

Family Caregiver Support Group

Support groups for caregivers offer a setting for sharing information, insight, advice, and encouragement. They provide an opportunity to learn from others who face similar challenges, and allow you to talk about your experiences. Caregiver support group meetings can give you new approaches to caregiving, offer opportunities to gain perspective, and learn about caregiver stress management tools that come from hearing others talk about their experiences.

We understand that the transition into the role as a caregiver for a loved one can be a stressful, emotional, and difficult endeavor. Our support groups are specifically designed to be both an educational and supportive tool for you and help you navigate your way through the journey as a caregiver. We are here for you as a trusted resource and to connect you with solutions to help ease everyday life.

Join Spectrum Generations' Family Caregiver Support Group facilitator Patricia Payson on the **second Thursday** of each month, from **1:00 — 2:30 p.m.** at the Coastal Community Center.

You can also call **1-800-639-1553** for more information on resources and support available for caregivers.

In case you missed it...



We experimented with a cello during a recent Lunch & Learn that highlighted the healing nature of music therapy and benefits that can be gained from playing a musical instrument as one ages.

Golf Fore a Cause

With warmer weather comes one of Spectrum Generations' biggest fundraisers and a wonderful event that needs your support!

Our **15th Annual Golf Fore a Cause** tournament will take place on Monday, June 12, at the Waterville Country Club.

Last year's event raised a record \$25,000 and we are still accepting sponsorships, auction items, and teams and individuals to play. We look forward to seeing you for a great day on the course!

The cost is \$100/individual, \$400/team; a discount is available for Waterville Country Club members. Registration includes 18 holes with cart, player gift bags, lunch at our awards BBQ, contests for longest drive, accuracy drive, putting, and the chance to win a car sponsored by Central Maine Motors Auto Group at our hole-in-one.

There are also various sponsorship levels available and offer a great way for businesses or individuals to generate positive publicity from their association with our tournament. Please contact Amanda Loubier at aloubier@spectrumgenerations.org or call 620-1677 for more information.



COASTAL NEWSLETTER

spectrum generations May 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

Thank you all for your patience and understanding during our recent transition. We know what a large part of our team you are, and appreciate your resilience during this time.

May is the month some of our "snowbirds" return from their warmer winter locales. One of our snowbirds is Jane Tedrow, who leads the Mahjong group here at the Coastal Community Center through summer and fall. The first meeting of the group will be held on Thursday, May 18, from 1:00 — 4:00 p.m. and cost is \$1.

May is also the time of year when we can watch our friends from the Coastal Community Center sing, dance, tell jokes, or recite poems during Hearts Ever Young's annual performance. This year's program "**Love that Song**" will be presented at the Lincoln Theater in Damariscotta on Thursday, May 18 at 7:00 p.m., and Friday, May 19, and Saturday, May 20, at 2:00 p.m.

Finally, May is also Older Americans Month (OAM), a national opportunity to recognize aging trends and designed to give aging a new voice—one that reflects what today's older adults have to say. This year's theme is **Age Out Loud**. More than ever before, older Americans are working longer, trying new things, and engaging in their communities. Older Americans are striving for wellness, focusing on independence, and advocating for themselves and others. What it means to age has changed, and OAM in May is a perfect opportunity to celebrate what getting older looks like today.

I dare say the **annual gift of Girl Scout Cookies** is the ultimate occasion for celebration in the lives of our Meals on Wheels consumers! For a number of years now, the local Girl Scout troops in Lincoln County have collected "donation cookie" money at their cookie stands to provide enough cookies to treat everyone that is served in the county. The recipients take a break from any dietary restrictions (after all...it is just one little box of cookies) to enjoy. Kudos to the Girl Scouts for their thoughtfulness and generosity!

- Kellie Bigos, MOW Coordinator

Upcoming Events

Monday, May 8

Local Advisory Council Meeting

LAC Members assist in planning events and activities, help identify unmet needs in the community, connect people with agency programs and services and assist in advocacy efforts. We meet on the **second Monday of each month at 1:00** in the conference room.

Thursday, May 18

Mahjong

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

Saturday, May 20

AARP Smart Driver Course

Join Joyce Polyniak on Saturday, May 20 from 10:00 a.m. — 3:00 p.m.
\$15 for members and \$20 for non-members.



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

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

AARP Smart Driver

Spectrum Generations' Coastal Community Center will be hosting its next AARP Smart Driver course on Saturday, May 20 from 10:00 a.m. – 3:00 p.m. Cost to attend is \$15/AARP members, \$20 all others.

The AARP Smart Driver course is open to everyone but is designed for drivers age 50 and older. Participants will learn how to maintain safe driving skills as the course covers a variety of topics, including aging drivers and the changes that take place as people age (vision, hearing, reaction time and agility), and information about new traffic laws that have been passed in recent years. The course will also review opportunities to minimize the effects of dangerous blind spots, how to maintain a proper following distance, the safest ways to change lanes and make turns at busy intersections, and the possible effects of medications.

No written tests or behind-the-wheel tests will be given during the course. Participants will receive a certificate upon completion of the course, which they can provide to their automobile insurance agent in order to receive a discount on premiums. AARP members need to bring their cards.

Participants may bring their own lunch and a 30-minute break will be provided. To register, call us at 563-1363.



We held our annual Volunteer Recognition Ceremony on April 25, with co-host the ElderCare Network of Lincoln County, at St. Patrick's Church in Newcastle. It was a great opportunity to celebrate and recognize our many volunteers and their wonderful contributions over the past year.

The ceremony coincided with National Volunteer Recognition Week, which has been celebrated since 1974. This year's theme, **Service Unites**, helped highlight the power of changemakers to come together to build stronger, more vibrant communities through service.

If you are interested in volunteering at Spectrum Generations, contact Betty LaBua at 620-1662 or email volunteers@spectrumgenerations.org

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, May 3

Hearts Ever Young: Members tell the history of this unique performance group and give a sneak peak of their upcoming performance!

Entrée: Baked chicken with gravy and mashed potatoes, vegetable, salad, soup, dessert

Wednesday, May 10

Joanne Breen, Boothbay Harbor Memorial Library

Entrée: Beef Stroganoff with egg noodles, vegetable, salad, soup, dessert

Wednesday, May 17

Linda Cortright, Editor/Publisher of Wild Fibers

Join us to experience the fascinating portrayal of fibers from the High Himalayas to the rim of the Arctic Circle. Linda shares her journeys around the globe from traveling with nomads to hanging from helicopters, and thrashing through Afghanistan, all in her effort to gain a better understanding of shepherds and their environs. Learn about the first cashmere center in a nomadic village in India's High Himalayas, built by Linda in 2015.

Entrée: Herb roasted pork loin with gravy and mashed potatoes, vegetable, salad, soup, dessert

Wednesday, May 24

Catrina Shov, Waldoboro Library

Entrée: Shepherds Pie, vegetable, salad, soup, dessert

Wednesday, May 31

Lunch at Kieve!

Join us for a post-Memorial Day lunch at The Kennedy Learning Center on the campus of Camp Kieve for a veterans-themed program. Lunch includes beverages, appetizers, Chef's Choice entrees, sides, and desserts!

\$7.00 for all guests

Health & Wellness Corner

Leader Training for Living Well for Better Health

**May 1, 2, 10, 11, 2017
8:30 a.m. — 4:30 p.m.**

Somerset EMA, 4 County Drive, Skowhegan

We are offering the opportunity to become a Living Well Program Facilitator and lead a 6-week series tailored around improving quality of life while dealing with a chronic disease.

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

For more information, please contact Lyn Neiz at neiz@spectrumgenerations.org.

Personalized Training

6 one-hour sessions \$150 (or 12 half-hour sessions).
One-on-one consultations: \$30 per hour.

It's All About...Walking

Join us for a free spring walk/hike at Dodge Point Preserve on the River Road in Newcastle on Wednesday, May 24, at 8:30 a.m.
A great way to start your Memorial Day Weekend!

Enhance@Fitness

Mondays and Fridays, 10:30 a.m.,
Wednesdays at 10:45 a.m.
\$5/one-hour class or call for monthly fee
Your first class is always free!

TNT Whole Body Fitness

Mondays, Wednesdays, & Fridays, 8:00 a.m.
\$5/one-hour class or call for monthly fee.

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**.

Activities

Tapping Feet

Have fun learning to tap with HEY Artistic Director, Carol Teel.
Mondays, 12:00 p.m. Cost is \$10.

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 dougekimmel@tamarackplace.com

Computer Help

PC or laptop, no Apple/MacOS devices please.
Thursdays, 11:00 a.m.
Fee varies but is typically between \$5-10.

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.

Hypnotherapy and Guided Imagery

Join Derrick Hyatt, certified hypnotherapist, if you have issues with smoking cessation, anxiety, stress, or self-confidence.
Mondays & Tuesdays, 5:00 — 7:00 p.m.,
Saturdays, 11:00 a.m. — 1:00 p.m.
\$50/hr (seniors), \$65/hr all others.

Foot Clinic

With Patsy Cunningham, by appointment on Friday, May 5, and Friday, May 19. 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.