

All Spectrum Generations' locations will be closed on Thursday, July 4, in observance of Independence Day.



Aging In Place Forum

Respecting Choices: Caregiver and Parent Empowerment

September 12, 2019 | 9:00 a.m.—2:30 p.m.

Inn Along the Way in Damariscotta



Keynote Speaker: Dr. Dora Anne Mills

Plan to join us for an informative day with workshops and presentations from:

- Lisa Steele-Maley, Author of *Without a Map: A Caregivers Journey*
- Dr. Marilyn Gugliucci, Professor & Director, Geriatrics Education and Research, University of New England College of Osteopathic Medicine
- Marcia DeGeer, Attorney
- Rick Bisson, of Bisson Real Estate will share a personal experience
- Steve Raymond, of Lincoln Homes will tie it all together
- And More.....

Registration information will be available in the August newsletter.

For more information in the interim, please contact

Cindy Sullivan at 620-1185 or csullivan@spectrumgenerations.org

Moving Easy Program

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.

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

Gardiner Adult Education, 40 West Hill Road, Gardiner
 September 11 — October 16, 3:00—5:30 p.m.

Living Well for Better Health

Patten Free Library, 33 Summer Street, Bath
 September 12 — October 24, 1:30—4:00 p.m.



A Matter of Balance: Managing Concerns about Falls

People Plus, 35 Union Street, Brunswick
 August 5 — September 30, 1:30—3:30 p.m.

Visit healthylivingforme.org or email info@healthylivingforme.org for more information or to register for a program near you!



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

Medicare 101

Are you new to Medicare or nearing the age for eligibility? The four different parts of Medicare (Parts A, B, C, and D), the difference between a Medicare Advantage Plan and a Medigap Plan, and the many Prescription Drug Plans can be confusing and difficult to navigate alone.

Do not wait until you are 65! You should begin learning about Medicare **three to six months before you are eligible**. Even if you are covered by an employer, *you can face penalties for not signing up*. The informative sessions offered by Spectrum Generations addresses all of these topics and helps to get you started in the right direction!

Our Medicare 101 Session will take you through the four different parts of Medicare benefits and how each works. You'll learn how to enroll, what services are covered, and what estimated costs will be for your coverage – and so much more! Additional one-on-one assistance will be available to you, if requested, upon completion of this session.

July 9

12:30—2:30 p.m.

People Plus

35 Union Street, Brunswick

Call 729-0757 for more information.

\$15 suggested donation.

Donations allow us to continue providing this resource!