

Celebrity Chef Challenge

You're Invited

spectrum
generations

Join Spectrum Generations for one of our most exciting fundraisers of the year! Four local chefs from mid-coast and central Maine will compete by preparing a main dish using Meals on Wheels guidelines and locally grown ingredients. Judges' Choice and People's Choice awards will be bestowed at our 5th Annual Celebrity Chef Challenge.

Silent Auction | Special Reception | Cash Bar | Light Hors d'oeuvres

Advance tickets are required and space is limited so be sure to reserve your tickets today! Tickets are \$75 per person provides 15 meals for our homebound seniors and disabled adults) or \$550 for a table of 8 (provides 110 meals).

Tuesday, September 19, 2017 | 5:00 p.m. Reception | 6:00 p.m. Dinner & Program | Maine Maritime Museum, Bath, Maine

Call or email Sarah Brown at (207) 620-1677 sbrown@spectrumgenerations.org for tickets or FMI

COASTAL NEWSLETTER

spectrum
generations

August 2017

521 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

Save the Date!

Tickets

\$7.50 advance

\$10 at door

For more information
or to purchase tickets
call (207) 563-1363

MAGIC OF MARIMBA



Photo courtesy of Jacob Wolff

Saturday, September 23, 7:00 p.m.

DRA Round Top Farm (Darrow's Barn), Damariscotta

Sponsored by Ames True Value,
First National Bank, and Colby & Gale.

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 @SpectrumGen www.SpectrumGenerations.org (207) 563-1363

"One summer night, out on a flat headland, all but surrounded by the waters of the bay, the horizons were remote and distant rims on the edge of space."
- Rachel Carson

Rachel Carson, author of *Silent Spring*, *The Sea around Us*, and others, sat on the rocks at Salt Pond in Chamberlain, here in Lincoln County, and studied the life in the pool after the ocean ebbed. If she were alive today, what would she say?

The winner of the Maine State Music Theater tickets to see *Newsies* will be announced in the September bulletin. The drawing on July 28 took place after our deadline. Thank you to all who bought raffle tickets to support Meals on Wheels.

We are pleased and honored that Jane Carson-Sandler is returning to speak with us this **August 23**. Some of you will remember her visit last summer, but for those who weren't here, you will learn what Jane's motto "Victim-Survivor-Thriver" means.

A native of northern New Jersey, Jane entered the Air Force Nurse Corp in 1969 and retired in 1999 after serving 30 years of active and reserve duty. In 1976 she was raped in her own home while her young son was lying beside her. Thirty-eight years have passed and this notorious rapist/serial killer still has not been caught. Join us to hear Jane share her fascinating story of survival, bravery, and perseverance, and journey from being a victim to a survivor, that she has written about in her book, *Frozen in Fear*.

"Magic of Marimba" is a fundraiser on the horizon for Meals on Wheels, which will feature a concert by the Maine Marimba Ensemble. Mark your calendars for Saturday, **September 23** for a night of fun at Damariscotta River Association's Darrow Barn. More details next month.

Upcoming Events

Thursday, August 10

Family Caregiver Support Group
1:00 — 2:30 p.m. in the conference room.

Monday, August 14

Local Advisory Council Meeting
1:00 p.m. in the conference room.

Friday, August 18

Digital Photography: The Basics
2:30 — 3:30 p.m. in the conference room.
Bob's class will concentrate on DSLR, digital single lens reflex, and cover all the basics in this hands-on class such as changing depth-of-field. Bring your camera with fresh batteries. Class fee is \$20. Call 563-1363 to register.

Thursday, August 24

Medicare 101
1:00 p.m. in the conference room.
Join ADRC Hannah to discuss Medicare options for plan coverages, benefits, how to avoid penalties, and more. **1:00 p.m.** in the conference room. Call 563-1363 to register. **\$15 suggested donation.**

USDA Commodities

Spectrum Generations participates in the USDA Commodity Supplemental Food Program (CSFP), which helps supplement diets of those 60 and older.

CSFP provides 30 pounds of USDA commodity food items once a month for free. To be eligible, you must be age 60 or older and have an income of \$1,307 for a single household or \$1,770 for a two-person one.

For those living in Knox County, pick up is 3rd 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 4th Monday of every month, 1:00 — 2:00 p.m. at the Coastal Community Center, 521 Main Street, Damariscotta.

For more information, to fill out an application, or to designate proxy if you are unable to pick up your bags, contact Kellie Bigos 207-563-1363 or kbigos@spectrumgenerations.org.

National Immunization Awareness Month

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). Most adults have probably not received all the vaccines they need. 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.

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. We look forward to seeing you!

Wednesday, August 2

Nancy Laffin, Lewiston Vet Center & Yvonne Laine, Togus VA

Nancy & Yvonne will join us to discuss suicide prevention as it relates to our veterans.

Entrée: Lemon Pepper Pork Loin



Wednesday, August 9

Kathi Nordone, Singer/Songwriter

Kathi returns, guitar in hand with songs, old and maybe some new, to share!

Entrée: Chicken Parmesan

Wednesday, August 16

Paula Jones, Mid Coast Lyme Disease Support & Education

Paula will have information on how to protect yourself and your loved ones from ticks and the diseases they carry and spread.

Entrée: Lemon Herb Haddock

Wednesday, August 23

Jane Carson-Sandler, Author of Frozen in Fear

Join us to hear Jane's inspiring story and watch the recent interview with Paula Zahn about her book, her traumatic experience and how she has found the strength to move forward.

Entrée: Chickpea Stew

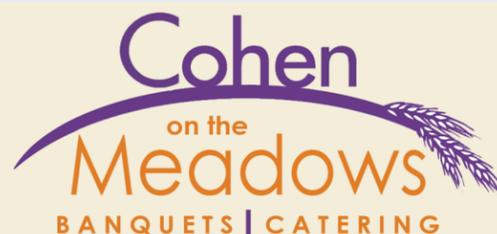
Wednesday, August 30

Lynn Thompson, The Sea Glass Lass

You've spent the summer collecting sea glass; now what do you do with it? Lynn will show you what you can create using that sea glass.

Entrée: Beef Stew

**Please note menu is subject to change.*



All proceeds help end senior hunger

Planning an event? Cohen on the Meadows is available to serve all catering needs!

207-620-1189 or 207-660-9267

Health & Wellness

TNT Whole Body Fitness

A class that offers a total body workout using free weights, kettlebells, bands and balls combining all elements of fitness — cardio, muscle conditioning, balance and flexibility— with an emphasis on core, form and posture. Feel good, look good and have fun!

Call for pricing.

Mondays, Wednesdays, Fridays, 8:00 a.m.

FitMx for Active Agers

A modified version of Tight & Toned that also offers a total body workout using free weights, kettlebells, bands and balls. For those who would like to sleep a little later but still get a great workout!

Call for pricing.

Tuesdays & Thursdays, 9:00 a.m.

EnhanceFitness

Using wrist and ankle weights, this evidence-based class helps older adults at all levels of fitness become more active, energized and empowered to sustain independent lives. A full hour of fun focusing on dynamic cardiovascular exercise, strength training, balance and flexibility. Modified versions of exercises are demonstrated and chairs are available for balance and lower-body exercises.

Physical Evaluation Required

Call 563-1363 to schedule and pricing.

Mondays and Fridays, 10:30 a.m.

Wednesday, 10:45 a.m.

*Your First Class is Always Free
Five Classes Per Week—\$75*

Exercise & COPD Workshop

The confidence gained through a successful general conditioning exercise program can greatly improve quality of life when COPD (chronic obstructive pulmonary disease) is present. It discourages learned helplessness and the tendency to allow the breathing disorder to unduly curtail routine activities of daily living.

Join Robin Maginn, Advanced Certified Senior Personal Trainer and Instructor, at Spectrum Generations Coastal Community Center on Monday, **August 21**, at 11:30 pm in learning about COPD and other pulmonary concerns and the effect of exercise on these conditions. Benefits, precautions, medical clearance and different modes of exercise will be discussed. **Fee: \$10**

Falls Prevention and Healthy Aging Month

September is Falls Prevention and Healthy Aging month. Look for a listing of special classes and activities in next month's newsletter!

Activities

Fitness Classes with Dianne Daniels

Feldenkrais Awareness through Movement

Mondays, 4:00—4:45 p.m.

You will be on the floor performing a series of movement patterns, a movement puzzle for your brain, a new one every class. Dress comfortably, bring a mat and two thick towels to each class.

Yoga

5:00—5:45 p.m.

Suitable for all levels to improve strength and flexibility and enjoy a deep sense of relaxation. Bring a mat and towel to each session.

Acupuncture

Sharon Gordon, M.Ac., by appointment; call 207-482-0725
Cost is \$50/hr (seniors), \$65/hr all others.

Morning Yoga

Offered by Carol Krajnik, \$15/class
Wednesdays, 9:15 — 10:15 a.m. & Fridays, 11:30 a.m. — 12:45 p.m.

SAGE (Services & Advocacy for GLBT Elders)

1st and 3rd Wednesdays, 1:00 — 3:00 p.m. \$1 per meeting.
FMI: Doug Kimmel 207.809.7015 or
dougkimmel@tamarackplace.com

Mahjong

Join Jane Tedrow as she leads our Mahjong group.
1:00 — 4:00 p.m. in the dining area. Please bring your 2017 Mahjong card. Fee is **\$1**.

Tang Soo Do

Join Derrick Hyatt for an introduction to this karate.
Thursdays, 5:30 p.m. and Saturdays, 9:30 a.m. \$15/class.

Foot Clinic

With Patsy Cunningham, by appointment on Fridays,
August 4 and 18, 9:00 a.m. — 2:30 p.m.
\$22/session which typically last 40 minutes or less.



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