



How Can I Choose Wisely?

A Community Conversation on Healthcare Changes and Rising Costs

Thursday, June 8, 2017

Brunswick Hotel & Tavern | 4 Noble Street

5:00 - 6:30 pm | Town Hall Meeting

6:30 - 7:30 pm | Quality Counts Member Mingle & Networking

Event Made Possible By:



Maine Quality Counts, a member driven organization working to improve better healthcare and better health in Maine and Northern New England. Members make events like this possible. Made possible in partnership with **Mid Coast Hospital** and **Spectrum Generations** as part of **Maine Quality Counts' Initiative "Spreading Choosing Wisely in Maine."**

Panelists:

Lois Skillings, President & CEO
MidCoast-Parkview Hospital

Erik Steele, DO
Martin's Point Health Care

Emily Brostek, Executive Director
Consumers for Affordable Health Care

Employer
TBD

Policy Person
TBD

Joanne Bean, Moderator
St. Joseph's College

Enter to win a FitBit!

Discussion Questions:

- How can I reduce my healthcare costs?
- What are the varied costs of healthcare?
- How do my choices impact Maine communities?
- What are current challenges in Maine healthcare?

Join US!

This is a **Free** Event!
Light food/snacks provided.

Please Register By June 2nd
www.mainequalitycounts.org
620-8526 x1011

Introducing: Life Care Consulting



It is hard to know if you are doing the right thing for your aging loved one. You ask yourself, are they safe? What will happen if things don't go as planned? Is there something we should be doing?

Spectrum Generations understands that there is no single option that works for everyone, and offer Life Care Consulting to help you figure out what steps need to be taken to enhance your loved one's safety and quality of life.

Our Life Care Consulting service will help you, or your loved one, successfully age in place at home and in the community. Concentrated around an in-home face to face assessment and paired with follow-up face to face or telephone consultations, our process is specifically geared toward finding answers that are individualized to fit both the loved one's and caregiver's healthcare and personal needs.

We understand that there are times when care planning becomes complicated and there are legal processes for issues involving elder abuse and financial exploitation cases, probate and trust administration, asset preservation, transfers of assets, guardianships and conservatorships. Our staff is able to assist elder care attorneys in gaining the information needed in order to best represent a loved one or family in court. We always stand behind our clinical assessments and our staff is willing to testify on their observations and findings.

For more information please contact **Tricia Payson, LCPC**, via email at lifecare@spectrumgenerations.org or by phone at **(207) 622-9212**.

Golf Fore a Cause!

Swing out to support seniors on **Monday, June 12**, at the Waterville Country Club! You will receive a complimentary tournament goodie bag, green fees, card, men and women's awards for closest to the pin, longest drive and accuracy drive, lunch during the awards ceremony, entrance into our silent auction, as well as options to purchase unlimited putting strings, mulligans, 50/50 raffles and more. Also, no golf tournament would be complete



without a chance to **win a new car** sponsored by Central Maine Motors!

Event is rain or shine and registration is due by June 6th. All proceeds benefit Meals on Wheels and other programs at Spectrum Generations that help seniors and disabled adults maintain independent and healthy lives! To purchase tickets, call 1-800-639-1553 or visit spectrumgenerations.org/events/golf



Spectrum Generations is an equal opportunity provider.

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