



Murder Mystery Dinner



"Marriage can be a Mystery"

Saturday, April 27, 2019

Reception starts at 6:00 p.m.

Come find out why the wedding was postponed.

Was it the bride?

Was it the groom?

Is it the same bride and groom?

The event, which will be modeled after a real wedding reception party, will take place at Spectrum Generations' Cohen Community Center 22 Town Farm Road, Hallowell.

You will participate in all of the craziness that takes place at a wedding while enjoying a gourmet meal with the show. Tickets are available for purchase at the Cohen Community Center by stopping in or calling us at 626-7777. Cost is \$45 a ticket or \$240 for a table of six. RSVP for yourself and your "plus one," soon.

17th Annual Golf Fore a Cause



What better way to take advantage of Summer Solstice, the longest day of the year, than at one of Spectrum Generations' biggest fundraising events! Our 17th Annual Golf Fore a Cause tournament, benefiting our programs and services, will take place on Friday, June 21, at the Brunswick Golf Club. Spend the day on the course and transition into the evening with a homestyle BBQ and live music around the fire pit.

The cost is \$125 /individual, \$450/team and includes 18 holes with cart, bagged lunch (catered by Cohen on the Meadows), homestyle BBQ, awards, and much more! Want to join us just for a homestyle BBQ? Purchase a dinner ticket for \$25 each!

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 Sarah at sbrown@spectrumgenerations.org or 620-1677 for more information.

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.

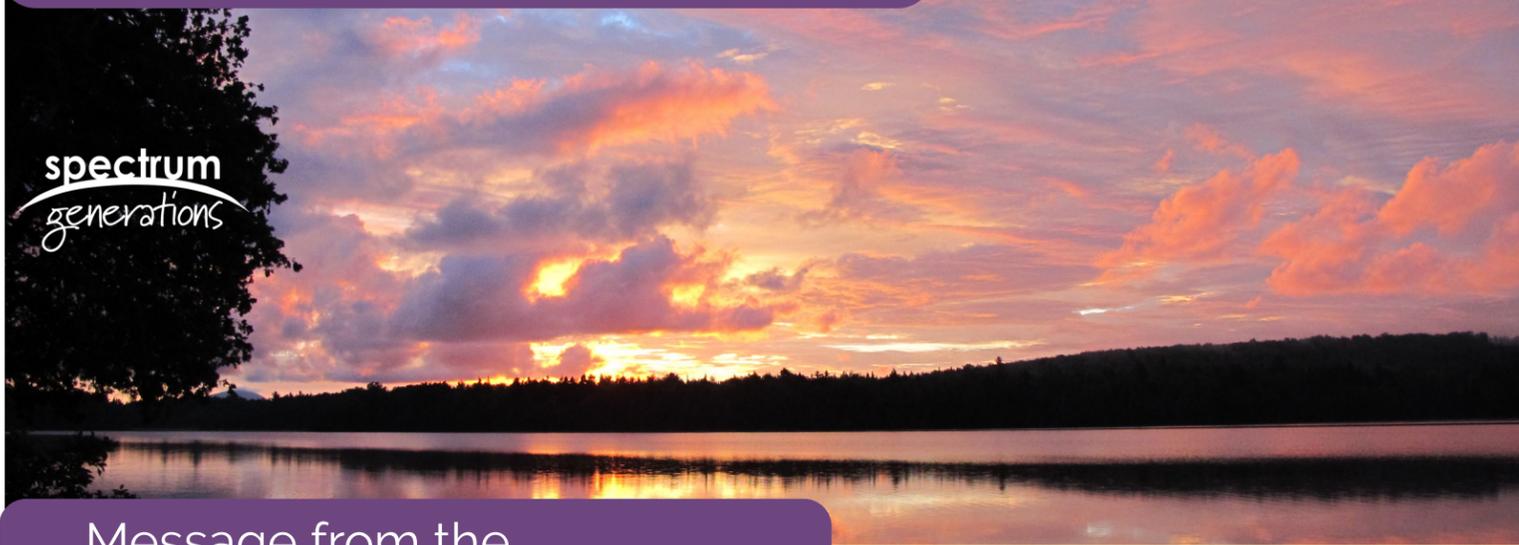
FMI and application or designate proxy if you are unable to pick up your bags, call 563-1363 FMI.

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

Lincoln County Resource Center NEWSLETTER March 2019

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 Lincoln County Resource Center

Join us to feed seniors!

For more than 45 years, critical programs like **Meals on Wheels** have delivered more than nutritious meals to homebound seniors in virtually every community across the country. At Spectrum Generations, we are **currently serving 1,104 people** through this program and we could not do it without the dedicated staff and volunteers who prepare, pack, and deliver these meals each week. Meals on Wheels provides a vital lifeline and connection for recipients to their community, which is sometimes all it takes to keep them at home, where they want to be.

Join us as we **March for Meals** all month-long, and celebrate the program that sustains millions of Americans nationwide. It takes the collaboration of local community organizations, businesses, all levels of government, and **most importantly, compassionate individuals** to ensure that our seniors are not forgotten. Help us raise awareness and funds – to support this program, make a donation at your local center this month!

We also are urging all members of the public to look at LD472 – a proposed bill currently making its way through the Maine legislature that could infuse much-needed financial support to the Meals on Wheels program, statewide. If you, or someone you know has benefitted from this program, or you simply believe in its importance, your voice can make a difference!

Upcoming Events

Thursday, March 7

Medicare 101

1—2:30 p.m. CLC YMCA Multi-Gen room

New to Medicare? 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.

Monday, March 11

Regional Council Meeting

1—2:30 p.m. CLC YMCA small meeting room

Thursday, March 14

Family Caregiver Support Group

1—2:30 p.m. at the CLC YMCA (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, March 6

Shannon Grimes, Maine Farmland Trust –
Shannon will talk about Maine Farmland Trust,
farming in Maine, and their Farm Fresh Rewards
program that provides extra money to people
using SNAP benefits to buy local fruits and
vegetables.

Entrée: creamy dill chicken, baked potato, corn

Wednesday, March 13

TBA

Entrée: roast pork, stuffing, gravy, peas

Wednesday, March 20

Ryan Breton, Meteorologist, WCSH Channel 6
Rescheduled from January, Ryan will talk about
how he got into meteorology at a young age, what
he does, and how the role of a meteorologist is
changing. This is also our March for Meals event-
help us celebrate Meals on Wheels!

Entrée: beef tips, rice pilaf, carrots

Wednesday, March 27

TBA

Entrée: BBQ pulled pork, mac and cheese, corn

Friday Luncheon March 15, 11:15 a.m.

Entrée: salmon, mashed potatoes, corn

Please call 563-1363 by
noon on Wednesday to
reserve your spot (please
give your name and
phone number when
leaving a message).



Activities

Mahjong

Thursdays, 1—4:00 p.m.

Will meet in lobby area of CLC 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
CLC YMCA Multi-Gen room.

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

Services and Advocacy for GLBT Elders (S.A.G.E.)

meets the 1st Wednesday of the month and the
3rd Thursday of the month from 1:30—3:30 p.m.
in the CLC YMCA Multi-Gen room
\$1.00 per meeting

Call the Lincoln County Resource Center
for more information 563-1363.



HEALTHY AGING EXPO 11th Annual

Friday, June 7, 2019 from 9:00 a.m. to 2:00 p.m.

Cohen Community Center
22 Town Farm Road
Hallowell, Maine 04347

Admission is FREE

Maine Alzheimer's Association's Community Education Program Effective Communication Strategies

Communication is more than just talking and listening, it's also about sending messages through attitude, tone of voice, facial expressions, and body language. As people with Alzheimer's disease and dementia progress in their journey and the ability to use words is lost, families need new ways to connect.

Join us to explore how communication takes place when someone has Alzheimer's; learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

March 19 from 10:30 a.m.—12:00 p.m.

At Sheepscot General, 98 Townhouse Rd, Whitefield

To register contact Cathy Morse at 1-800-639-1553 or cmorse@spectrumgenerations.org

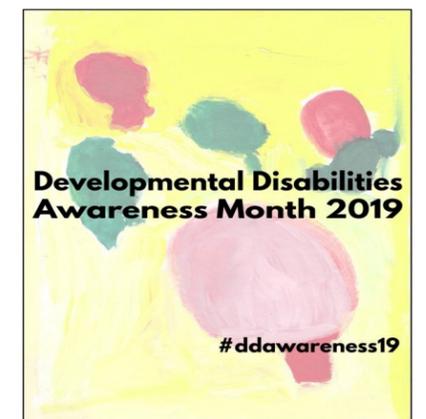
March is National Intellectual and Developmental Disabilities Month, and we're taking the opportunity to introduce you to our Case Management Team who serve these members of our communities. Spectrum Generations has 9 case managers serving 7 counties; we're here to help you and your family navigate the many complexities of available resources.

The term "intellectual and developmental disability" may refer to a broad range of characteristics or conditions. An intellectual disability is characterized by limitations in functioning and difficulties exhibited in social and practical skills. A developmental disability is attributed to a cognitive or physical impairment that results in limitations such as self-care, language, and mobility. These conditions are often misunderstood, but what should never be in doubt is that all people have the fundamental and inherent right to be respected, valued, and accepted for the contributions they make to their families, their relationships, and their communities.

With effective and responsive coordination, Spectrum Generations' case managers link consumers to resources, enhancing their quality of life and inclusiveness in their communities. We are here to help:

- ◆ Follow the wishes and needs of each individual through a person-centered planning process
- ◆ Enable people to explore a full range of options
- ◆ Develop formal and informal supports
- ◆ Advocate for the interests, preferences, and dreams of the individual
- ◆ Assist individuals and families in independently coordinating their own supports and services if they so desire
- ◆ Be free from conflict of interest
- ◆ Support the development and expression of self-determination and self-advocacy
- ◆ Provide a wide range of available resources

When we focus on monthly health topics, it gives us an opportunity to educate our communities and advocate for needed services. If you have questions or would like more information about case management from Spectrum Generations, call us at 1.800.639.1553.



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