



Message

from the Center



Choosing a Medicare drug and or health plan can be difficult and confusing. Spectrum Generations' Medicare 101 class will provide you with information regarding Medicare, Medicare drug coverage, Medicare Advantage plans, Medicare Supplements and tips on how you may save money and avoid penalties.

Medicare 101 classes will be held on the fourth Monday of every month at Spectrum Generations, 18 Merriam Road in Belfast. Please call Brooke at 930-8081 to register.



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

LAC Auction

Plans for our **Annual LAC Auction** are underway – it will be in April. Stay tuned for more details in our February newsletter!



The Waldo Community Center will be closed **Monday, January 15** in observance of Rev. Dr. Martin Luther King, Jr.

New Medicare Cards Coming Soon!

The Centers for Medicare & Medicaid Services (CMS) will be replacing all Medicare cards in the coming months. CMS has assigned all people with Medicare benefits a new, unique Medicare number, which contains a combination of numbers and uppercase letters. People with Medicare will receive a new Medicare card in the mail, and will be instructed to safely and securely destroy their current Medicare card and keep their new Medicare number confidential. Issuance of the new number will **not** change benefits that people with Medicare receive.

CMS will begin mailing the new cards to people with Medicare benefits in April 2018 to meet the statutory deadline for replacing all existing Medicare cards by April 2019. "The goal of the initiative to remove Social Security numbers from Medicare cards is to help prevent fraud, combat identify theft, and safeguard taxpayer dollars," said CMS Administrator Seema Verma. For more information, please visit:

www.cms.gov/newcard



Weather Cancellations & Delays

In the event of bad weather, please call 873-4745 before heading to the Muskie 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, 6, 8, or 13 and on

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, and AM Radio Station: 1160

National Glaucoma Awareness

You could have **GLAUCOMA** and not know it.

Make a resolution to find out. Schedule a dilated eye exam.

50% KNOW 50% DON'T KNOW

www.nei.nih.gov/glaucoma

January is National Glaucoma Awareness Month, an important time to spread the word about this sight-stealing disease. Currently, more than 3 million people in the United States have glaucoma. The National Eye Institute projects this number will reach 4.2 million by 2030, a 58 percent increase. If you are a person with diabetes, someone with a family history of glaucoma, African American age 50 or older, Hispanic age 65 or older, Medicare will cover an eye exam to detect glaucoma. Take advantage of benefits that may save your sight.

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