

## Medicare 101 Clinics

Attendance is required before an individual appointment can be made.

Nearing the age for Medicare eligibility?  
Learn the facts!

Do you know...

- The four different parts of Medicare?
- The difference between a Medicare Advantage Plan and a Medigap Plan?
- The Medicare out-of-pocket costs?
- What to consider when choosing your Medicare coverage?
- Late enrollment can lead to financial penalties?

**Do not wait until you are 65!** You should begin learning about Medicare three to six months before you are eligible. You need to know the answers to these questions and more to make the best choice from the many Medicare options.

Attending a Medicare Clinic can help!

**The next Medicare Clinic will be held Monday, July 8, from 1:00—3:00 p.m. at the Muskie Community Center, 38 Gold St. in Waterville.**

**Pre-registration is required by calling 873-4745. Donations are appreciated!**



## AniMeals



Spectrum Generations' AniMeals program began over a decade ago when we learned that some Meals on Wheels recipients did not have enough money to feed their pets and were sharing their delivered food with their companion animals. We worked with local veterinarians and many generous community partners to offer AniMeals in conjunction with Meals on Wheels.

Often, our Meals on Wheels consumers live in rural areas and/or are socially isolated; many have pets, who are a source of support, comfort and friendship. Some research studies have found that people who have a pet have healthier hearts, make fewer visits to the doctor, get more exercise, and are less depressed.

Spectrum Generations relies on donations, grants, and ongoing support from Meals on Wheels America to sustain our ability to continue this option. We are currently accepting unopened pet food at the Muskie Community Center, or mail a monetary donation if you prefer.

Thank you for your generosity!



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

# MUSKIE NEWSLETTER

spectrum  
generations

July 2019

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

### Living Well with Chronic Pain: Moving Easy Program

We 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**  
Fairfield Victor Grange  
144 Oakland Road, Fairfield  
July 18 – August 22  
12:30-3:00 p.m.

**Living Well for Better Health**  
The Gerald Hotel  
177 Main Street, Fairfield  
August 21 – September 25  
8:00-10:30 a.m.

Visit [healthylivingforme.org](http://healthylivingforme.org), call 1.800.620.6036 or email [info@healthylivingforme.org](mailto:info@healthylivingforme.org) for more information or to register for a program near you!

## Upcoming Events



### Holiday Closure

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

### July 17

### Family Caregiver Support Group

Are you a caregiver for a family member or friend? Does your loved one have dementia or another chronic illness? If so, 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 will meet on **Wednesday, July 17, from 1—2:30 p.m.** FMI please call 620-1670.



All proceeds help end senior hunger

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



Spectrum Generations webpage is full of information keeping you informed. Visit [www.spectrumgenerations.org](http://www.spectrumgenerations.org) today!



*This newsletter is sponsored by Bridges Home Services, committed to providing solutions for clients' individual needs and helping improve quality of life while aging in place. FMI please call (800) 876-9212.*

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](http://www.SpectrumGenerations.org) 1-800-639-1553



## Fort Edgecomb State Park Trip

Join us to enjoy a scenic ride to Fort Edgecomb State Park on **Wednesday, July 17**.

Fort Edgecomb State Park overlooks the Sheepscot River, known for hosting Harbor Seals. After exploring the park we will continue on to Boothbay Railway Village museum.

A lunch stop is planned as well as a stop for ice-cream. We can also "Stop and Shop" if time allows. Our van will be leaving Spectrum Generations' Muskie Community Center at 9:00 a.m. and will return at approximately 4:00 p.m.

Trip attendees need to bring money for food and shopping, along with the museum admission fee. Pre-register at reception or by calling 873-4745. Transportation Cost: \$19.00 plus museum admission fee of \$4.00.



Spectrum Generations' Muskie Community Center staff and volunteers recognizing World Elder Abuse Awareness Day!

# 7th Annual Celebrity Chef Challenge



**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](mailto:sbrown@spectrumgenerations.org)

## Beltone New England Hearing Screenings

Beltone New England will be at Spectrum Generations' Muskie Community Center, on Friday, **July 19**, from **9:00 a.m. - 12:00 p.m.**

Beltone New England's Board Certified Hearing Instrument Specialist will be providing free hearing screenings. The specialist will also provide free hearing aid cleanings.

Please pre-register at the reception desk or by calling 873-4745 to register for your own private appointment.



## Health & Wellness

### Richard Simmons Workout

Come join in on this upbeat and beneficial workout! **Monday, Wednesday, and Friday, 9—10:00 a.m.** Fee: **\$1.00**. Call 873-4745 or stop by reception to register.

### Yoga

Yoga is an ancient art based on a harmonizing system of development for the body, mind, and spirit. The purpose of yoga is to create strength, awareness and harmony in both the mind and body. 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 or stop by the reception desk to register.

### Enhance@Fitness

Enhance@Fitness was developed and created for older adults of all fitness levels which focuses on dynamic cardiovascular exercise, strength training, balance, and flexibility — everything to help you maintain health and function as you age. No special equipment is required for participation. The program is led by a certified instructor trained in bringing out the physical best for those 55 and older. Classes are held at the YMCA of Greater Waterville, 126 North Street, Waterville on **Mondays, Wednesdays, and Fridays** from **10:00—11:00 a.m.**

To register or for more information, please call 873-0684.

### Living Well with Diabetes

This workshop is designed to help people with type 2 diabetes learn how to live well. **Topics include:** techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, depression, anger, fear, and frustration; appropriate exercise for maintaining and improving strength and endurance; healthy eating, appropriate use of medication; and working with healthcare providers.

**Location:** Thayer Center for Health  
149 North Street in Waterville.  
**Dates:** Mondays, June 10—July 15  
**Time:** 4:00—6:30 p.m.

For more information or to register in advance, please visit [healthylivingforme.org](http://healthylivingforme.org), call (800) 620-6036 or email [info@healthylivingforme.org](mailto:info@healthylivingforme.org)

## Learn, Play, & Socialize!

**Pony Canasta**  
**A New & Fast Card Game!**  
**Mondays, 1:00 — 3:45 p.m.**  
**Cost: \$1.00**

With 2 or 3 players, each plays for themselves. If there are more than 3 and an even number of players, play as partners or teams if desired.

**Hand and Foot Card Game**  
**Tuesdays, 1:00 — 3:30 p.m. Cost: \$1.00**  
Play as an individual or as a team.

**Quilters**  
**Tuesdays, 9:00 — 11:00 a.m.**  
**Cost: \$1:00**

**Notary Public**  
**Tuesdays, 1:00 p.m.**  
**Cost: By donation**  
Call 873-4745 to book your appointment.

**Speak French Social Hour**  
**Wednesdays, 9:30 — 10:30 a.m.**  
**Cost: \$3.00**  
Speak French but only have a few people to converse with? If so, join our Speak French Social Hour. Includes coffee and muffin. Call 873-4745 to join today!

**Cribbage**  
**Wednesdays, 12:30 — 3:00 p.m.**  
**Cost: \$1.00**

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

**"63" Card Game**  
**Fridays, 1:00 — 3:45 p.m.**  
**Cost: \$1.00**

**Remember Me Spiritual Readings**  
Medium Francine McEwen uses her clairvoyant abilities to connect with loved ones who have passed. Join Francine **July 19**, from **12:30 — 2:45 p.m.** **Cost: \$25.00** for each 1/2 hour session. Call **873-4745** to schedule an appointment for your private reading.