

In case you missed it...



Recently the Clamshell Quilters of Boothbay Harbor donated 72 handmade cloth placemats to our Meals on Wheels program. We appreciate being one of the charitable organizations chosen to receive these beautifully crafted, colorful items. They really brightened the day of our MOW consumers!



Hearts Ever Young gave a preview of their upcoming show at our Lunch & Learn on May 3. Pictured here is their rendition of "Singin' in the Rain" which was a true crowd-pleaser!

THANK YOU!



Thank you to all who helped by voting for our Meals on Wheels program in this year's Bangor Savings Bank Community Matters More campaign! We were recently notified that we were one of the lucky recipients of \$5,000 grant. There are many people who made this possible, most of all the wonderful voters who recognized the need for additional support, but also the volunteers and staff who endeavored to make sure as many people who are involved in Spectrum Generations programs and activities had a chance to understand the voting process and who ferried ballots all around our service area. Thank you!

Introducing: Life Care Consulting

It is hard to know if you are doing the right thing for your aging loved. You ask yourself, are they safe? What will happen if things don't go as planned? Is there something we should be doing?

We understand that there is no single option that works for everyone, and offer Life Care Consulting to help you figure out what steps need to be taken to enhance your loved ones safety and quality of life.

Our Life Care Consulting service will help you, or your loved one, successfully age in place at home and in the community. Concentrated around an in-home face to face assessment and paired with follow-up face to face or telephone consultations, our process is specifically geared toward finding answers that are individualized to fit both the loved one's and caregiver's healthcare and personal needs.

We understand that there are times when care planning becomes complicated and there are legal processes for issues involving elder abuse and financial exploitation cases, probate and trust administration, asset preservation, transfers of assets, guardianships and conservatorships. Our staff is able to assist elder care attorneys in gaining the information needed in order to best represent a loved one or family in court. We always stand behind our clinical assessments and our staff is willing to testify on their observations and findings.

For more information please contact **Tricia Payson, LCPC**, at lifecare@spectrumgenerations.org or (207) 622-9212.



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

COASTAL NEWSLETTER

spectrum generations June 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

June is longer & warmer days with "summah" people returning. One of our summer people is Dianne Daniels, who returns for another series of fitness classes on Mondays starting June 5 through August with two final classes on September 11 and 18.

Feldenkrais Awareness through Movement: If you would like to move better, with fewer aches and pains, try Feldenkrais. 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. Monthly series on Mondays, 4:00—4:45 p.m. June: \$60, July: \$75, August: \$60, September: \$45. Drop-in rate \$20.

Fit After 50: You'll get fit while having fun! Enjoy uplifting music as you get put through your paces in this interval training class. We alternate aerobic moves with strength training, a very effective way to improve both cardiovascular & muscular fitness. Weights provided but bring a mat. Monthly series on Mondays, 5:00—5:45 p.m. June: \$60, July: \$75, August: \$60, September: \$45. Drop-in rate \$20.

Yoga: Easy to follow, Hatha Yoga is suitable for all levels. Improve your strength and flexibility and enjoy a deep sense of relaxation. Bring a mat and towel to each session. Monthly series on Mondays, 4:00—4:45 p.m. June: \$60, July: \$75, August: \$60, September: \$45. Drop-in rate \$20.

Also returning after a brief hiatus is Bob Gorrill with his Digital Photography class. This month is *The Basics* held Friday, June 16, from 2:30-3:30pm. Bob's class will concentrate on DSL, 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. Bob prefers a small class of 3 students, the fee is \$20. Please call us at 563-1363 to register.

Upcoming Events

Wednesday, June 7

Local Advisory Council Meeting

12:00 — 1:00 p.m.

SAC/PR Meeting

2:00 — 4:00 p.m.

Both meetings will take place in the conference room.

Thursday, June 22

Medicare 101

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; suggested donation **\$15**.

Saturday, June 24

AARP Smart Driver Course

10:00 a.m. — 3:00 p.m.

\$15 for members and \$20 for non-members.

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

June is Elder Abuse Awareness Month

June is the month dedicated to raising awareness for abuse of the elderly and explain the ways many seniors are being abused.

Over half a million reports of abuse of elderly Americans are made to authorities each year but it's believed that many more instances are never reported. Elder abuse can take place in an older person's home. Caretakers in an institution can be the perpetrators. Scam artists can get at them over the phone, via computer or at their front door. Sadly, many cases of abuse are at the hands of family.

Abuse is not always actively done with force. It can also be neglect. The senior is not fed, not kept clean or warm, not kept safe, and/or not given proper medical care.

NO EXCUSE FOR ELDER ABUSE

Don't turn your back, we all need to become more aware of signs when vulnerable people are mistreated.

Here are questions to consider:

- Do you see changes in personality or behavior?
- Is there noticeable tension or friction between the older person and their caregiver?
- Has the older person lost weight? This can be a sign of malnutrition or dehydration because of not being fed properly.
- Are they dirty, or are their clothes dirty?
- Are they seen wandering around on their own when they shouldn't be?
- Do you see signs of violence like bruising on wrists or other parts of the body?

Not everyone who abuses the elderly will seem like bad people. Often they are just people who can't handle the pressures and responsibilities of looking after someone who is frail and unable to take care of themselves.

If you see something that looks like abuse may be going on, you can contact the Maine Office of Elder Services at 1-800-624-8404 (Voice) 711 (Maine Relay), who can provide or arrange for services to protect incapacitated and dependent adults in danger of abuse, neglect, or exploitation. Calls may be made anonymously.

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, June 7

Sharon Gordon, M.Ac. presents

Vibrational Healing through Tuning Forks

Sharon will explain and demonstrate the use of Ohm tuning forks to help calm the mind and relax the body.

A vibrational healing system that features the historic tone of Ohm, the universal sound of peace, used in Yoga to calm and center a person. The sound vibration of Ohm also aides in preparing one to meditate.

Entrée: BBQ Pork Tenderloin and cornbread

Wednesday, June 14

Patti Corscaden, Body of Waters

Listen to Patti talk about the benefits of massage therapy and the scientific reasons why regular massage may reduce the effects of stress. Patti will also give 2-3 minute gentle neck and shoulder massages for anyone interested.

Entrée: Beef Tips and Roasted Potatoes

Wednesday, June 21

Catherine Lyons, Bristol Library

Hear about the history of the library, and what's new

Entrée: Roast Turkey with Mashed Potatoes

Wednesday, June 28

Mystery Presenter!

Join us for our first mystery Lunch and Learn Presenter. Who will it be? Could it be someone you see every day or someone you've never met? Only time will tell!

Entrée: Mixed Berry French Toast with Bacon and Sausage

Your ad here!

Take advantage of this advertising opportunity with our monthly center newsletter. Advertisement artwork/logo must be provided. If you are interested in advertising in our monthly newsletter, contact **the Coastal Center** via phone at **207-563-1363**.

Health & Wellness Corner

It's All About Posture

If you work at a computer, or anything with a video screen for long hours at a time, you probably become so engaged in what you are doing that you end up hunched up over your keyboard or screen, shoulders rounded, head jutting forward. Join Robin Maginn, Advanced Certified Professional Fitness Instructor, at her Posture workshop on **Monday, June 19, at 1:00 p.m.** at Spectrum Generations' Coastal Center and learn exercises that will help strengthen the upper back, neck and shoulders, the muscles directly responsible for the problem of shoulders hunching forward. Fee: \$10.00

Tai Chi for Health & Balance

Tai Chi improves physical and mental well-being. It combines agile steps, joint-safe exercise and mental strength to improve mobility, breathing and relaxation in ways that help you feel greater control over your daily life. This program is for people of all ages and abilities, and the new 8-week session runs on **Wednesdays and Fridays, from 1:00— 2:00 p.m.**, beginning **June 14**. Fee \$80.00

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!
June fee: \$48 or \$5/class.
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!
June fee: \$32 or \$5/class
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
June fee: \$48 or \$5 per class
Mondays and Fridays, 10:30 a.m.
Wednesday, 10:45 a.m.

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

Activities

Fitness Classes with Dianne Daniels

FMI, see cover page

Feldenkrais Awareness through Movement

Mondays, 4:00—4:45 p.m.

Fit After 50

Mondays, 5:00—5:45 p.m.

Yoga

6:00—6:45 p.m.

Shamanic Healing

Tina D'Amore, Reiki Master Teacher. Mondays by appointment. Cost is \$55/hr (seniors), \$70/hr all others.

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, June 2, 16, and 30. 9:00 a.m. — 2:30 p.m. \$22/session which typically last 40 minutes or less.

USDA Commodity Supplemental Food Program

helps supplement diets of those 60 and older. 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. FMI and application or designate proxy if you are unable to pick up your bags, contact Kellie Bigos 207-563-1363 or kbigos@spectrumgenerations.org



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