

SOMERSET NEWSLETTER



July 2017

30 Leavitt Street, Skowhegan, ME 04976
(207) 563-1363 or [TTY] 1.800.464.8703
Monday-Friday, 8:00 a.m. — 3:00 p.m.

Message from the Center Director

Health & Wellness Classes and Workshops

No matter how healthy you are, improvement is always possible. Whether you're looking for ways to maintain your good health and wellness or you're on a journey to get well, trying new things is possible at any age and at any level of ability. When the journey becomes a bit rough because of health issues or family concerns, Spectrum Generations can help get you back on track with health education classes and workshops, offered at our community centers, and may also be brought to residential facilities and other organizations. Some of our offerings include: Living Well for Better Health, Living Well with Diabetes, Living Well with Chronic Pain, A Matter of Balance, Enhance@Fitness, and Tai Chi for Health and Balance.

Additionally, each of Spectrum Generations' community centers either directly offer or have information on local health and wellness activities such as: yoga, foot clinics, Tai Chi, table tennis and other types of senior fitness classes, screenings, or clinics.

Take charge of your health and check out upcoming health and wellness activities in each location's newsletter! For more information on our Health and Wellness programs, contact Jennifer Fortin at 207-620-1657 or email her at: jfortin@spectrumgenerations.org.



Bob Marin
Regional Center Director

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



Upcoming Events

JULY

Medicare 101 Clinic

New to Medicare? Need help understanding Medicare? Join us on **Wednesday, July 12, 1:00 — 3:00 p.m.** **Donations are appreciated.**

Pre-registration is required. For more information or to register, call 474-8552.

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, Pittsfield, the **first Thursday of every month, 1:00—2:30 p.m.**

and at Federated Church Tewksbury Hall, 13 Island Avenue, Skowhegan, **every fourth Tuesday of the month, 12:00—1:30 p.m.**

Call 800.639.1553 for more information.

Luck of the Draw

September 9, 2017

We are still seeking donations and/or sponsorships for our 2nd Annual Luck of the Draw fundraiser.

If you have items that you would like to donate, you can drop it off at the Somerset Community Center, 30 Leavitt St. in Skowhegan. Please call 563-1363 for further information

The Savvy Caregiver Class

The SAVVY Caregiver Program is a **FREE**, six-session training series for family caregivers. For most family caregivers, caregiving itself is a new role, one for which training is needed, just as you would receive training for any new job.

Participants will learn what dementia is and how it affects the individual. The SAVVY Caregiver Program helps caregivers better understand the changes their loved ones are experiencing, and how to best provide individualized care for their loved ones throughout the progression of dementia.

Classes start on **Monday, July 10**, from **1:00 — 3:00 p.m.** and run through **August 14**, at Sebasticook Valley Health, 130 Leighton Street in Pittsfield.

Pre-register by contacting Tricia Payson, Family Caregiver Specialist at (207) 620-1670 or email: ppayson@spectrumgenerations.org.

Cohen
on the
Meadows
BANQUETS | CATERING
All proceeds help end senior hunger



AniMeals



It's a tough decision to choose between feeding yourself or your pet. Homebound seniors face these challenges every day.

Volunteers deliver donated pet food to homebound seniors in need to help them care for their beloved companions.

We are currently accepting unopened dog/cat food and treats at Spectrum Generations' Somerset Community Center, 30 Leavitt Street in Skowhegan. You can also mail a financial contribution to the center if you wish. Please indicate that your donation is for AniMeals. Thank you for your generosity!

Meals on Wheels Volunteer Needed!

A Meals on Wheels volunteer back up driver is needed. For more information please call 563-1363

Closed 4th of July

We will be closed on July 4, in observance of Independence Day!

In case you missed it...



Visit us at www.spectrumgenerations.org for news articles, center activities, menus and so much more!

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