

All Spectrum Generations locations will be closed on Monday, October 8 in observance of Columbus Day.



Be a voice for older and disabled Mainers!

By participating in a survey, you can help inform and shape the MaineDOT's Long-Range Transportation Plan. Your responses will help MaineDOT understand the wants and desires of the traveling public, views on future growth, and where to invest and concentrate resources. The survey takes only 10 minutes! Find it online at:

<https://mainelongrangeplan2050.metroquest.com>

2050
 Maine's Long-Range
 Transportation Plan



2019 MEDICARE OPEN ENROLLMENT DATES

Dates and deadlines you need to know



Need help with Medicare? October 15 through December 7 is the Open Enrollment period for Medicare Advantage and Medicare prescription drug coverage.

During the annual enrollment period (AEP) you can make changes to various aspects of your coverage.

- You can switch from Original Medicare to Medicare Advantage, or vice versa.
- You can also switch from one Medicare Advantage plan to another, or from one Medicare Part D (prescription drug) plan to another.

And if you didn't enroll in a Medicare Part D plan when you were first eligible, you can do so during the general open enrollment, although a late enrollment penalty may apply.

If you want to enroll in a Medicare Advantage plan, you must meet some basic criteria.

- You must be enrolled in Medicare Part A and B.
- You must live in the plan's service area.
- You cannot have End-Stage Renal Disease (some exceptions apply).

Spectrum Generations' Aging & Disability Resource Counselors can help you understand your options and help you choose which plan is right for you. If you live in the Brunswick, Harpswell, or Sagadahoc County area, call 729-0757 to make an appointment with one of our counselors. If you live outside of that area, call Spectrum Generations' Consumer Helpline at 1-800-639-1553 to find the center closest to you.



SCAM ALERT BULLETIN BOARD

Scammers across the country are calling Social Security beneficiaries, claiming they are due a cost of living increase. They just need to verify your Social Security number and bank routing information, along with other personal information. Then, scammers contact the real Social Security Administration to try to change your direct deposit to their bank account. If you get a call like this, hang up!

Be a fraud fighter! If you can spot a scam, you can stop a scam. **Contact local law enforcement or the AARP Fraud Watch Network www.aarp.org/fraudwatchnetwork or 1-877-908-3360 to report a scam or FMI on scam and fraud prevention.**

Spectrum Generations is an equal opportunity provider.



Downtown Hallowell

Join us on Saturday, October 20, in downtown Hallowell, for the **1st Annual Pie Crawl!**

Come and enjoy sweet and savory pie samples from 11:00 a.m. to 3:00 p.m. at your favorite downtown shops.

Tickets are \$15.00 each (children under 10 are free when accompanied by an adult) and must be purchased in advance. To purchase tickets, visit the Cohen Community Center at 22 Town Farm Road, Hallowell or by calling 207-626-7777, office hours are Monday - Friday from 8:00 a.m. to 4:00 p.m.

You can also purchase online through spectrumgenerations.org/pie.

Check-in and participant bracelets can be picked up at the Antiques Mall or at the platform beside the Harlow Gallery beginning at 11:00 a.m. on the day of the event.

Participating downtown shops include:

Antiques Mall | Berry & Berry | Boynton's Market
 Clay Works | Editor's Note Comics | Forbidden
 Fruit Gallery | Joyce's | Juiced. | Liberal Cup Lux
 Salon | Maine House | McAlister Real Estate
 Quarry Tap Room | Quilt Shop | Russell's Gems
 Scrummy's | Slates | Steam Salon

Sponsored by:  Kennebec Savings Bank



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 at the old American Legion at 21 College Avenue in Waterville!

Friday — Sunday, November 16, 17, 18, and November 23, 24, 25.
 More information coming soon!