

## 2019 MEDICARE OPEN ENROLLMENT DATES

Dates and deadlines you need to know



OCT. 15, 2018

OPEN ENROLLMENT BEGINS



DEC. 7, 2018

OPEN ENROLLMENT ENDS



JAN. 1, 2019

FIRST DATE COVERAGE CAN START

**Need help with Medicare?** October 15 through December 7 is the Open Enrollment period for Medicare Advantage and Medicare prescription drug coverage.

During the Annual Enrollment Period (AEP) you can make changes to various aspects of your coverage.

- You can switch from Original Medicare to Medicare Advantage, or vice versa.
- You can also switch from one Medicare Advantage plan to another, or from one Medicare Part D (prescription drug) plan to another.

If you didn't enroll in a Medicare Part D plan when you were first eligible, you can do so during the general open enrollment, although a late enrollment penalty may apply. If you want to enroll in a Medicare Advantage plan, you must meet some basic criteria:

- You must be enrolled in Medicare Part A and B.
- You must live in the plan's service area.
- You cannot have End-Stage Renal Disease (some exceptions apply).

Spectrum Generations' Aging & Disability Resource Counselors can help you understand your options and help you chose which plan is right for you. If you live in the southern Kennebec County area, call 626-7777 to make an appointment with one of our counselors. If you live outside of that area, call Spectrum Generations' Consumer Helpline at 1-800-639-1553 to find the center closest to you.

### USDA Commodity Supplemental Food Program

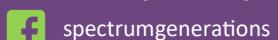
This program helps supplement diets of those 60 and older by providing 30 pounds of shelf-stable food items once a month for free.

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.

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

# COASTAL NEWSLETTER

spectrum  
generations

October 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



Pie Crawl  
*Sweet & Savory*  
Downtown Hallowell

Saturday, October 20 | 11:00 a.m.-3:00 p.m.

Buy your tickets now for the **1st Annual Pie Crawl!** Come and enjoy sweet and savory pie samples at your favorite Hallowell downtown shops.

**Tickets** are \$15.00 each (children under 10 are free) and must be purchased in advance. To purchase tickets, visit the Cohen Community Center at 22 Town Farm Road, Hallowell, or by calling 207-626-7777 during our open hours Monday through Friday from 8:00 a.m. to 4:00 p.m. Purchase tickets by October 12.

You can also purchase online through [spectrumgenerations.org/pie](http://spectrumgenerations.org/pie). Check-in and participant bracelets can be picked up at the Antiques Mall or at the platform beside the Harlow Gallery beginning at 11:00 a.m. on the day of the event.

#### Participating downtown shops include:

Antiques Mall | Berry & Berry | Boynton's Market | Clay Works  
Editor's Note Comics | Forbidden Fruit Gallery | Joyce's | Juiced. | Liberal Cup  
Lux Salon | Maine House | McAlister Real Estate | Quarry Tap Room  
Quilt Shop | Russell's Gems | Scrummy's | Slates | Steam Salon

Sponsored by:



#### Upcoming Events

Monday, October 1

Regional Council Meeting  
1:00 p.m. at the CLC YMCA

Thursday, October 4

#### 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 will learn how to enroll, what services are covered, and what estimated costs will be for your coverage.

1—3:00 p.m.  
at the CLC YMCA, Multi-Gen Room

Thursday, October 11

#### Family Caregiver Support Group

1—2:30 p.m.

at the YMCA, Multi-Gen Room

All Spectrum Generations' locations will be closed Monday, October 8th for Columbus Day



## 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, October 3**

**Christine Szalay, Program Coordinator,**

**Catholic Charities** – SEARCHing for Help to Age in Your Own Home. SEARCH stands for Seeking Elderly Alone Renew Courage and Hope.

**Entrée:** stuffed chicken breast, rice pilaf, mixed vegetables

**Wednesday, October 10**

**Silver Fox Country Dancers** – A non-profit community dance club with members who enjoy country western line dancing. They will demonstrate and teach all who wish to learn a few new dance moves.

**Entrée:** baked herb chicken, potatoes, corn

**Wednesday, October 17**

**TBA**

**Entrée:** turkey dinner with all the fixings!

**Wednesday, October 24**

**Patti Corscaden, Body of Waters** – Stress is a part of life affecting everyone in different and varying ways on a daily basis. Long term stress can have serious consequences for our health by weakening our immune systems, increasing our risk of heart disease and dementia. The good news is there are a number of ways we can safely and effectively mitigate the effects of stress! In this Lunch and Learn presentation, you will learn how stress affects our bodies and how therapeutic massage is one means of managing stress. Attendees will receive a complimentary shoulder massage.

**Entrée:** meatloaf, mashed potato, broccoli

## Activities

**October 31**

**Join us for a Halloween party!** Come dressed up and our 'applause meter' will decide who has the best costume! Halloween music, games, and more!

**Entrée:** roast pork loin, mashed potatoes, vegetable medley



**SAGE (Services & Advocacy for GLBT Elders)**

1<sup>st</sup> and 3<sup>rd</sup> 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**

Here's something new! Every Monday from 9:00 a.m.—9:45 a.m. in the multi-gen room join us for Monday Morning Munchies. Join old friends and make new ones while enjoying coffee and snacks. Free

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



For the fourth year, our Meals on Wheels program will benefit from this festive holiday fundraiser. Don't miss out—mark your calendars and plan to join us at the old American Legion at 21 College Avenue in Waterville!

**Friday — Sunday, November 16, 17, 18, and November 23, 24, 25.**

More information coming soon!



Be a voice for older and disabled Mainers!

By participating in a survey, you can help inform and shape the MaineDOT's Long-Range Transportation Plan.

Your responses will help MaineDOT understand the wants and desires of the traveling public, views on future growth, and where to invest and concentrate resources. The survey takes only 10 minutes! Find it online at:

[mainelonrangeplan2050.metroquest.com](http://mainelonrangeplan2050.metroquest.com)



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

## Health & Wellness News



**Tai Chi for Health and Balance**

### *Upcoming Workshops*

#### **Tai Chi for Health and Balance:**

Tai Chi is an enjoyable exercise that can improve balance, relieve pain, and improve health and ability to do things. It is a slow exercise. It is easy to learn and good for all ability levels. The essential principles of Tai Chi include mind and body integration, fluid movements, controlled breathing and mental concentration. Tai Chi is one of the most effective exercises for the health of mind and body. It helps people to relax and feel better.

During the course of this evidence-based program, participants will focus on improving strength, balance, mental health and relieving stress. For more information or to register for the program, call Healthy Living for ME at 1-800-620-6036 or register online at [healthylivingforme.org](http://healthylivingforme.org).

Wednesdays and Fridays beginning September, 26 through November 23, from 1:00 p.m.—2:00 p.m.

Fee: \$80.00

Instructor: Robin Maginn

**AARP Smart Driver Course  
Saturday, October 13**

10:00 a.m. — 3:00 p.m.

in the CLC YMCA Multi-Gen room.

Please bring your AARP card and a lunch/drink (half hour lunch break included).

Fee: \$15/AARP members, \$20/non-members.  
Register by calling 563-1363.