunities or to donate an auction item call or email Sarah Brown at (207) 620-1677 or [sbrown@spectrumgenerations.org](mailto:sbrown@spectrumgenerations.org).

Benefits Spectrum Generations' programs including Meals on Wheels and CLC YMCA Community Programs

### Upcoming Events

Thursday, August 2

#### Medicare 101

Medicare can be overwhelming to individuals enrolling for the first time. Our Medicare 101 Session will take you through the four different parts of Medicare benefits and how each works. You'll learn how to enroll, what services are covered, and what estimated costs will be for your coverage.  
1—3:00 p.m.  
at the YMCA, Multi-Gen Room

Thursday, August 9

#### Family Caregiver Support Group

1—2:30 p.m.  
at the YMCA, Multi-Gen Room

Spectrum Generations offices  
will be closed **Monday,  
September 3** in observance  
of Labor Day.

## Lunch & Learn Schedule

**Wednesdays, 11:15 a.m.— 1:00 p.m.**

**\$5 suggested donation for those over 60 years,  
\$6.50 for all others**

**Reservations are required.**

Call 563-1363 **by noon on Mondays**  
to reserve your spot.

### Wednesday, August 1

**Sharon Gordon, M. Ac.**—You'll learn how to find a little relief from the stresses of everyday life. This may be the most relaxing Lunch & Learn you've been to!

**Entrée:** Baked Rosemary Chicken, Rice Pilaf,  
Almond Green Beans

### Wednesday, August 8

**Adam Epstein, Meteorologist, WGME Channel 13**  
Adam will present Weather 101, a program about Maine's diverse weather & climate.

**Entrée:** Chicken/Broccoli Alfredo, Pasta, Salad

### Wednesday, August 15

**Laura Suomi-Lecker, Avian Haven**—Located in Freedom (Waldo County), Avian Haven is one of the largest rehabilitation practices in New England for wild birds. Laura will give an overview of their amazing work.

**Entrée:** Creamy mac & cheese, peas & carrots

### Wednesday, August 22

**Ingrid Plunkett, LCSW** "Staying Positive as You Age" – Psychiatric social worker with Mid Coast Senior Mental Health Services, Ingrid will speak about how to keep your brain active, build resilience as you age, and ways to care for your mental well-being.

**Entrée:** Stuffed pork chop, almond green beans,  
roast potato

### Wednesday, August 29

**Leslie Wicks, F.A.R.M.S. @ the Y**—We'll be making our own dessert today. Leslie will show us how to make a quick, yummy one. You can eat it here or take it home!

**Entrée:** Hot dogs, potato salad, baked beans

## Living Well for Better Health 4-day Facilitator Training

Help improve the lives of those dealing with chronic disease by leading a scripted, 6-week session which provides others with new tips and tools for living a healthier life.

Spectrum Generations is offering the opportunity to become a Living Well Program Facilitator and lead a series tailored around improving quality of life while dealing with a chronic disease.

Where: Spectrum Generations'  
Cohen Community Center

When: August 29, 30 and September 5, 6

Time: 8:00 a.m. to 5:00 p.m.

Cost: Free for network partners

For more information, please contact Jen Paquet  
at 930-8082 or [jpaquet@spectrumgenerations.org](mailto:jpaquet@spectrumgenerations.org)



Volunteers/Back up Volunteer **Meals on Wheels**  
drivers needed Wednesdays and  
Fridays, 9:00 a.m. — 1:00 p.m.

for meals that are delivered from our new  
location at the Central Lincoln County YMCA,  
525 Main Street in Damariscotta.

In addition, volunteers and back up volunteers  
are needed for 5 hours a week on Wednesdays,  
to assist with serving **Congregate Dining**, also  
at our new location.

Please contact Maria Raymond, at 207-620-1684  
or [mraymond@spectrumgenerations.org](mailto:mraymond@spectrumgenerations.org)  
for more information!



August is National Immunization Awareness Month and serves as a reminder that vaccines are not just for kids! All adults should have their vaccination needs assessed at their doctor's office, or through visits with other healthcare providers. All adults need vaccinations to protect against serious diseases that could result in severe illness requiring medical treatment or even hospitalization, missed work, and not being able to care for family.

- Adults 60 years and older are recommended to receive the shingles vaccine.
- Adults 65 and older are recommended to receive one or more pneumococcal vaccines.
- Some adults younger than 65 years with certain high-risk conditions are also recommended to receive one or more pneumococcal vaccinations.

Certain vaccines are recommended based on a person's age, occupation, or health conditions (such as asthma, chronic obstructive pulmonary disease, diabetes or heart disease). Speak with your doctor or preferred healthcare professional to learn about which vaccines are recommended for you and the steps you can take to get up to date.

**"Society grows great when people  
plant trees whose shade they know  
they shall never sit in."  
- Ancient Proverb**



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

## Activities

**SAGE (Services & Advocacy for GLBT Elders)**  
1<sup>st</sup> and 3<sup>rd</sup> Wednesdays, 1:30—3:30 p.m.  
In Multi-Gen Space of YMCA, \$1 per meeting.

### Mahjong

Thursdays, 1—4:00 p.m.  
Will meet in Lobby Area of YMCA  
Please bring your Mahjong card. Fee is **\$1**.

Call the Coastal Community Center  
for more information 563-1363.



Spectrum Generations'  
Cohen Community Center will be hosting a  
**Pie Crawl Fundraiser**,  
benefiting Spectrum Generations' Cohen  
Community Center programs and activities.

Pumpkin pie, apple pie, whoopie pie, pizza pie,  
shepherd's pie, any pie will do.

**Where: Downtown Hallowell**

**When: Saturday, October 20, 2018**

Cost: \$15 per person, children under 10 are  
free when accompanied by an adult.  
Cost includes samples of pie from all of the  
participating stores, bars, and  
restaurants in downtown Hallowell.

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Tickets are available by calling the Cohen  
Community Center at 626-7777 or stop by  
22 Town Farm Road, Hallowell.

Pencil in the date, you won't  
want to miss this event!