

WALDO NEWSLETTER



November 2017

18 Merriam Road, Belfast 04915
(207) 338-1190 or [TTY] 1.800.464.8703
Monday-Friday, 9:00 a.m. — 1:00 p.m.



Message

from the Center

Christmas Ornament Project

We are now gladly accepting your generous donations of handmade holiday ornaments and/or meals sponsorships to be delivered to our Meals on Wheels recipients in December. Please mail or drop off your ornaments and/or donations to the Waldo Center, 18 Merriam Road, Belfast ME 04915.

For further information please call 930-8090.

Together we will make it a holiday to remember for our homebound neighbors and friends!



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

Friday, November 10
Closed in observance of
Veterans Day.



world diabetes day
14 November

Thursday, November 23
Friday, November 24
Closed in observance of
Thanksgiving.

National Diabetes Month

Each November communities across the country observe National Diabetes Month to bring attention to diabetes and its impact on millions of Americans.

Living with diabetes can be challenging to manage every day. You are the most important member of your diabetes care team, but you don't have to manage your diabetes alone. Seek support from health care professionals, your family, friends, and community to manage your diabetes.

This year, the National Diabetes Education Program's theme is: **Managing Diabetes – It's Not Easy, But It's Worth It.** This theme highlights the importance of managing diabetes to prevent diabetes-related health problems such as heart attack, stroke, kidney disease, vision loss, and amputation. The theme also serves as a reminder to people who may be struggling with the demands of managing diabetes that they are not alone.

Here are some suggestions for this month:

- **Get more sleep:** Not getting enough sleep can increase insulin resistance, meaning your body requires more insulin to get glucose into your cells.
- **Drink more water:** Quench your thirst with water, which can make you feel better and helps your body function better; then eat food if you're hungry.
- **Inspect your feet every day:** It's never too early to familiarize yourself with what your feet normally look like; if something changes, you will notice more quickly.
- **Floss once a day:** Practicing good oral hygiene, including daily brushing and flossing, can go a long way toward preventing periodontal disease, which can negatively affect your diabetes control.
- **Start using a pedometer:** You may be surprised at how few — or how many — steps you take each day, but at least you know where you stand; aim for 10,000 steps a day.

Sukeforth Family Festival of Trees



Benefiting Spectrum
Generations Meals on
Wheels, The Maine Children's
Home for Little Wanderers,
and Hospice Volunteers of
Waterville Area

Join us and Santa at the Hathaway Creative Center,
10 Water Street in Waterville,

November 17 - 19, & 24 - 26

Friday & Saturdays 10:00 a.m. — 8:00 p.m.

Sunday, Nov. 19, 10:00 a.m. — 6:00 p.m.

Sunday, Nov. 26, 10:00 a.m. — 4:00 p.m.

This two-weekend holiday extravaganza is not to be missed, as area businesses display their fully decorated trees with all the trimmings and give **YOU** a chance to take them home. Attendees will have a chance to win a tree by purchasing 50¢ raffle tickets to drop into the bucket of your tree of choice. Drawings for trees will be on **Sunday, November 26.** The winner takes the fully decorated tree home with everything under it! *Admission is \$2.00 for adults, children under 12 free.*

Medicare Assistance

Medicare Open Enrollment is currently open. This is an important time for Medicare recipients to decide whether to keep current coverage or adjust their medical and/or drug plans. While we offer one-on-one assistance to consumers, all appointments have been booked. You can compare plans and make changes yourself by using the Plan Finder tool on the Medicare.gov website or by calling Medicare at (800)-633-4227.

If you need or would like help with this process, please call Spectrum Generations for an appointment with one of our certified Senior Health Insurance Plan (SHIP) counselors, at 1-800-639-1553. Appointments fill up quickly, so call soon to find the SHIP counselor nearest to you.

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