

Weather Cancellations & Delays

In the event of bad weather, please call 563-1363 before heading to the Coastal Community Center.

If no answer, please call (800)639-1553 for a recorded message announcing any agency closings. You can also watch or listen to

TV Channels 2, 5, 6, 8, or 13

and on

FM Radio Stations: 92.3, 93.5, 96.7, 97.1, 97.5, 98.5, 101.3, 102.5, 103.3, 104.3, 105.1, 107.9, and

AM Radio Station: 1160



Spectrum Generations offering Music and Memory program to aid those with memory issues

Spectrum Generations is working in partnership with LincolnHealth to provide Music and Memory to persons living in Lincoln County.

Music and Memory helps people living with a wide range of cognitive and physical challenges to find renewed joy in musical favorites. Music can help relieve boredom, empower choice, enable memory, and provide avenues for genuine communication with loved ones and caregivers. The program, offered through Spectrum Generations, is open to anyone that that experiences issues with their memory, or those affected by Alzheimer's and Dementia.

The expectation of the program is for participants to play music daily for 30-60 minutes for 6 months, complete 3 surveys during that time, help define a personalized playlist, and be willing to track daily use. Spectrum Generations will provide all necessary equipment for the program: MP3 player, headphones, and a personalized playlist. iPads will also be available to the first 10 caregivers that reside in Lincoln County. For more information contact Cathy Morse at Spectrum Generations by calling 1-800-639-1553.

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, 11:00 a.m.—1:00 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  @SpectrumGen  www.SpectrumGenerations.org  (207) 563-1363

Avocado Chocolate Mousse A Healthy Dessert

Ingredients

½ cup Medjool dates, soaked

½ cup maple syrup

1 tsp. vanilla extract

1½ cups mashed avocados

¾ cup cacao powder

½ cup water

Blend or process dates, maple syrup, and vanilla extract in blender or processor until smooth. Add mashed avocado and cacao powder, stopping to scrape edges of bowl if needed. Add the water and process until smooth. Serve at room temperature or chilled. Store in fridge for 3 days or freezer for up to 2 weeks.

COASTAL NEWSLETTER

spectrum
generations

December 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



Wishing you a Happy and
Healthy Holiday Season!

3 Tips for Healthy Holidays

Eat

As many colorful fruits and veggies as you can! Go ahead, stuff yourself silly with delicious winter squash, and citrus fruits!

Drink

As much water as you can, plus winter teas like ginger and lemon, cranberry smoothies, and other fresh concoctions.

Be Merry!

At the end of the holidays, what you'll treasure most, and will build mental and physical health, is the love of friends and family! Enjoy!

Upcoming Events

Thursday, December 6

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

Monday, December 10

Regional Council Meeting

1:00 p.m.

CLCYMCA Multi-Gen Space

Thursday, December 13

Family Caregiver Support Group

1—2:30 p.m.

at the CLCYMCA
(small meeting room)

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, December 5

**Anni Pat McKenney, Program Manager,
Coulombe Center for Health Improvement** –

Anni Pat will present data from the Community Health Needs Assessment. She also would like to hear your thoughts on what you see as the issues that impact health here in Lincoln County.

Entrée: baked ham, mac and cheese, peas

Wednesday, December 12

Lunch at Kieve! Join us at The Kennedy Learning Center in Camp Kieve, Nobleboro. Our speaker will be **Bobby Ives**, the founder of The Carpenter's Boat Shop. Rev. Ives will tell the story of "**The Hermit of Manana**", the man who chose to live alone on Manana Island, across the harbor of Monhegan Island, for 40 years.

Entrée: Chef's choice

Wednesday, December 19

Evergreen String Orchestra – Lead by Kaity Newell, the Evergreen String Orchestra returns with holiday music. Due to her and the students' schedules, they will be performing for us from **12:30—1:00 p.m.**

Entrée: broccoli and cheese stuffed chicken, rice pilaf, peas

Wednesday, December 26

TBA

Entrée: pork chop with gravy, baked potato, corn



*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 and Advocacy for GLBT Elders)

1st and 3rd 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**.

Monday Morning Munchies

Join us for Monday Morning Munchies every Monday from 9:00—9:45 a.m. in the Multi-Gen room.



Join old friends and make new ones while enjoying coffee and snacks. **Free.**

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

Friday, December 28

Once a month Friday lunch

11:15 a.m. - 1:00 p.m.



Please call 563-1363 by noon on Wednesdays to reserve your spot (please leave name and phone number when leaving a message). Suggested donation for those over 60, \$5; all others \$6.50

Entrée: spaghetti and meatballs, mixed vegetables

Happy Holidays



Spectrum Generations' locations will be closed on **Tuesday, December 25** for Christmas and **Tuesday, January 1, 2019** for New Year's Day.

What You Should Know and Do this Flu Season If You Are 65 Years and Older

It has been recognized for many years that people 65 years and older are at greater risk of serious complications from the flu, because human immune defenses become weaker with age. While flu seasons can vary in severity, during most seasons, people 65 years and older bear the greatest burden of severe flu disease.



Actions to take this flu season:

1. Get your flu shot.
2. As long as flu viruses are circulating, vaccination should continue throughout flu season, even in January or later.
3. Practice good health habits including covering coughs, washing hands often, and avoiding people who are sick.
4. Seek medical advice quickly if you develop flu symptoms to see whether you might need medical evaluation or treatment with antiviral drugs.
5. Get pneumococcal vaccines. People who are 65 years of age and older should also be up to date with pneumococcal vaccination to protect against pneumococcal disease, such as pneumonia, meningitis, and bloodstream infections.
6. Do you have Asthma, Diabetes, or Chronic Heart Disease? If so, you are at high risk of serious illness if you get the flu. Asthma, diabetes and chronic heart disease were among the most common of these. Treatment with an influenza antiviral drug can mean the difference between having milder illness instead of very serious illness that could result in a hospital stay.

Talk to your doctor to find out which vaccines are recommended for you!

Health and age factors known to increase a person's risk for developing flu-related complications:

- Asthma
- Neurological and neurodevelopmental conditions
- Blood disorders (such as sickle cell disease)
- Chronic lung disease (such as chronic obstructive pulmonary disease [COPD] and cystic fibrosis)
- Endocrine disorders (such as diabetes mellitus)
- Heart disease (such as congenital heart disease, congestive heart failure, and coronary artery disease)
- Kidney and liver disorders
- Metabolic disorders (such as inherited metabolic disorders and mitochondrial disorders)
- Extreme obesity (with a body mass index (BMI) of 40 or more)
- People younger than 19 years of age on long-term aspirin therapy
- Weakened immune system due to disease or medication (such as people with HIV or AIDS, or cancer, or those on chronic steroids)

Congratulations

to the winners of Spectrum Generations' Cohen Community Center First Annual Pie Crawl.

★ **Winner of the Savory Pie is Joyce's** ★
Winner of the Sweet Pie is Lux Salon

Thank you

to all of the participating downtown Hallowell businesses and to those who attended. The event **raised over \$2,200** in support of Spectrum Generations' Cohen Community Center programs and activities.

