

New to Medicare?

Attendance is required before an individual appointment can be made.

Medicare 101 Clinic

Medicare has four parts: A, B, C, & D.

Part A is hospital insurance

Part B is medical insurance

Part C is Medicare Advantage Plans

Part D is for prescription drugs

Do you know the difference between a

Medigap Plan and a Medicare Advantage Plan?

Our Medicare 101 Clinic is where you can find the answers to questions you may have:

- How do you enroll?
- What services are covered?
- What is the cost?
- And more.....

The next session will be at the Muskie Center on **Friday, August 11**, from **1:00—3:00 p.m.**

Donations are appreciated.

Pre-registration is required by calling 873-4745.

Save the Dates!

Free Personal Financial Security Seminar

Monday, September 11

Andrew Grover, Senior VP & Risk Officer, of Bangor Savings Bank, will be at the Muskie Center to explain and answer questions about online scams, fraud, phishing, and ransomware from **10:30 a.m.—12:00 p.m.**

Learn how to best protect yourself with this free informative seminar! Please stop by the reception desk or call 873-4745 to pre-register.

Dave's Walk

The Muskie Center Local Advisory Council (LAC) is sponsoring this 3rd annual fundraiser supporting Meals on Wheels, on

Saturday, September 16 from **9:00—11:00 a.m.**

More information coming soon!

2nd Annual Girls Just Wanna Have Fun

Saturday, September 23

9:00a.m.—2:00 p.m.

at Spectrum Generations Muskie Center, 38 Gold Street in Waterville.

Join us for a one-of-a-kind FUNdraiser that appeals to women of all ages. Bring your friends and/or family to sample products, play games, participate in activities, enter raffles, enjoy delicious food, and have the opportunity to walk away with a gift! Admission for this event is highly encouraged by donation the day of the event.

We hope to see you there!

MUSKIE NEWSLETTER

spectrum
generations

August 2017

38 Gold Street, Waterville, ME 04901
(207) 873-4745 or [TTY] 1.800.464.8703
Fax: (207) 872-6168
Monday-Friday, 7:30 a.m.— 4:00 p.m.



Message from the Center Director

Legal Services for the Elderly

Spectrum Generations works closely with Maine Legal Services for the Elderly to protect the independence and dignity of Maine's seniors. Legal Services for the Elderly (LSE) is a non-profit agency with offices in five locations: Augusta, Bangor, Lewiston, Presque Isle and Scarborough. They provide persons age 60 and over with free legal advice regarding health care, health insurance, Medicare (including Part D), MaineCare (Medicaid), Social Security, and other public benefits, pension and retirement benefits, powers of attorney, consumer matters including creditor and bankruptcy problems, physical and financial abuse, guardianship defense and other issues. Some of the things LSE can do for you:

- Answer your questions and give you legal advice on the phone
- In some cases, speak with other people on your behalf
- In some cases, meet with you in person
- In some cases, go to court for you

If LSE can't help you, they will try to refer you to someone who can. **Some of the problems with which LSE can help:**

- MaineCare and Medicare
- Losing money or property to a relative, friend or scam artist
- Physical and mental abuse
- Powers of Attorney and Living Wills
- Housing, such as evictions
- Overdue bills and debt collectors

Legal Services can be reached at 1-800-750-5353 Monday through Thursday, 9:00 a.m. to 5:00 p.m. and Friday, 9:00 a.m. to 4:00 p.m. For more resources visit spectrumgenerations.org and click on our **Links** page.



Bob Marin
Regional Center Director

Upcoming Events

AUGUST 16

Family Caregiver Support Group

Are you a caregiver for a family member or friend? Does your loved one have dementia or another chronic illness? Come and talk with others who share a similar journey, to support one another and learn about resources and information that may help you. The Caregiver Support Group meets Wednesday, **August 16, 12—1:30 p.m.** and is here to listen, to care, and to help. For more information, please call Tricia at 660-1670.

EACH THURSDAY IN AUGUST

Robin Maginn, Senior Personal Trainer and Group Exercise Instructor

will be at the Muskie Center **Thursdays** in August from **1:00—2:00 p.m.** to answer your fitness questions! Robin is here to help you get back on track to improve your overall health and wellness and will help determine what exercises are best for you, taking into consideration any medical conditions you may have.

In case you missed it...



The Waldo Center's **Miles for Meals 5K** will take place on Saturday, August 12. Registration is \$10. Call 930-8090 FMI



Spectrum Generations webpage is full of information keeping you informed. Visit www.spectrumgenerations.org today!



Roger Derosier & Lucinda Nale volunteered at Spectrum Generations' **Golf Fore a Cause** Tournament. The fundraiser was hugely successful thanks in part to the efforts of our dedicated volunteers, and raised over \$24,000 for our programs and services!

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 1-800-639-1553

Celebrity Chef Challenge

Tuesday, September 19, 2017

5:00 p.m. Reception | 6:00 p.m. Dinner & Program

Maine Maritime Museum, Bath, Maine

Join Spectrum Generations for one of our most exciting fundraisers of the year! Four local chefs from mid-coast and central Maine will compete by preparing a main dish using Meals on Wheels guidelines and locally grown ingredients. Judges' Choice and People's Choice awards will be bestowed.

Advance tickets are required and space is limited so be sure to reserve your tickets today! Tickets are \$75 per person (provides 15 meals for our homebound seniors and disabled adults) or \$550 for a table of 8 (provides 110 meals).

Call or email Sarah Brown at (207) 620-1677
sbrown@spectrumgenerations.org for tickets or FMI

E.P. Rock Don Boudreau



E.P. Rock, Maine's Premier Elvis Tribute Act, featuring Don Boudreau will be in concert at Spectrum Generations' Muskie Center, 38 Gold Street in Waterville on **Sunday, August 20 from 2:00 p.m. - 4:00 p.m.**

Don Boudreau, is a well known and hugely popular solo Elvis tribute artist from

Sidney, Maine who has performed throughout the country with his lively renditions of Elvis Presley performances.

Tickets are available **now** at the Muskie Center! \$12.00 in advance, and \$15.00 at the event. Call 873-4745 for further information!

We are currently seeking volunteers to deliver Meals on Wheels to homebound adults.

Contact our Volunteer Coordinator **Betty LaBua:** elabua@spectrumgenerations.org or call 620-1662

Volunteerism at Spectrum

Across our agency we are always searching for committed volunteers looking for an opportunity to give back to those in their community. With locations throughout the state we are able to offer you the chance to connect with your neighbors and help those who need it most. Some of the areas we are currently looking for volunteers are:

Meals on Wheels

Our Meals on Wheels program is always looking for committed and motivated volunteers to join our team and help contribute to our mission of ending senior hunger in Maine. Some ways you can volunteer for Meals on Wheels are:

Driver: Deliver meals and bring needed nutrition and friendly visits to seniors and people with disabilities in your community.

Assessor: Help make assessments and determine eligibility for Meals on Wheels.

Kitchen: Become a hands-on volunteer to help staff and other volunteers put together and pack the meals to be delivered.

Legacy Corps

Be a hero for a hero. Our Legacy Corps program, an AmeriCorps project funded by the University of Maryland, provides companionship respite for veteran and military families and their caregivers. Legacy Corps volunteers will receive up to 90 hours of training, a monthly taxable living allowance, and the opportunity to qualify for an educational award.

For more information, please speak with our Volunteer Coordinator, **Betty LaBua** at 620-1662 or by email: elabua@spectrumgenerations.org. Some of our funding sources require that all undergo a background check and must meet agency standards and screening requirements, including reference checks and an interview.



All proceeds help end senior hunger

Planning an event? Cohen on the Meadows is available to serve all catering needs!

207-620-1189 or **207-660-9267**

Exercise With Us

Exercise and COPD Workshop

The confidence gained through a successful general conditioning exercise program can greatly improve quality of life when COPD is present. It discourages learned helplessness and the tendency to allow the breathing disorder to unduly curtail routine activities of daily living. Join Robin Maginn, Advanced Senior Personal Trainer and Group Exercise Instructor for a Posture Workshop on **Thursday, August 17, 1:00 p.m.** at the Muskie Center. Learn about COPD and other pulmonary concerns and the effect of exercise on these conditions. Benefits, precautions, medical clearance and different modes of exercise will be discussed. **Fee: \$10.00.** Please **pre-register** by visiting the Muskie Center or by calling 873-4745.

Yoga

Join Kim Nashed, a Yoga Alliance Certified Instructor on **Tuesdays and Thursdays** from **8:30 — 9:30 a.m.** **Fee: \$5.00** per class. Call 873-4745 to sign up.

Richard Simmons Workout

This fun class is run **Mondays, Wednesdays, and Fridays** from **9:00 — 10:00 a.m.** **Fee: \$1.00.** Please call 873-4745 FMI.

Get Up & Go!

Thursdays from **12:00 — 12:45 p.m.** with Robin Maginn, Advanced Senior Personal Trainer and Group Exercise Instructor. Get Up & Go is a class of basic, functional exercises that can be done either standing or sitting. Be on your way to better health and a more active life! **Fee: \$5.00.** Call 873-4745 to pre-register or stop by the reception desk.



What you need to know

Belfast Coastal Trip

Join us **Wednesday, August 30**, for a beautiful scenic ride to enjoy the Maine sea breezes in the quaint town of Belfast. We are planning a stop at Renys Department Store and we will be visiting the downtown shops. You will be able to enjoy ocean views while eating a sea-side lunch. Everyone buys their own lunch. On the ride home there will be a stop at Johns Famous Homemade Ice Cream stand! Our van driver, Marilyn will be leaving the Muskie Center at **9:00 a.m.** **Transportation Fee: \$15.00.** Pre-registration is required by calling 873-4745 or stop by the reception desk.

Computer Lessons

There will be no lessons in August. Classes will resume on Tuesday, September 5 at 10:00 & 11:00 a.m.

Remember Me Spiritual Readings

Medium Francine McEwen uses her clairvoyant abilities to connect with loved ones who have passed to spirit. Francine will be at the Muskie Center on **Friday, August 18**, from **12:30-2:45 p.m.** **Cost: \$25.00** for each 1/2 hour. Call **873-4745** to schedule an appointment for your reading.

Speak French Social Hour

Wednesdays, 9:30 — 10:30 a.m. \$3.00 includes coffee and muffins. Do you speak French but only have a few people to converse with? Are you learning French and wish for more opportunities to practice? If so, join our Speak French Social Hour. Call 873-4745 to join in the fun!

Bridge

Waterville Non-Sanctioned Duplicate Bridge meets every **Thursday** from **11:00 a.m. — 3:45 p.m.** **Cost \$2.00** Please bring your own partner. Call 872-5932 for more information.

Notary Service By Donation

Tuesdays, 1:00 p.m.
Call 873-4745 for an appointment.

Blood Pressure Screening

Call 873-4745 to set up a **free** appointment.

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

