spectrum generations

Central Maine Area Agency on Aging - Southern Midcoast Aging and Disability Resource Center
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May 2019

May is a busy, but important month!

Every May, the Administration for Community Living leads our nation's observance of **Older Americans Month**. The 2019 theme, *Connect, Create, Contribute*, encourages older adults and their communities to:

- **Connect** with friends, family, and services that support participation.
- **Create** by engaging in activities that promote learning, health, and personal enrichment.
- **Contribute** time, talent, and life experience to benefit others.

By engaging and supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods, networks, and lives. To get involved with volunteering, contact

May is also **Stroke Awareness Month** and we'd like to remind you to act **FAST** at the first sign of a stroke:

- **Face** – By asking the person to smile you can tell immediately if one side of the face droops.
- **Arm** – Ask the person to raise both arms. Observe to see if one arm drifts lower than the other.
- **Speech** – Slurred speech is a symptom of stroke. Ask the person to repeat a single sentence.
- **Time** – Call 911-Fast. Time may be the difference between life and death or even partial and full recovery.

17th Annual Golf Fore a Cause

What better way to take advantage of Summer Solstice, the longest day of the year, than at one of Spectrum Generations' biggest fundraising events!

Our 17th Annual Golf Fore a Cause tournament, benefiting our programs and services including Meals on Wheels, will take place on **Friday, June 21**, at the Brunswick Golf Club. Spend the day on the course (1:00p.m. tee-time) and transition into the evening with a Homestyle BBQ, and live music around the fire pit.

The cost is $125 /individual, $450/team and includes 18 holes with cart, bagged lunch catered by Cohen on the Meadows), Homestyle BBQ, awards, and much more!

There are also various sponsorship levels available and offer a great way for businesses or individuals to generate positive publicity from their association with our tournament. Please contact Sarah Brown at 620-1677 or email sbrown@spectrumgenerations.org or for more information.

Immediate Openings in our Adult Day programs

bridges HOME SERVICES

Our Adult Day and Community Support Services offer supervised care with a wide range of activities and daily living skills to help grow and maintain your health, wellness, nutrition, and social well-being.
The flexibility of our program allows you to come when you want and stay for your desired amount of time. A division of Spectrum Generations, call today for more information 620.1193

HEALTHY AGING EXPO

11th Annual

Friday, June 7 from 9:00 a.m.—2:00 p.m.

Cohen Community Center
22 Town Farm Road
Hallowell, Maine 04347

Plan to join us for an informative day filled with resources for baby boomers, active agers, retirees, and caregivers

Preventative approaches to a healthier life

Fun and relaxation tips for good mental health

Admission is FREE

Healthy Living for ME

Living Well for Better Health

This 6-week program is designed to help those with chronic or long-term health conditions learn new strategies. Participants report improved symptom management, communication with physicians, self-efficacy, physical activity and general health.

Depending on your location, you can choose from two offerings!

People Plus: 35 Union Street, Brunswick
Mondays, 1:30—4:00 p.m.
April 22 through June 3

Golden Oldies: 314 Front Street, Richmond
Tuesdays, 9:00-11:30
June 25 through July 30

A Matter of Balance: Managing Concerns About Falls

This 8-week structured group emphasizes practical strategies to reduce the fear of falling. Participants will learn how to view falls and fearing of falling as controllable, set realistic goals to increase activity level and change their environment to reduce the risk of falling.

People Plus: 35 Union Street, Brunswick
Mondays, 1:30-3:30
August 5 – September 30

FMI contact healthylivingforme.org
or call 1-800-620-6036