

SOMERSET NEWSLETTER

spectrum
generations

March 2020



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 Somerset Community Center

United States[®]
**Census
2020**

The census counts every generation

Every 10 years, the United States counts everyone who lives in the country, from newborn babies to the oldest among us. It is important for everyone to complete the 2020 Census so that communities like ours can be accurately funded and represented.

Responding is important.

The 2020 Census will influence community funding and congressional representation for the next decade. Information collected in the census will inform the allocation of more than \$675 billion in federal funds for states and communities each year. That includes money for things like:

- › First responders
- › Medicare Part B
- › Supportive Housing for the Elderly Program
- › Libraries and community centers
- › Supplemental Nutrition Assistance Program (SNAP)
- › Senior Community Service Employment Program

Responding is easy.

Beginning in mid-March 2020, you can respond to the census online, by phone, or by mail. Choose the option that is most comfortable for you. Large-print guides to the questionnaire are available upon request. From May – July 2020, census takers will visit households that have not yet responded. A census taker can assist if you need help completing your form.

Responding is safe.

Your personal information is kept confidential by law. Your responses can only be used to produce statistics. They cannot be shared with law enforcement agencies or used against you by any government agency or court in any way.

Upcoming Events

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.

The Family Caregiver Support Group meets at Sabastickook Valley Hospital, 130 Leighton Road in Pittsfield on 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 please call 1-800-639-1553.



March is National Intellectual and Developmental Disabilities Month, and we would like to take the opportunity to introduce you to our Case Management Team who serve these members of our communities. Spectrum Generations has 9 case managers serving 7 counties; we're here to help you and your family navigate the many complexities of available resources.

The term "intellectual and developmental disability" may refer to a broad range of characteristics or conditions. An intellectual disability is characterized by limitations in functioning and difficulties exhibited in social and practical skills. A developmental disability is attributed to a cognitive or physical impairment that results in limitations such as self-care, language, and mobility. These conditions are often misunderstood, but what should never be in doubt is that all people have the fundamental and inherent right to be respected, valued, and accepted for the contributions they make to their families, their relationships, and their communities.

With effective and responsive coordination, Spectrum Generations' case managers link consumers to resources, enhancing their quality of life and inclusiveness in their communities. We are here to help:

- ◆ Follow the wishes and needs of each individual through a person-centered planning process
- ◆ Enable people to explore a full range of options
- ◆ Develop formal and informal supports
- ◆ Advocate for the interests, preferences, and dreams of the individual
- ◆ Assist individuals and families in independently coordinating their own supports and services if they so desire
- ◆ Be free from conflict of interest
- ◆ Support the development and expression of self-determination and self-advocacy
- ◆ Provide a wide range of available resources

Medicare 101

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?

Do not wait until you are 65!

Late enrollment can lead to financial penalties! You should begin learning about Medicare 3-6 months before you are eligible. You will 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!

Attendance is required before an individual appointment can be made.

The next Medicare 101 will be held on Thursday, March 26, from 1:00—3:00 p.m. at the Somerset Community Center, 30 Leavitt St. in Skowhegan.

A suggested donation of \$20.00 is accepted and appreciated. Pre-registration is required by calling (207)474-8552.

Weather Cancellations & Delays

In the event of bad weather, please call 474-8552 before heading to Spectrum Generations' Somerset Community Center. If no answer, please call (800) 639-1553 for a recorded message announcing any agency closings.

You can also watch or listen to:

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