February is National Heart Month

Heart disease is the leading cause of death for both men and women. To prevent heart disease and increase awareness of its effects, Spectrum Generations Health & Wellness Programs and our local Community Centers are proudly participating in American Heart Month and wearing red on Go Red for Women Day on February 3. You can make a big difference in your heart health by taking these small steps during February and beyond.

Schedule a visit with your doctor to talk about your heart health, add exercise to your daily routine, increase healthy eating, take steps to quit smoking and taking medication as prescribed will all be beneficial!

Go Red for Women February 3
Heart disease and stroke cause 1 in 3 deaths among women each year. Fortunately, we can change that statistic because 80% of cardiac and stroke events may be prevented with education and action. That is why we ask that you wear red on National Wear Red Day on February 3. By doing so, you help support educational programs to increase women’s awareness and critical research to discover scientific knowledge about cardiovascular health.

It’s All About Balance
Balance exercises can help you stay independent by helping you reduce your risk of suffering a debilitating fall. Participating regularly in scheduled strengthening exercises and incorporating balance techniques as you progress will improve your balance at the same time.
Over time you will notice that these exercises will help you feel steadier and more confident when you move and engage in daily activities. Join Robin Maginn, Advanced Senior Personal Trainer and Group Exercise Instructor, on Tuesday, February 14 from 2:00 - 3:00 p.m. at Spectrum Generations Muskie Center. Cost: $10.00. Please pre-register by visiting Spectrum Generations Muskie Center or by calling 873-4745.

February 2017

19th Annual Gene & Lucille Letourneau Ice Fishing Derby

Spectrum Generations’ Muskie Community Center’s 19th Annual Gene & Lucille Letourneau Ice Fishing Derby will be held on free fishing Sunday, February 19, 2017.
Ticket Cost: Single $3, 2 for $5 and 5 for $10. Entrant must have valid ticket to enter. One fish per ticket. Official Weigh-In 2:00 - 5:00 PM at Muskie Community Center, 38 Gold St. Waterville.
Door Prize: Jiffy 10" Ice Auger ($500 value)
Adult 1st Place Prize: $100.00
Adult 2nd Place Prize: $50.00
Children 1st Place Prize: $50.00
Children 2nd Place Prize: $30.00
Children 3rd Place Prize: $20.00

The derby promotes outdoor sports and helps raise funds for Spectrum Generations Muskie Community Center’s Meals on Wheels program, that provides home-style cooked meals to homebound seniors and adults and other programs.

Spectrum Generations will be closed Monday, February 20 in Observance of Presidents Day.

Presidents’ Day

Muskie Community Center
38 Gold Street
Waterville, ME 04901
207.873.4745
Helpline: 1.800.639.1553
[TTY] 1.800.464.8703
www.spectrumgenerations.org
Open: Monday - Friday
7:30 a.m. - 4:00 p.m.

February Muskie Activities
You May Qualify for a Tax Credit!
Recently, the Maine State Housing Authority published a new rule allowing a homeowner or renter who makes less than $55,000 eligible for up to $9,000 in a tax credit for certain home modifications. The total amount is based on a sliding scale and the modifications must make the dwelling accessible for a disabled person who lives there currently or will be moving there in the future. For more information, visit mainehousing.org or call 1.800.639.1553 to speak with one of Spectrum Generation’s Aging and Disability Resource Center counselors.

Beltone of New England
Beltone of New England will be at Spectrum Generations Muskie Community Center on Thursday, February 23 from 8:00 a.m. - 12:30 p.m. to give free hearing screenings. While here Beltone of New England will also do free hearing aid cleanings. Please pre-register at the reception desk or by calling 873-4745.

Elder Issues and the Maine Legislature
Please join John Nale, Esq. of the Elder Law Offices of John and Mark Nale, on February 24 at 10:00 a.m. for a free informative presentation on Elder Issues and the Maine Legislature. Find out what laws are being proposed and considered by Maine’s Legislature and how you can help get the good laws passed and the not-so-good laws not passed! Please pre-register by calling 873-4745.

March Madness Daily Raffle Calendar
Purchase a $10.00 raffle ticket for your chance to win an exciting prize drawn Monday through Friday at the Muskie Center in the month of March. There will be a total of 23 drawings. You can purchase as many raffle tickets as you want. Each prize will have a value of $25.00 or more!
MUSKIE CENTER HAPPENINGS & WEEKLY EVENTS
Games, Crafts, Support Groups, Health Screenings and More…
Remember Me Spiritual Readings
Want to experience a Spiritual Reading? Medium Francine McEwen uses her clairvoyant abilities to connect with loved ones who have passed to spirit. Francine’s Spiritual Readings have brought comfort and healing to those who are grieving. Francine will be at the Muskie Center on **Friday, February 17 from 12:30-2:45 p.m.** Cost is $25.00 for each 1/2 hour. Call 873-4745 to schedule an appointment for your reading.

**Speak French Social Hour:** ($3) Includes coffee and muffins Wednesdays, 9:30 – 10:30 a.m. Was French your first language? 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 yes, then come join our Speak French Social Hour. Call 873-4745 to join in the fun!

**Hand & Foot:** ($1) Tuesdays, 1:00 – 3:30 p.m.

**Cribbage:** ($1) Wednesdays, 12:30 – 3:00 p.m.

**Bridge:** ($2) Thursdays, 11:00 a.m. – 4:00 p.m.

**“63” Card Game:** ($1) Fridays, 1:00 – 3:30 p.m.

**Quilters & Crafts:** ($1) Tuesdays, 9:00 – 11:00 a.m.

**Yoga Classes:** Tuesdays & Thursdays from 8:30 – 9:30 a.m. With Kim Nashed, a Yoga Alliance Certified Instructor practicing yoga for 10 years. Cost is $5.00 per class. Please call 873-4745 to sign up.

**Tai Chi:** Mondays & Wednesdays, March 13 thru May 3 from 8:00 - 9:00 a.m. To register or for more information, contact Lyn at (207)930-8082.

**Richard Simmons Workout:** ($1) Mondays, Wednesdays and Fridays from 9:00 – 10:00 a.m.

**Blood Pressure Screening:** FREE - Please call ahead.

**Notary Services:** By Donation, Tuesdays 1:00 p.m. Please pre-register at the reception desk or by calling 873-4745.

**Family Caregiver Support Group:** Wednesday, **February 15, from 12:00 – 1:30 p.m.** 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 your journey, to support one another and learn about resources and information that may help you. Our Caregiver Support Group is here to listen, to care, and to help. For more information, please call Mary at (207)660-9268.

**Nintendo Wii Gaming Console**
Have you ever played Wii? If not, would you like to try? We have a Nintendo Wii gaming console set up and available for the public to use in our front dining room area. The Wii has many games including bowling, tennis, golf, baseball and boxing that you can play for a donation. If you are interested in playing, then please check in at the reception desk or call 873-4745 to schedule a time to play!

**Weather Cancellations & Delays**
In the event of bad weather, please call 873-4745 before heading to the Muskie Center. If no answer, please call (800)639-1553 for a recorded message announcing any agency closings. You can also watch or listen to TV channels 5, 6 or 8 or on FM radio stations 104.3, 92.3, & 98.5.

**Save These Dates!**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday, March 14th</td>
<td>It's All About the Core! Exercise class with Robin Maginn</td>
<td>2:00 p.m. - 3:00 p.m.</td>
<td>$10.00</td>
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<tr>
<td>Thursday, April 27th</td>
<td>AARP Safe Drivers Course from 10:00 - 4:00 PM</td>
<td>being held at Spectrum Generations Muskie Center. The cost for Members is $18.00, non-members is $23.00. Pre-registration is required by stopping at reception desk or by calling 873-4745.</td>
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<tr>
<td>Tuesday, May 9th</td>
<td>It's All About the Arms! Exercise class with Robin Maginn</td>
<td>2:00 p.m. - 3:00 p.m.</td>
<td>$10.00</td>
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</tbody>
</table>

**Costume Jewelry Needed!**
We are once again looking for costume jewelry. Do you have some you would like to donate for an upcoming spring fundraising sale at the Muskie Center? If so, please drop it off at the reception desk. We appreciate all your support.

**In Search of Computer Instructor**
Are you good with computers, tablets and/or cellphones? Do you like to teach others? We are looking for someone who would like to teach the basics of the internet, e-mail, Facebook and Skype. If you are interested and would like more information please call 873-4745.

**In Search of Exercise Instructors**
We are currently in search of an instructor for a Health & Wellness Fitness Class to be offered at the Muskie Center. We would like to offer this class two to three times per week. We are also in search of a nurse who may be interested in offering a Foot Clinic at the Muskie Center once a month. If you are interested or know someone that may be, please call 873-4745.

**Family Caregiver Support Group**
Wednesday, **February 15, from 12:00 – 1:30 p.m.** 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 your journey, to support one another and learn about resources and information that may help you. Our Caregiver Support Group is here to listen, to care, and to help. For more information, please call Mary at (207)660-9268.
New to Medicare?

Turning 65? Need 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? This is where you can find the answers to that question and others you may have about Medicare such as:
- How do you enroll in Medicare?
- What services are covered by Medicare?
- What is the cost for Medicare?
- And more…..
Upcoming sessions will be at the Muskie Center on Tuesday, February 14, from 1:00 - 3:00 p.m. and Friday, February 24 from 1:00 - 3:00 p.m. Donations are accepted and appreciated.
Pre-registration is required and you can call 873-4745 to register for this informative clinic.
Please note: If you require a translator notify us at least 2 weeks before the event so we can make arrangements for accommodations. Visit www.spectrumgenerations.com for the latest Dear Marcie Medicare Tip.

Special Thank You’s!
Spectrum Generations Muskie Community Center would like to thank the Church of Jesus Christ of Latter Day Saints in Waterville for singing Christmas carols at our Christmas buffet.
We would also like to thank The Waterville Community Garden Club for donating 31 beautifully wrapped and decorated Christmas Shoe Boxes filled with gifts for our Adult Day & Community Support Services clients.

Bridges Help at Home ~ When Home is Where You Want to Be!
Bridges Help at Home provides caregivers to help you stay independent at home. If everyday chores and tasks are overwhelming you, we may have the solution! Bridges Help at Home provides caregiver services to help you stay independent at home. We believe that every person has the right to age in their residence of choice with dignity and respect. We are committed to helping people stay home where they want to be. Elder services isn’t just a profession – it’s a passion. Many of our caregiver staff have been with us for 5, 10, even 15 years. For more information about at home services, please contact Bridges at (207)623-0761.

Bridges Adult Day and Community Support Services (ADCSS)
At Bridges Home Services we are here to do one thing; make life better for you. With over 20 years’ experience we have been helping loved ones stay at home, where they truly want to be. Alongside home care we also provide caregiver and respite services. Our Adult Day and Community Support Services program helps provide a home away from home for loved ones, enabling elderly or disabled family members to continue living at home longer, and provides caregivers with respite and peace of mind. FMI contact Bridges Home Services today, (207) 623-0761.

Caregiver Respite Program Funds Available!
Are you caring for someone with dementia? Do you need a break? The Caregiver Respite Program can help. This program assists the caregiver by helping them pay for someone to come into their home and stay with their loved one while the caregiver is able to get time for themselves. The person providing respite care for your loved one may be a family member, friend, neighbor or someone from a home health agency or a day program of your choice. The program can reimburse you for 80% of what it costs for several hours of adult day care or in-home care, up to $3,040 a year. To qualify, the care recipient must have a written diagnosis of a memory impairment, must not be receiving any other state supplement for respite, and liquid assets cannot exceed $50,000 for one person or $75,000 for a couple. If this could be helpful to you or if you would like more information, please contact Spectrum Generations’ Family Caregiver Support Program at (800)639-1553.

Spectrum Generations Legacy Corps Program
Would you like to volunteer for a gratifying position that only requires 4 to 10 hours of your time each week? This volunteer group consists of a wonderful mixture of men and women who go into a home of a veteran or a member of a veteran’s family who have a full-time caregiver, to give the caregiver some respite time which is badly needed! It can mean playing cards or games with the patient, taking them out for a ride or just letting them talk and being a good listener. There is no personal care whatsoever and although it’s a voluntary position, there is a monthly stipend of $160.00 to help cover gas and other expenses. If this sounds like something that might interest you, please call Sheila Bonefant for more information at (207) 649-8370.

Spectrum Generations is active with AmazonSmile!
Through AmazonSmile, Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice. Please help support your favorite local charitable organization, Central Maine Area Agency on Aging, by doing your shopping at smile.amazon.com. Thank you for your support!
Muskie Community Dining
Public Buffet Breakfast
Breakfast each Friday 8:00—10:00 a.m.
Breakfast is $5.50. Breakfast sandwiches are made to order Monday - Friday for $2.00

Public Lunch
Monday – Friday 11:30 a.m. – 1:00 p.m.
Suggested donation for age 60+ and people with disabilities is $5.00. Under age 60 the cost is $6.50.
Water, soda, coffee and muffins available daily for $1.00+ tax.
Cash, check, credit cards, and EBT cards are accepted.

February Lunch Menu
Wednesday, 2/1/17 Shepherds Pie, Green Beans
Thursday, 2/2/17 $6.50 Roast Pork, Mashed Potato, Corn
Friday, 2/3/17 Lemon Herb Haddock, Oven Fries, Beets
Monday, 2/6/17 Macaroni & Cheese, Chicken Fingers
Tuesday, 2/7/17 Baked Chicken, Parsley Potatoes, Corn
Wednesday, 2/8/17 BBQ Pork, Baked Beans, Veg Medley
Thursday, 2/9/17 $6.50 Beef Tips over Rice or Mashed
Friday, 2/10/17 Salmon Pie, Chive Potatoes, Carrots
Monday, 2/13/17 Chicken Parmesan, Green Beans
Tuesday, 2/14/17 Chicken Pot Pie in Puff Pastry, Carrots
Wednesday, 2/15/17 Beef Brisket, Scallop Potato, Beets
Thursday, 2/16/17 $7.00 Turkey Dinner with all the Fixings
Friday, 2/17/17 Haddock, Roasted Potato, Mixed Veggies
Monday, 2/20/17 Closed to Observe Presidents Day!
Tuesday, 2/21/17 Ham & Potato Casserole, Carrots
Wednesday, 2/22/17 Stuffed Cabbage Casserole, Beets
Thursday, 2/23/17 $6.50 Chicken Legs, Mashed Potato
Friday, 2/24/17 Salmon Filet, Oven Fries, Veggie Medley
Monday, 2/27/17 Veal & Gravy, Peas & Carrots
Tuesday, 2/28/17 Beef Stew in a Bread Bowl, Parsnips
Thursday lunch prices have increased from $6.00 to $6.50 due to increasing food costs. Turkey lunches have also increased to $7.00. Thank you for your understanding.

Listen to FM 93.5 True Oldies for Our Menu
Listen to Don Brown each weekday morning for full menu details of what is being served at the Muskie Center Café.

SOMERSET COMMUNITY CENTER HAPPENINGS

Medicare 101 Clinic Offered
Spectrum Generations Somerset Center
Need help understanding Medicare? Please join us for a Medicare 101 informational clinic. Clinic is free, but donations are accepted (suggested donation is $15.00). Pre-registration is required. For more information, or to register, call 474-8552.
The next clinic will be on Wednesday, February 15th from 1:00 – 3:00 p.m.
Note: If you require a translator, please give two weeks notice before the event/appointment so accommodations can be made.

Animesals Program
Our Meals on Wheels volunteers deliver donated pet food to homebound seniors in need to help them care for their beloved companions. We are accepting unopened dog/cat food and treats at the Somerset Community Center, 30 Leavitt St. in Skowhegan. You can also mail a donation to the center if you wish. Please indicate that your donation is for Animesals. Thank you for your generosity!

Meals on Wheels Volunteers Are Needed!
A Meals on Wheels back-up driver is needed at our Somerset Community Center on Tuesdays and/or Thursdays for Madison/Starks, Anson/Solon, Hartland and Pittsfield areas to deliver meals.
A Meals on Wheels driver is also needed on Mondays in Bingham. We are also currently in search of a Meals on Wheels Home Assessor.
Please contact Holly for more information: 612-5123 or hhannon@spectrumgenerations.org

UMaine Cooperative Extension Senior Gathering!
Come join us at the Senior Gathering Place. Free coffee and snacks will be available! We are meeting here in partnership with the Somerset Grange and Somerset Public Health. Join us on Wednesday, February 8 and again on Wednesday, February 22 from 1:00 - 3:30 p.m. at the UMaine Cooperative Extension meeting room, 7 County Drive, Skowhegan. Future meetings will be held every 2nd and 4th Wednesday of the month. Please pre-register by calling (207)474-9622.

GALLANT FUNERAL HOME, INC.
JOHN O. GALLANT, CFSP
Owner/Director
Waterville’s Only Locally Owned and Operated Funeral Home
10 Elm Street • Waterville, Me 04901
Tel: 873-3393 • Fax: 877-7106
www.gallantfh.com

SPECTRUM GENERATIONS IS AN EQUAL OPPORTUNITY PROVIDER. PLEASE LET US KNOW IF YOU REQUIRE SPECIAL ACCOMMODATIONS AT LEAST TWO WEEKS PRIOR TO EVENT.