



Monday, August 12, 2019

Foodies delight! Plan to join us as chefs battle to win your tastebuds and votes!

Festivities begin at 5:00 p.m.

Cohen Community Center
22 Town Farm Road, Hallowell

\$75 per person

\$300/table of 4 or \$550/table of 8

To purchase tickets, learn about sponsorship opportunities or donate an auction item,

contact Sarah Brown at

(207) 620-1677 or

sbrown@spectrumgenerations.org

Learn more online at:

spectrumgenerations.org/chef



All Spectrum Generations' locations will be closed on **Thursday, July 4!**



Commodity Supplemental Food Program
a Senior Food Assistance 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, 9:30 a.m.—11:00 a.m. at the CLC YMCA, 525 Main Street, Damariscotta.

FMI and application or to designate a proxy if you are unable to pick up your bags, call 790-6021

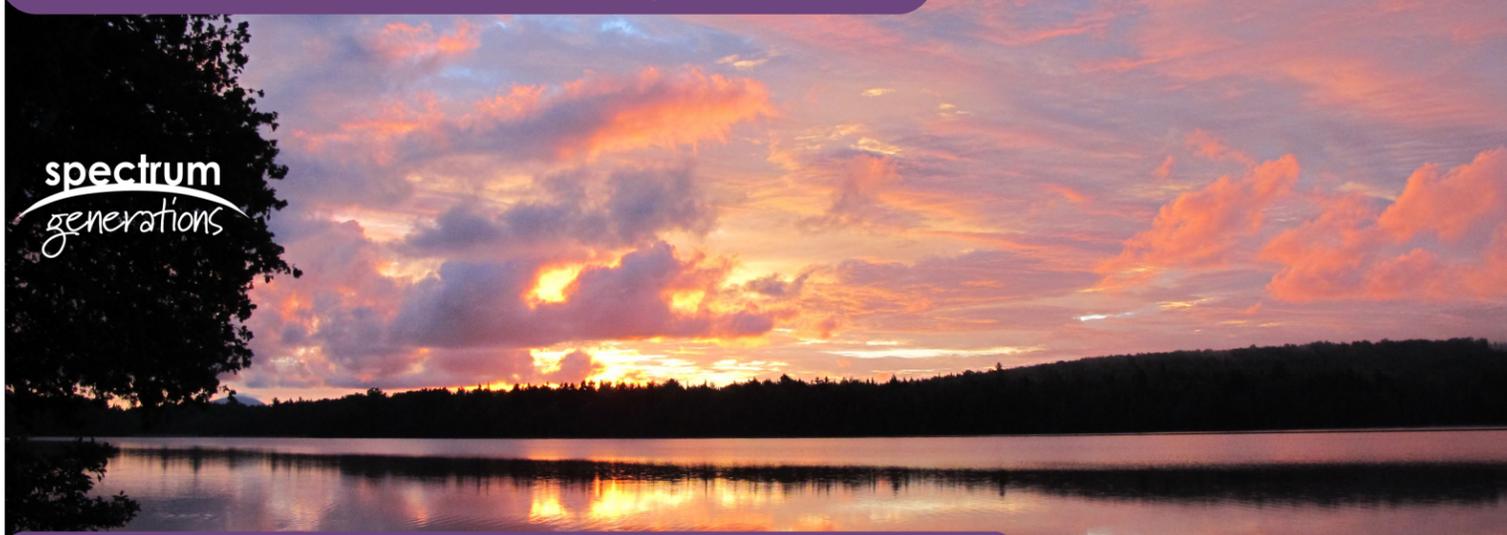
Spectrum Generations is the Central Maine Area Agency on Aging. Our mission is to promote the life-long learning, health, wellness, nutrition, community engagement, and social well-being of all older and disabled adults. We actively engage the people of central Maine, across the entire generational spectrum, in redefining how older and disabled adults live healthy, socially enjoyable, and independent lives. We invite you to connect with us:

spectrumgenerations
 @SpectrumGen
 www.SpectrumGenerations.org
 (207) 563-1363

Lincoln County Regional Center

NEWSLETTER July 2019

PO Box 474, Damariscotta, ME 04543
 (207) 563.1363 or [TTY] 1.800.464.8703
 Monday—Friday, 8:00 a.m. — 3:00 p.m.



Save-the-Date!

Upcoming Events

Free! Aging In Place Forum

Respecting Choices: Caregiver and Parent Empowerment

September 12, 2019 | 9:00 a.m.—2:30 p.m.

Inn Along the Way in Damariscotta

Keynote Speaker: Dr. Dora Anne Mills

Plan to join us for an informative day with workshops and presentations from:

- Lisa Steele-Maley, author of *Without A Map: A Caregiver's Journey through the Wilderness of Heart and Mind*
- Dr. Marilyn Gugliucci, Professor and Director, Geriatrics Education and Research, University of New England College of Osteopathic Medicine
- Marcia DeGeer, Attorney
- Rick Bisson, of Bisson Real Estate will share a personal experience
- Steve Raymond, of Lincoln Homes will tie it all together
- And more...

Registration information will be available in the August newsletter.

For more information in the interim, please contact

Cindy Sullivan at 620-1185 or csullivan@spectrumgenerations.org

Monday, July 8

Midcoast Regional Council

1—2:30 p.m.

Inn Along the Way

Thursday, July 11

Medicare 101

1—3:00 p.m., CLC YMCA

Multi-Gen room

Choosing a Medicare drug and/or health plan can be difficult and confusing. In this Medicare 101 class you will be provided information regarding Medicare, Medicare drug coverage, Medicare Advantage plans, Medicare Supplements and tips on how you can save money and avoid penalties.

\$15 suggested donation.

Thursday, July 11

Family Caregiver Support Group

1—2:30 p.m., CLC YMCA

(small meeting room)

Lunch & Learn Schedule

\$5 suggested donation for those over 60 years,
\$6.50 for all others 10:45 a.m.— 1:00 p.m.

Reservations are required.

Call 563-1363 by noon on Mondays
to reserve your spot.

Wednesday, July 3, no speaker

Entrée: pork chops, sweet potato, and corn

**Wednesday, July 10 at Camp Kieve—the
Kennedy Leaning Center**

**Robin Maginn, Personal Trainer, Central Lincoln
County YMCA – How to Prevent Falls**

Balance exercises can help you stay independent
by helping you avoid a disability that may result
from falling. By doing strength & balance
exercises regularly you can reduce your risk of
suffering a debilitating fall.

This special lunch is \$7.00 for all

Wednesday, July 17

David Grima, Maine Department of Labor –

Curious about your options for working after
retirement? David will talk about why some
retirees are looking to work again — to help out
with their social security and to provide a sense of
continuing purpose in their lives. Working after
retirement, perhaps part-time at a specific time of
year, can make work look the way we always
wished it would. Many employers are anxious to
hire people with experience, flexibility, and
dependability; join us to find out more.

Entrée: Meatloaf, mashed potato, and carrots

Wednesday, July 24

Aisha Hixon, The IRIS Network – Aisha brings
vision-aid tools to assist with the various issues
that she discussed at her last visit with us.

Entrée: American chop suey, and peas

Wednesday, July 31

**Bernard Fishman, Museum Director, Maine State
Museum –** A virtual visit (via a PowerPoint
presentation) to the Maine State Museum's most
historic exhibits.

Entrée: Chicken parmesan, pasta, and broccoli

Activities

Mahjong

Thursdays, 1—4:00 p.m.

Will meet in the lobby area of CLC YMCA
Please bring your Mahjong card. Fee is \$1.

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.

Fee is \$1 per meeting.

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

Once a month Friday lunch



Friday, July 19

10:45 a.m. — 1:00 p.m.

**Entrée: Spaghetti pie/lasagna,
Italian sausage, green beans**

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



Planning an event? Cohen on the Meadows is
available to serve all catering needs!
FMI please call 207-620-1189 or 207-660-9267.



Living Well with Chronic Pain: Moving Easy Program

We've all recognize the old adage "use it or lose it," but for those experiencing chronic pain, this can pose a unique challenge. Often when experiencing chronic pain, we are not able to continue using our bodies in the same way. Reduced activity can then lead to muscle tension, limited flexibility, restricted movement and joint stiffness. The more pain we experience, the less we move, and the less we move, the more pain we can experience. This can become a vicious cycle.

But there's good news! **The Moving Easy Program (MEP)** is a gentle, safe, and enjoyable exercise routine included in the *Living Well with Chronic Pain* program. The MEP includes 26 movements that gently loosen muscles and joints throughout the body. Flexibility and gentle strength training combined with better breathing can help promote relaxation, as well as reduce tension and stiffness. The exercises are gentle enough to practice every day, even on those days when you aren't feeling your best.

You can participate in the Moving Easy Program by signing up for *Living Well with Chronic Pain*.

Living Well with Chronic Pain is ideal for those who are experiencing a wide range of chronic pain conditions. In this class, we discuss practical tools to help develop self-management skills, as well as ways to communicate about the pain we experience, with an emphasis placed on creating action plans, setting realistic and attainable goals.

Living Well with Chronic Pain

Gardiner Adult Education, 40 West Hill Road, Gardiner

September 11 — October 16, 3:00—5:30 p.m.

Living Well for Better Health

Patten Free Library, 33 Summer Street, Bath

September 12 — October 24, 1:30—4:00 p.m.

A Matter of Balance: Managing Concerns about Falls

People Plus, 35 Union Street, Brunswick

August 5 — September 30, 1:30—3:30 p.m.



Visit healthylivingforme.org, call 1-800-620-6036 or email info@healthylivingforme.org for more information or to register for a program near you!



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