

Golf Fore a Cause – last chance!

With warmer weather comes one of Spectrum Generations' biggest fundraisers and a wonderful event that needs your support! Our 16th Annual Golf Fore a Cause tournament will take place on Thursday, June 7, at the Brunswick Golf Club.

Last year's event raised over \$20,000 for our programs and services like Meals on Wheels and center activities. **There are just a few days left to register your team.** We look forward to seeing you for a great day on the course!



The cost is \$100/individual, \$400/team and includes 18 holes with cart, player gift bags, lunch at our awards BBQ, contests for longest drive, accuracy drive, putting, and a few surprises!

There are also various sponsorship levels available which offer a great way for businesses or individuals to generate positive publicity from their association with our tournament.

Please contact Sarah Brown at: sbrown@spectrumgenerations.org or 620-1677 to register by June 5.

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're 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
Tuesday, June 5, from
1:00 – 3:00 p.m. at the Muskie Center, 38 Gold St.
in Waterville.*

Donations are appreciated.

Pre-registration is required by calling 873-4745.

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



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



Thank you to Girl Scouts of Maine who donated 768 boxes of cookies for our Meals on Wheels consumers!



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

MUSKIE NEWSLETTER

spectrum
generations

June 2018

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

June is National Elder Abuse Awareness Month

Elder Abuse Awareness Month is a time to highlight the ways many seniors are being abused, and provide education on signs to look for and resources if someone you care about may be in danger. With a growing population of elderly people, and as longevity increases, abuse of the elderly is an increasing and serious problem that affects health and human rights and can cause death, so it is vital to raise awareness of it and prevent it whenever and wherever possible.

Over half a million reports of abuse of elderly Americans are made to authorities each year but it's believed that many more instances are never reported. Elder abuse can take place in an older person's home. Caretakers in an institution can be the perpetrators. Scam artists can get at them over the phone, via computer, or at the front door. Sadly, many cases of abuse are at the hands of family. Abuse is not always actively done with force. It can also be neglect. The senior is not fed, not kept clean or warm, not kept safe, and/or not given proper medical care. Don't turn your back, we all need to become more aware of signs when vulnerable people are mistreated. Here are questions to consider:

- Do you see changes in personality or behavior?
- Is there noticeable tension between the older person and their caregiver?
- Has the older person lost weight? This can be a sign of malnutrition or dehydration because of not being fed properly.
- Are they dirty, or are their clothes dirty?
- Are they seen wandering around on their own when they shouldn't be?
- Do you see signs of violence like bruising on parts of the body?

Not everyone who abuses the elderly will seem like bad people. Often they are just people who can't handle the pressures and responsibilities of looking after someone who is frail and unable to take care of themselves. If you see something that looks like abuse may be going on, you can contact the Maine Office of Elder Services at 1(800)624-8404 (Voice) 711 (Maine Relay), who can provide or arrange for services to protect incapacitated and dependent adults in danger of abuse, neglect, or exploitation. Calls may be made anonymously.

Upcoming Events

June 20

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 will meet on Wednesday, **June 20** from **12:00—1:30 p.m.** and is here to listen, to care, and to help. For more information, please call 660-1670.

A Special Thank You!

Spectrum Generations' Muskie Community Center staff would like to thank Fieldstone Gardens, Inc., KMD Florist, Pierce's Greenhouse, Waterville Florist, and Zone 4 Perennials who donated plants and flowers for our Plant Sale in May. We would also like to thank everyone who generously donated jewelry and yard sale items, and to all our wonderful volunteers who helped with the fundraiser. Without all of your help our Plant, Jewelry, and White Elephant Sale would not have been the success that it was. We could not do what we do without all of you!

THERE'S NO EXCUSE FOR ELDER ABUSE.

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 1-800-639-1553

Snow Pond Offers many opportunities

Snow Pond Center for the Arts – located on Messalonskee Lake in Sidney – offers many



concerts, recitals, and live events on their beautiful lakeside campus. Though a few performances require tickets, many are **free** and open to the public!

Spectrum Generations consumers and employees will be offered discounts for ticketed events ordered on the Snow Pond website (www.snowpond.org).

Talented performers include world-renowned visiting artists, honor students of the prestigious New England Music Camp (NEMC), and nationally touring acts. Genres include classical and jazz, as well as music of contemporary artists. The Snow Pond Center is located on the Pond Road in Sidney (route 23) just a stone's throw from the Bacon Maple Products Farm.

Performances are held either outdoors at the historic amphitheater called "The Bowl in the Pines" or indoors at the acoustically impressive Alumni Hall. There is ample parking for events, and handicap accessibility.

For more information, watch for Spectrum Generations' July Newsletter or visit Snow Pond online at www.snowpond.org – get to know this gem in your backyard!



Discussion with John Nale

Please join John Nale on Thursday, June 14 at Spectrum Generations Muskie Center, 38 Gold Street in Waterville at 10:00 a.m. for a **free** discussion.

John will discuss the importance of the month of June being Elder Awareness month. He will also speak about the new technology that allows you or your parents to age at home.

Questions and answers to follow.

Pre-register by calling 873-4745 or stop by the reception desk to sign up. All are Welcome!

Legacy Corps seeks members to aid in caregiving and respite for veterans and military families

Spectrum Generations' Legacy Corps Program, which caters to the caregiving needs of veterans and their families, is seeking new volunteer members.

At Spectrum Generations, the Legacy Corps program provides companionship respite care for veteran and military families and their caregivers, throughout central and midcoast Maine. The volunteer members are trained and carefully matched with each client they work with to help support the specific needs veterans and military families often face, as well as decrease feelings of burden and stress for caregivers when caring for a loved one.

With a current waitlist of 35 veteran families seeking assistance, the need is high. Legacy Corps volunteer members will receive high quality training, and a monthly taxable living allowance of \$160/month. Volunteer members are asked to support the program through one-year terms (40 weeks, allowing for vacations and illness), providing 10-12 hours of service a week. Volunteer members can also qualify for an education stipend if they provide 450 service hours during the one-year term.

For more information, contact Maria Raymond, Volunteer coordinator at Spectrum Generations: 620-1684 or mraymond@spectrumgenerations.org. Additional information about Legacy Corps can be found online at spectrumgenerations.org/legacycorps



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

Your Ad Here!

Are you interested in advertising in the Muskie Community Center Newsletter? If so, please email Bob Marin at rmarin@spectrumgenerations.org or call (207) 873-4745.

Health & Wellness!

Richard Simmons Workout

Come join in on this fun workout!

Mondays, Wednesdays, and Fridays, 9–10:00 a.m.

Fee: \$1.00. Please call 873-4745 or stop by the reception desk to sign up.

Yoga

Yoga is an ancient art based on a harmonizing system of development for the body, mind, and spirit.

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.

Please Note: No Yoga classes from June 5 through June 14. Classes will resume on Tuesday, June 19.

Enhance®Fitness

What is 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 that older adults need to maintain health and function as they age. No special or expensive equipment is required for the classes.

Enhance®Fitness improves physical and mental well-being in older adults in a relaxed atmosphere. The program is led by a certified instructor trained in bringing out the physical best for those 55 and older.

Classes held at the YMCA of Greater Waterville, 126 North Street in Waterville

Mondays, Wednesdays, and Fridays 10:00–11:00 a.m.

To register or for questions, please call: 873-0684

Games Anyone?

Bunco Dice Game

Bunco is a popular game played with 12 people, 9 dice, and a whole lot of luck! A game of Bunco is played in two to four sets, with six rounds in each set. A player at the head table rings a bell to signal the beginning and end of each round. During the game, players at each table take turns rolling three dice to try and earn points. If you are interested in playing call 873-4745 or stop by the reception desk!

Wii Gaming Console

The Muskie Center has a Nintendo Wii gaming console available for you to use in our front dining room area. Wii games that are available include: Bowling, Tennis, Golf, Baseball, and Boxing that you can play for a donation. If you are interested in playing please call 873-4745 to schedule a time to play!

Learn, Play & Socialize!

56 Annual Windjammer Days Trip

Windjammer Days is an annual event in Boothbay Harbor that celebrates Maine's Maritime Heritage. Join us for a day of fun and excitement on **Wednesday, June 27**, as we travel to Boothbay Harbor to enjoy the day. Scheduled events include: Tours of the U.S. Coast Guard Station, Maine State Aquarium (both these events have a free shuttle service), British Invasion Attack on Boothbay Harbor, Gathering of the Fleet, join the Pirates of the Dark Rose on board the Must Roos and get a firsthand look at pirate life on the water! She's docked at Fisherman's Wharf. Everyone buys their own lunch. Our van will be leaving the Muskie Center at **9:00 a.m.** **Transportation fee: \$18.**

Pre-registration is required by calling 873-4745 or stop by reception desk to sign-up!

Hand & Foot Card Game

Tuesdays, 1:00 - 3:30 p.m. \$1.00

Hand and Foot is a game related to Canasta. Each player is dealt two sets of cards using one as the "hand" and one as the "foot. There are numerous variations of the game and no "standard" rules. You can either play as individuals or as teams.

Notary Service By Donation

Tuesdays, 1:00 p.m.

Call 873-4745 for an appointment.

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? If so, join our Speak French Social Hour. Call 873-4745 to join in the fun!

Cribbage

Wednesdays, from 12:30–3:00 p.m. \$1.00

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.

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 Community Center on **Friday, June 15**, from **12:30–2:45 p.m.**

Cost: \$25.00 for each 1/2 hour. Call **873-4745** to schedule an appointment for your private reading.