

Merry Christmas



All Spectrum Generations' locations will be closed on
Wednesday, December 25, 2019, for Christmas,
and Wednesday, January 1, 2020 for New Year' Day.



Holiday Eating Tips

The holidays are upon us and what a wonderful time of year it is to catch up with friends and family over an assortment of food. Well, you can have your cake and eat it too, by following these mindful tips!

1. **Don't skip meals, especially breakfast:** Breakfast is the most important meal of the day and kick starts our bodies for a healthy metabolism.
2. **Two, four, six, eight, don't forget to hydrate:** Often times dehydration is masked as hunger. Carry a water bottle with you to ensure that you get at least 64 ounces each day. If you don't like plain water infuse it with fresh fruit or herbs for added flavor.
3. **Veg out:** When looking at your buffet choices, go for veggies first. They are a wonderful source of nutrients and will fill you up. Maybe even try mashed cauliflower instead of mashed potatoes, or zucchini noodles rather than pasta.
4. **Move:** This time of year, we often become sedentary. Be sure to allow time for physical activity. Not only will you feel better, it will help ward unnecessary pounds.

The next **Living Well with Chronic Pain** class in Brunswick will be starting in February—it's never too early to sign up!

This program is designed for people who have a diagnosis of chronic pain and offers techniques to deal with frustration, fatigue, isolation, and poor sleep; appropriate exercise for maintaining and improving strength, appropriate use of medications, communicating effectively with family, friends and health professionals, nutrition, pacing activity and rest, and how to evaluate new treatments.

Location: People Plus, 35 Union Street, Brunswick
 February 3 – March 9, 2020

FMI or to register for a class, visit healthylivingforme.org
 or call **1-800-620-6036** to speak with a team member.

We also need volunteer facilitators for our Healthy Living for ME classes! Please contact Jessica Bucklin at 620-1684 or jbucklin@spectrumgenerations.org for more information.

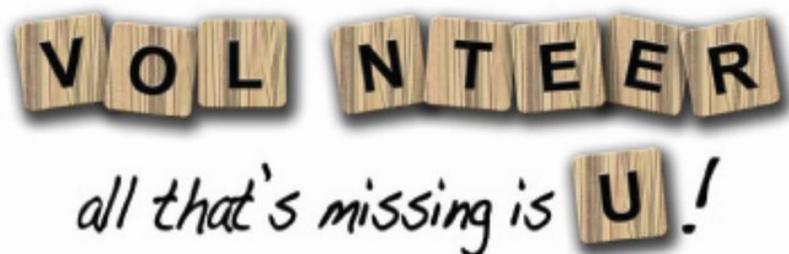
MEDICARE 101



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

The next session will be held on December 10, 2019
 12:30—2:30 p.m.
 People Plus | 35 Union St., Brunswick
 Call (207) 729-0757 to register or for more information.

A \$15 donation is suggested



Spectrum Generations often has volunteer opportunities for members of the community to take part in serving our mission. If you are interested in any of these positions listed, or curious about other opportunities, please contact our new volunteer coordinator, Jessica Bucklin at 620-1684 or email jbucklin@spectrumgenerations.org. **Thank you for your support!**

Our **Meals on Wheels** program is in need of volunteers to be **Substitute Delivery Drivers**. These drivers will fill in for other volunteers when they are unable to drive their normal routes. The typical time frames are Wednesday and Friday mornings with routes in the greater Brunswick and Bath area. Mileage reimbursement is available for all Meals on Wheels drivers.

A **Money Minders** volunteer is needed in the Brunswick area to assist older adults in managing their finances, i.e., setting up a budget and helping to maintain the budget. The volunteer will also work to educate older adults in recognizing financial fraud and scams. **Free training will be provided as needed.** Dates and times vary and are generally flexible.



**Kwanzaa begins on
 Thursday, December 26,
 and ends on Wednesday,
 January 1, 2020.**

**Hanukkah begins at
 sundown on Sunday,
 December 22, and
 ends at sundown on
 Monday, December 30.**

