

SOMERSET NEWSLETTER

spectrum
generations

October 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

Medicare Open Enrollment

Tuesday, October 15 through Thursday, December 7, is the annual open enrollment period for Medicare Part D prescription drug plans and Medicare Advantage plans. This is the time when you can compare plans for the upcoming 2020 calendar year and make a change in your coverage. If you do nothing, you will remain on your current plan for the entire 2020 year.

If you need help with this process, call Spectrum Generations for an appointment with one of our Aging and Disability Resource Counselors, at 1-800-639-1553. Appointments fill up quickly, so call soon to book an appointment at the center closest to you. You can also compare plans and make changes yourself by using the Plan Finder tool on the medicare.gov website, or by calling 1-800-633-4227.

State Health Insurance Assistance (SHIP) programs are free, confidential, and available to older and disabled adults. Our counselors provide information and answer client questions about Medicare, Medicare Advantage, MaineCare, Medigap, and other programs and benefits that supplement Medicare.

Specific information provided through SHIP counselors includes:

- Understanding the preventative health benefits paid by Medicare.
- Comparing information about Medicare supplemental policies and Advantage plans to help you make a choice.
- How to avoid costly penalties.

For further information, please visit our website at spectrumgenerations.org.

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 Sabastick 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.

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 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 relies on donations, grants, and ongoing support from Meals on Wheels America to sustain our ability to continue this option. We are currently accepting unopened pet food at Spectrum Generations' Somerset Community Center, 30 Leavitt Street in Skowhegan, and monetary donations. Thank you for your generosity!



SENIORS WITH PETS

ARE 36% LESS LIKELY TO REPORT LONELINESS



MAKE 21% FEWER DOCTOR VISITS



COMPARED TO NON-PET OWNERS

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?
- 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 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, October 24, from 1:00—3:00 p.m. at the Somerset Community Center located at 30 Leavitt Street in Skowhegan.

Pre-registration is required by calling (207) 474-8552.
Donations are appreciated!



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 your catering needs! FMI call (207) 620-1189 or (207) 660-9267.



Everyone at Somerset Community Center's 3rd Annual Adult Day and Community Support Services BBQ had a great time on August 21!



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 1-800-876-9212.

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