

SOMERSET NEWSLETTER



January 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.



2018: The Year in Review

At Spectrum Generations, we often say that we serve thousands throughout central and midcoast Maine, and this first newsletter of the year offers the opportunity to share some of those statistics with you. The time period during which these services were delivered is 10/1/17 – 9/30/18.

Spectrum Generations served **43,694 people** throughout our area – these people are you, your friends, and your neighbors. We are proud of the many people whose lives our services change and that we are able to aid so many in their desire to age in place!

1,603 people received **231,598 Meals on Wheels**, and **2,189 people** enjoyed the socialization and nutrition that congregate dining offers.

We provided **323 people** and their families with caregiver support, training, counseling, and respite. We know the importance of educating caregivers in what can be a difficult role, as well as promoting self-care for the caregiver. This also represents **19,928 hours** of respite care, which provides care for a homebound loved one while the caregiver can leave the home to take care of other matters.

We also provided **13,786 Information and Assistance contacts** to **7,899 people** seeking resources to care for a loved one.

Our Bridges Home Services division provided **35,689 hours** of care to adults with memory diagnoses or intellectually and/or developmentally disabled adults through the Adult Day program.

These are just a few of the ways we help our communities and we are grateful to the many volunteers and supporters who help us fulfill our mission. Thank you for trusting us to provide the care you need!

Upcoming Events

Holiday Closures!

All Spectrum Generations' locations will be closed on New Year's Day,

Tuesday, January 1.

The Somerset Community Center will also be closed on Martin Luther King, Jr. Day.

Monday, January 21.

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 Sabasticook 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

AniMeals

Spectrum Generations' AniMeals program began over a decade ago when we learned that some Meals on Wheels recipients did not have enough money to feed their pets and were sharing their delivered food with their companion animals.

We worked with local veterinarians and many generous community partners to offer AniMeals in conjunction with Meals on Wheels.

Often, our Meals on Wheels consumers live in rural areas and/or are socially isolated; many have pets, who are a source of support, comfort and friendship. Some research studies have found that people who have a pet have healthier hearts, make fewer visits to the doctor, get more exercise, and are less depressed.

Spectrum Generations also relies on donations, grants, and ongoing support to sustain our ability to continue this option. We are currently accepting unopened pet food at the Muskie Community Center, or mail a financial donation if you prefer.

Volunteer

We are looking for a volunteer to deliver meals on behalf of Spectrum Generations' Meals on Wheels program in the Pittsfield area.

If you have availability Tuesdays and/or Thursdays from 10:00 a.m. - 1:00 p.m., and would like more information about this opportunity, please call 474-8552.



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.



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, January 24, 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.

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:



spectrumgenerations



@SpectrumGen



www.SpectrumGenerations.org



1-800-639-1553