

SOMERSET NEWSLETTER

spectrum
generations

February 2019

30 Leavitt Street, Skowhegan, ME 04976
(207) 474-8552 or [TTY] 1.800.464.8703
Monday, Wednesday, and Friday,
9:00 a.m. — 1:00 p.m.



Message from the Center Director

21st Annual Gene & Lucille Letourneau

ICE FISHING DERBY

The 21st Annual Ice Fishing Derby will be held on Free Fishing Sunday, **February 17**, with weigh-in between 2:00 - 5:00 p.m. at Spectrum Generations' Muskie Community Center, 38 Gold Street in Waterville. A live auction will begin after the weigh-in concludes. The Ice Fishing Derby, begun over 20 years ago by avid sportsman Gene Letourneau and his wife, Lucille, continues to be held in their memory.

The derby seeks to promote outdoor recreation, intergenerational fun, and helps raise funds for the programs and activities offered at Spectrum Generations' Muskie Community Center. Participants of all ages are welcome to join, fishing in any legal waters throughout the state, and compete for prizes in several categories.



Ticket cost: Single \$3, 2 for \$5, and 5 for \$10. Each ticket purchase allows you a fish entry and entry into the drawing for the door prize, a Yeti Tundra 65 cooler package, valued at \$715.00, sponsored by Elder Law Offices of John and Mark Nale.

Adult Prizes:
1st Place \$100
2nd Place \$50
Salmon, Brook Trout, Brown Trout, Togue, Splake, Pickerel, Pike and White Perch

Children Prizes:
1st Place \$50
2nd Place \$30
3rd Place \$20
Same categories as Adult, plus Yellow Perch & Black Crappie

RULES: Fish must be caught on the day of the Derby • Entrant must have valid ticket to enter
No frozen fish accepted (entrant's responsibility) • One fish per ticket • Must be legal fish caught in legal waters in the State of Maine • No entries accepted after 5:00 p.m. EST • Judges' decisions are final

Upcoming Events



All Spectrum Generations' locations will be closed on President's Day,
Monday, February 18.

Family Caregiver Support Groups

Are you a caregiver for a family member or friend? Does your loved one have dementia or another chronic illness? Come and talk with others who share a similar journey, to support one another and learn about resources and information that may help you.

Caregiver Support Group meets at Sabastickook Valley Hospital, 130 Leighton Road in Pittsfield, the **first Thursday of every month, 1:00—2:30 p.m.** and at Skowhegan Federated Church in Tewksbury Hall, 13 Island Avenue, in Skowhegan.

Every fourth Tuesday of the month, 12:00—1:30 p.m.

For more information: 800.639.1553

Be heart SMART

CELEBRATING HEART HEALTH MONTH

Heart disease doesn't happen just to older adults. It is happening to adults of all ages more and more often. This is partly because the conditions that lead to heart disease are happening at younger ages. February is Heart Month, the perfect time to learn about your risk for heart disease and the steps you need to take now to help your heart. Half of Americans have at least one of the top three risk factors for heart disease (high blood pressure, high cholesterol, and smoking). Other conditions and behaviors that affect your risk and heart disease include obesity, diabetes, physical inactivity, and unhealthy eating patterns. You can take control of your heart health - here are 4 easy ways to get started:

Don't smoke. Smoking is the leading cause of preventable death in the United States.

Manage conditions. Work with your healthcare team to manage conditions such as high blood pressure and high cholesterol. This includes taking any medicines you have been prescribed.

Make heart-healthy eating changes. Eat food low in trans-fat, saturated fat, added sugar and sodium. Try to fill at least half your plate with vegetables and fruits, and aim for low sodium options.

Stay active. Get moving for at least 150 minutes per week. You can break up 30 min. into 10 min. blocks.



Join us and wear red on **Friday, February 1**. You will be joining a movement to encourage awareness about the importance of managing cardiac health. Everyone who sees you will be reminded, and hopefully inspired to head to the doctor for a stress test and blood pressure checkup.

Medicare 101 Clinics

Attendance is required before an individual appointment can be made.

Nearing the age for Medicare eligibility?
Learn the facts!

- Do you know the four different parts of Medicare?
- The difference between a Medicare Advantage Plan and a Medigap Plan?
- The Medicare out-of-pocket costs?
- What to consider when choosing your Medicare coverage?
- Late enrollment can lead to financial penalties?

Do not wait until you are 65!

You should begin learning about Medicare three to six months before you are eligible. You need to know the answers to these questions and more to make the best choice from the many Medicare options. Attending a Medicare Clinic can help!

The next Medicare Clinic will be held on **Thursday, February 28, from 1:00 - 3:00 p.m.** at the **Somerset Community Center** located at **30 Leavitt Street in Skowhegan.**

Donations are appreciated!

Pre-registration required by calling (207)474-8552.



Spectrum Generations is an Equal Opportunity Provider. Please let us know if you require special accommodations at least two weeks prior to the event.



All proceeds help end senior hunger

Planning an event? Cohen on the Meadows is available to serve all catering needs! Call FMI 620-1189 or 660-9267. 620-1189 or 660-9267.



This newsletter is sponsored by Bridges Home Services. Bridges Home Services is committed to providing solutions for our clients' individual needs and helping improve quality of life while aging in place. FMI call (800)876-9212.

Weather Cancellations & Delays

In the event of bad weather, please call 474-8552 before heading to the Somerset Community Center. If no answer, please call (800)639-1553 for a recorded message announcing any agency closings. Spectrum Generations will announce any delays or closings on our Facebook page as well as:

TV Channels 2, 5, 6, 8, or 13
FM Radio Stations 92.3, 93.5, 96.7, 97.1, 97.5, 98.5, 101.3, 102.5, 103.3, 104.3, 105.1, 107.9
AM Radio Station 1160



Spectrum Generations is the Central Maine Area Agency on Aging. Our mission is to promote the life-long learning, health, wellness, nutrition, community engagement, and social well-being of all older and disabled adults. We actively engage the people of central Maine, across the entire generational spectrum, in redefining how older and disabled adults live healthy, socially enjoyable and independent lives. We invite you to connect with us in various ways:



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www.SpectrumGenerations.org



1-800-639-1553