

SAVE THE DATE

Golf Fore a Cause



Our **18th Annual Golf Fore a Cause** tournament, benefiting our programs and services, will take place on Friday, June 26, at the Brunswick Golf Club.

For more information, to register, or to be an event sponsor visit www.spectrumgenerations.org/golf or email Sarah Brown at sbrown@spectrumgenerations.org

Registration fee is \$125 /individual or \$500/team (4)

Tournament includes: Bagged Lunch • Green Fees Cart • Men's & Women's Awards • Raffle Drawings Live Music • Firepit Gathering • Post Event Celebration

Save the Date!

12th Annual
Healthy Aging Eipo

June 5, 2020 | Cohen Community Center

Exhibitor space is still available!

Contact Cindy Sullivan, Regional Center Director, to reserve your space!

(207)626-7777 | csullivan@spectrumgenerations.org



"The American Red Cross prevents and alleviates human suffering in the face of emergencies by mobilizing the power of volunteers and the generosity of donors."

Are you passionate about helping others and have a desire to make a difference in your community? This March, we encourage you to uncover your inner hero. If you want to help others increase skills and knowledge to prevent injuries and disease, and foster well-being, Spectrum Generations has volunteer opportunities available for you.

Upcoming Leader Trainings

Living Well for Better Health (LWBH)
Horizon Clinic, MaineGeneral Health, Gardiner
March 12 and 13, 19 and 20

Living Well with HIV Cross Training (Prerequisite – LWBH)
Horizon Clinic, MaineGeneral Health, Gardiner
March 26 and 27

Living Well with Chronic Pain Cross Training (Prerequisite – LWBH) Deering Pavilion, Portland
April 8 and 9

Living Well with Diabetes Cross Training (Prerequisite – LWBH) Deering Pavilion, Portland
April 10

Tai Chi for Health and Balance
Cohen Community Center, Hallowell
April 18 and 19

Upcoming Community Workshops

Tai Chi for Health and Balance
Cohen Community Center
Monday and Wednesday, 10:30-11:30 a.m.
March 23 – May 13
\$45

Living Well for Better Health
Alfond Center for Health
35 Medical Center Parkway
Mondays, 1:00-3:30 p.m.
April 6 – May 11
FREE



For more information or to register call 1-800-620-6036 or email info@healthylivingforme.org.

COHEN NEWSLETTER

March 2020

22 Town Farm Road, Hallowell, ME
(207) 626.7777 or [TTY] 1.800.464.8703
Monday-Friday, 8:00 a.m.— 4:00 p.m.



Child and Adult Care Food Program Awareness Week—March 15-21, 2020

In the Somerset, Waldo, Cohen, and Muskie Adult Day programs we are grateful to be involved with the national Child and Adult Care Food Program (CACFP). With the organization's guidance and cooking of our chefs and staff, we can ensure all consumers are getting nutritious meals throughout the day.

In Adult Day programs we provide consumers with a continental breakfast, a full hot lunch, and a satisfying afternoon snack.

During CACFP Awareness Week, the Adult Day and Community Support Services program will be learning about nutritious foods, creating healthy recipe cookbooks, playing meal matching games, and reminiscing about memories involving food.

If you have any healthy meal or snack ideas, or stories about food, please stop in at the Adult Day program in your center and share with us!



Upcoming Events

1-on-1 Computer Session
Thursdays, April 2, 16 and 30
9:00 a.m.—12:00 p.m.
Cohen Community Center

MaineCare & Long-term Care Question and Answer Session
Wednesday, April 8 | 9:00 a.m.
Cohen Community Center

Beginner's Quilting Class
Wednesdays, April 8 and 29
1:00—4:00 p.m.
Cohen Community Center

For reservations contact the Cohen Community Center at 626-7777.
22 Town Farm Rd, Hallowell

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](https://www.facebook.com/spectrumgenerations) | [@SpectrumGen](https://twitter.com/SpectrumGen) | www.SpectrumGenerations.org | (207) 622-9212



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

March Events & Activities at Cohen Community Center

Book Discussion Group

Friday, March 6 and 20, 12:30 p.m.

Come to Grief by Dick Francis. All are welcome!

Family Caregiver Support Group

Tuesday, March 10, 12:00 p.m.

This support group is specifically designed to be both an educational and supportive tool for navigating your way through the journey of being a caregiver.

Ask the Lawyer

March 11 and 25, 9:00—11:00 a.m.

FREE 20-minute consultation on estates, wills, trusts, elder law, and power of attorney. Appointments required.

Medicare 101 Sessions

Thursday, March 12, 1:00—3:00 p.m.

Monday, March 23, 8:30—10:30 a.m.

Registration is required.
\$20 voluntary suggested donation.

"Remember Me" Spirit Readings

Friday, March 13, 20 and 27, 1:00—4:00 p.m.

Medium Francine McEwen. Appointments required.
No walk-ins. **\$25 for a 30-minute session.**

Tarot Readings

Friday, March 13, 1:00—4:00 p.m.

Sit down with Jeannie Sullivan from HeartFelt Energies for an intuitive reading. **\$35 for a 20-minute session.**

Cell Phone Class

Thursday, March 19, 10:00—11:30 a.m.

Blood Pressure Screening

Monday, March 23, 12:00 p.m.

This free screening is offered monthly by experts from Walgreens Pharmacy. Walk-ins welcome!

Greater Augusta AARP Chapter 511

Wednesday, March 23, 10:00 a.m.—12:30 p.m.

Speaker: Dawn DiFiore, Community Resource Manager with the Good Shepherd Food Bank.
Contact Johan Brown at (207)592-1355 with questions.

Spectrum Generations

Cohen Community Center

22 Town Farm Rd, Hallowell

Call 626-7777 to make appointments when required.

Senior Financial Planning Seminar



Question and Answer Session

Tuesday, March 10, 10:00 a.m.

You, or someone you know, could become the victim of a growing crime—financial abuse of older adults. Fraudsters are using new tactics to take advantage of the growing number of older adults. Join Craig Stevens, Esq. of the Maine Center for Wealth Management, LLC, as he answers your questions regarding this tough issue.

For reservations, contact Spectrum Generations' Cohen Community Center at 626-7777.



Weather Cancellations & Delays

In the event of inclement weather, Spectrum Generations will announce any delays or closings on our Facebook page as well as:

TV Channels 2, 5, 6, 8, 13

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

AM Radio 1160

Be in the Know . . .

We Respect your Abilities

March is National Intellectual and Developmental Disabilities Month, and we would like to take 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 dream 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



The Census Counts Every Generation



Every 10 years, the United States counts everyone who lives in the country, from newborn babies to the oldest among us. It is important for everyone to complete the 2020 Census so the communities like ours can be

accurately funded and represented.

Responding is important.

The 2020 Census will influence community funding and congressional representation for the next decade. Information collected in the census will inform the allocation of more than \$675 billion in federal funds for states and communities each year. That includes money for things like:

- First responders
- Medicare Part B
- Supportive Housing for the Elderly Program
- Libraries and community center
- Supplemental Nutrition Assistance Program (SNAP)
- Senior Community Service Employment Program

Responding is easy.

Beginning in mid-March 2020, you can respond to the census online, by phone, or by mail. Choose the option that is most comfortable for you. Large-print guides to the questionnaire are available upon request. From May—July 2020, census takers will visit households that have not yet responded. A census taker can assist if you need help completing your form.

Responding is safe.

Your personal information is kept confidential by law. Your responses can only be used to produce statistics. They cannot be shared with law enforcement agencies or used against you by any government agency or court in any way.