

# National Diabetes Month

Each November communities across the country observe National Diabetes Month to bring attention to diabetes and its impact on millions of Americans. Living with diabetes can be challenging to manage every day. You are the most important member of your diabetes care team, but you don't have to manage your diabetes alone. Seek support from health care professionals, your family, friends, and community to manage your diabetes.

This year, the National Diabetes Education Program's theme is: **Managing Diabetes – It's Not Easy, But It's Worth It**. This theme highlights the importance of managing diabetes to prevent diabetes-related health problems such as heart attack, stroke, kidney disease, vision loss, and amputation. The theme also serves as a reminder to people who may be struggling with the demands of managing diabetes that they are not alone.

Here are some suggestions for this month:

- **Get more sleep:** Not getting enough sleep can increase insulin resistance, meaning your body requires more insulin to get glucose into your cells.
- **Drink more water:** Quench your thirst with water, which can make you feel better and helps your body function better; then eat food if you're hungry.
- **Inspect your feet every day:** It's never too early to familiarize yourself with what your feet normally look like; if something changes, you will notice more quickly.
- **Floss once a day:** Practicing good oral hygiene, including daily brushing and flossing, can go a long way toward preventing periodontal disease, which can negatively affect your diabetes control.
- **Start using a pedometer:** You may be surprised at how few — or how many — steps you take each day, but at least you know where you stand; aim for 10,000 steps a day.

**Note: Free tax preparation by AARP volunteers will NOT be conducted at Cohen Center in the spring. Information on a new location will be announced when it becomes available.**

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) 622-9212

## Sukeforth Family Festival of Trees



Benefiting Spectrum Generations Meals on Wheels, The Maine Children's Home for Little Wanderers, and Hospice Volunteers of Waterville Area

Join us and Santa at the Hathaway Creative Center,  
10 Water Street in Waterville,  
**November 17 - 19, & 24 - 26**

**Friday & Saturdays 10:00 a.m. — 8:00 p.m.**

**Sunday, Nov. 19, 10:00 a.m. — 6:00 p.m.**

**Sunday, Nov. 26, 10:00 a.m. — 4:00 p.m.**

This two-weekend holiday extravaganza is not to be missed, as area businesses display their fully decorated trees with all the trimmings and give **YOU** a chance to take them home. Attendees will have a chance to win a tree by purchasing 50¢ raffle tickets to drop into the bucket of your tree of choice. Drawings for trees will be on **Sunday, November 26**. The winner takes the fully decorated tree home with everything under it! *Admission is \$2.00 for adults, children under 12 free.*

## Medicare Assistance

Medicare Open Enrollment is currently open. This is an important time for Medicare recipients to decide whether to keep current coverage or adjust their medical and/or drug plans. While we offer one-on-one assistance to consumers, all appointments have been booked. You can compare plans and make changes yourself by using the Plan Finder tool on the Medicare.gov website or by calling Medicare at (800)-633-4227.

For individuals new to Medicare, Cohen offers the **"Medicare 101"** class on a regular basis. Please call the Cohen Center at 626-7777 for upcoming class dates and times.

# COHEN NEWSLETTER

spectrum  
generations

November 2017

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.



## A Healthy Harvest

### Four Weeks of Fun Activities To Reap a Healthier, Happier You

Each week will have a different focus as we explore food choices, diabetes prevention and management, stress, and exercise.

**November 7:** Take the Pumpkin Pie Challenge to identify the lighter version of this traditional fall favorite.

**November 14:** **Wear blue** in honor of World Diabetes Day. Take a diabetes awareness quiz. Join us in the dining room at 11:30 a.m. for the Chicken Dance.

**November 21:** "Leaf Your Stress Go" as you explore tips to better manage life's everyday challenges.

**November 28:** "Get Your Game On." Try out shooting hoops, corn hole, bowling, and a brain fitness activity in the Rec Room.

Each activity earns participants an entry into our exciting prize drawings for a \$25 Hannaford gift card and free Cohen lunch certificates.

**All activities will be from 11:30 a.m. to 12:30 p.m.**

The more you participate in *A Healthy Harvest*, the more you increase your chances of winning. So get involved every week!



## Upcoming Events

Friday, November 10  
Closed in observance of  
Veterans Day.



world diabetes day  
14 November

Thursday, November 23  
Friday, November 24  
Closed in observance of  
Thanksgiving.

# Exploring your Health and Wellness

## A Matter of Balance Coach Training November 2 and 3, 8:30 a.m.—12:30 p.m., Cohen Center

Interested in becoming a volunteer Matter of Balance Coach? (See program, description above.) Coaches need to have good communication and interpersonal skills and be able to lead low to moderate level exercises, facilitate group discussions, and engage in problem-solving strategy sessions. **For more information and/or to register, please call Lyn Neiz at 930-8082.**

## Meditation Class November 2, 10:15—11:00 a.m., Cohen Center

Meditation can improve concentration, create more positive thinking, reduce stress, and calm and clear your mind. This class will introduce meditation techniques while respecting each individual's spiritual beliefs. Please bring a pillow. **Please register. Fee: \$3.**

## Blood Pressure Screening Monday, November 6, Cohen Center 12:00—1:00 p.m.

Free screening by Walgreens Pharmacy.

## Fitness Consultations and Assessments

Tuesdays, 12:30 – 1:30 p.m., Cohen Center

Call 563-1363 to set up a free assessment with Robin Maginn (at right), Senior Personal Trainer and Group Exercise Instructor. Robin can answer your fitness questions and help you get back on track to improve your overall health and wellness.



## Foot Care Clinics Monday, November 13 and Thursday, November 30 10:00 a.m.—Noon, Cohen Center

Foot care is important, particularly for individuals with diabetes. Untreated sores, blisters, ingrown toenails, and other problems can lead to infection.

During a 20-minute appointment, registered nurse Caroline Dunn will inspect your feet for any issues, cut your nails, and apply moisturizing lotion to your feet and legs. Referrals can be made to a podiatrist as needed. Please register. **Fee: \$20 for an individual or \$35 for a couple. Appointments are required.**

## Balance & Tone With Kim Wednesdays at Cohen, Starting November 8, 1:30 p.m.

Instructor Kim Gagne will help participants improve balance with a series of toning and balancing exercises designed to strengthen the body and engage the muscles that help with balance. This class has a series of gentle core and leg strengthening exercises done in the comfort of a chair, accompanied with some standing balance exercises. **Please register. Fee: \$5.00.**

## Matter of Balance Fridays, 1:00—3:00 p.m., November 10—January 5 Chateau Cushnoc, 37 Townsend Road, Augusta

A Matter of Balance is an eight-week structured group intervention that emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance. Participants receive a workbook full of useful information. The program is free, but donations are welcomed. **For more information and/or to register, please call Lyn Neiz at 930-8082.**

**Enhance® Fitness at the Kennebec Valley YMCA**  
Enhance Fitness® is developed and created for older adults of all fitness levels. It focuses on cardiovascular exercise, strength training, balance, and flexibility that older adults need to maintain health and function as they age. The program is led by a certified instructor trained in bringing out the physical best for those 55 and older.

**For information on class times and days, call Feargal Semple at the Kennebec Valley YMCA at 622-9622.**

## Volunteer Spotlight



A year after retiring, Dave Meyer decided he needed to get out and do something. His background in case management made him an ideal candidate for a Meals on Wheels assessor position. In this role, he visits and phones homebound older adults and disabled adults to determine eligibility and discuss other Spectrum Generations services they may benefit from.

Dave enjoys the interaction with the consumers and the stories he hears. He says there is nothing like asking a veteran about their experiences and seeing a glint in their eyes. Six years after he began volunteering, he still loves feeling that his visits make a difference to these consumers. Dave has great respect for the Meals on Wheels program, and the program certainly appreciates him.

Interested in becoming a volunteer? Current needs are for individuals to deliver Meals on Wheels, pack meals, and pick up donated food. Call Lynda Johnson for more information at 626-7777.

## Cohen Holiday Coin Drive

The holiday season is a wonderful time to share goodwill with those who are less fortunate. There are many local people living in conditions that would melt your heart. "Ralph" lives alone in an old house with no heat except for a wood stove. He comes to the door with an old scarf and a torn winter jacket, but still has a smile on his face when he greets the volunteer who delivers his meals. "Kate and Joe" have been married for 75 years, but Kate has recently been diagnosed with dementia and is no longer able to cook.

You can help individuals like Ralph, and Kate and Joe during our holiday coin drive. Your loose or rolled change can help move people off a waiting list, which means more homebound, fragile seniors and disabled adults can receive meals. Paper money is always accepted as well. All donations will support Spectrum Generations' Meals on Wheels program.

## Groups and Clubs

**Book Discussion Group**  
First and third Friday of each month at 12:30 p.m.  
**\$1 donation suggested.**

**Bridge Club**  
Thursdays, 1:00—4:00 p.m. **\$3.** Call Fran at 495-3490.

**Cribbage: Partner Games**  
Mondays, 1:00—4:00 p.m. **Cost is \$3.**

**Game Day**  
Wednesdays, 1:00—4:00 p.m.  
Bridge, cribbage, or organize your own team for other card or board games. **Cost is \$3.**

**Knitting/Crocheting**  
Tuesdays 1:00—3:30 p.m. Bring your own supplies. **\$3**

**Mahjong**  
Mondays & Wednesdays, 12:30—3:00 p.m. **Cost is \$3.**

**Rug Hooking**  
Tuesdays, 9:00 a.m.—3:00 p.m., Bring your own supplies. **Cost is \$3.**

**Wood Carving**  
Tuesdays, 12:45—2:45 p.m.  
All ability levels welcome. Bring your own supplies. **Cost is \$3.**

## Meeting Your Needs

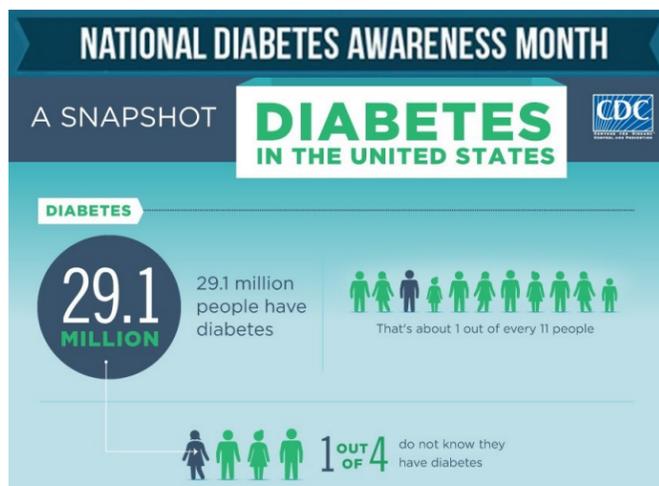
**Ask the Lawyer**  
Wednesday, November 8, 9:00—11:00 a.m.  
**Free** 15-minute consultation on questions pertaining to estate planning, wills and living wills, trusts, elder law and power of attorney, and financial planning. Appointments are required.

**Computer Lessons (Individual)**  
Wednesdays (Except for November 1)  
10:45 a.m., 12:30 p.m., 1:45 p.m.  
Bring your laptop. Each lesson is one hour. Call to book your appointment. **Cost is \$10.**

**Notary Public**  
If you need a document signed by a notary public, we have two commissioned notaries willing to help. **Free.**

**Spirit Readings**  
Thursday, November 9, 1:00 p.m.  
**\$25 per 30-minute session.** Appointments required.

**Call 626-7777 to make appointments.**



When a registration number is not listed, call 626-7777 to register or sign up at the Cohen Center front desk.