

All Spectrum Generations locations will be closed on Monday, November 12, in observance of Veterans Day.

We will also be closed on Thursday, November 22 and 23, for Thanksgiving.



For the fourth year, Spectrum Generations' Meals on Wheels will benefit from this festive holiday fundraiser. Don't miss out—mark your calendars and plan to join us!

- Friday, November 16, 10:00 a.m. to 8:00 p.m.
- Saturday, November 17, 10:00 a.m. to 8:00 p.m.
- Sunday, November 18, 10:00 a.m. to 6:00 p.m.
- Friday, November 23, 10:00 a.m. to 8:00 p.m.
- Saturday, November 24, 10:00 a.m. to 8:00 p.m.
- Sunday, November 25, 10:00 a.m. to 4:00 p.m.

*\$2.00 for adults - children under 12 free*



**New Medicare card, new Medicare number, same Medicare benefits. People with Medicare may start using their new Medicare cards as soon as they get them!**



**Things to know**

1. Your new card will automatically come to you. You don't need to do anything as long as your address is up to date. If you need to update your address, visit [ssa.gov/myaccount](http://ssa.gov/myaccount).
2. Once you get your new Medicare card, destroy your old Medicare card and start using your new card right away.
3. Your new Medicare Number is a unique combination of numbers and letters. Your new number uses numbers 0 thru 9. The letters S, L, O, I, B, and Z are never used.

**Watch out for scams**

Medicare will never call you uninvited and ask you to give personal or private information to get your new Medicare Number and card.

Scam artists may try to get personal information (like your current Medicare Number) by contacting you about your new card.

If someone asks you for your information, for money, or threatens to cancel your health benefits if you don't share your personal information, hang up and call 1-800-MEDICARE (1-800-633-4227).



We are looking for two volunteers to do home assessments for our Meals on Wheels consumers in the Brunswick area. Volunteers will visit with the consumers and ask them questions about the services they need and complete a home assessment.

If you have good communication skills, are professional, and have reliable transportation please contact Eliza Ring at 620-4196 or email [ering@spectrumgenerations.org](mailto:ering@spectrumgenerations.org)

Spectrum Generations is an equal opportunity provider.

SPREAD THE WORD

NOVEMBER NATIONAL DIABETES AWARENESS MONTH

**November is Diabetes Awareness Month**

Each November communities across the country observe National Diabetes Month to bring attention to diabetes and its impact on millions of Americans. One in 10 Americans have diabetes — that's more than 30 million people. Another 84 million adults in the United States are at high risk of developing type 2 diabetes.

This year, the National Diabetes Education Program's theme is: **Everyday Reality**. This theme highlights the daily decisions those who have diabetes must make daily — from what they'll eat, wear, do, and how they'll take care of themselves. Yet the 24/7 burden of diabetes management is often misunderstood. This campaign is intended to demonstrate the everyday reality of diabetes from the point of view of people living with diabetes or caring for someone with diabetes.

While the everyday of diabetes can seem overwhelming, there are ways we can all help — and to prevent it from becoming the everyday reality for millions more. You are the most important member of your diabetes care team, but you don't have to manage your diabetes alone. Seek support from health care professionals, your family, friends, and community to manage your diabetes.



During Diabetes Awareness Month, Healthy Living for ME and HealthCentric Advisors will be hosting a diabetes awareness event on **Tuesday, November 13**, from 10:00a.m. — 12:00 p.m. at People Plus, 31 Union Street, Brunswick.

This **free event** will have blood pressure and foot screenings, eye checks, nutritional information and demonstrations, as well as diabetes education materials. All are welcome to attend! For more information, call 1-800-620-6036 or [info@healthylivingforme.org](mailto:info@healthylivingforme.org).