

# WALDO NEWSLETTER

spectrum  
generations

October 2019

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



Today an ever-increasing number of people are living longer with chronic pain or multiple chronic conditions. But did you know that research has proven that people with chronic conditions can learn skills to effectively manage their illness and improve their health?

Healthy Living for ME is committed to improving health and wellness in communities across Maine. Our network delivers programs to help adults manage chronic health conditions, prevent falls, and foster well-being.

If you are coping with high blood pressure, heart disease, COPD, arthritis, diabetes or other chronic conditions, Healthy Living for ME can support your efforts to live life as fully and independently as possible. For a statewide calendar of upcoming programs, visit [healthylivingforme.org](http://healthylivingforme.org) or call 1-800-620-6036 to speak to a team member.

### Living Well for Better Health

This program is designed to help participants learn to manage ongoing health conditions, and includes techniques to deal with frustration, fatigue, pain and isolation, appropriate exercise for maintaining and improving strength, flexibility, and endurance, appropriate use of medications, communicating effectively with family, friends, and health professionals, nutrition, and how to evaluate new treatments.

Belfast Free Library  
106 High Street, Belfast  
Mondays, 10:00-12:30  
October 21-December 2

To learn more or to register, visit [healthylivingforme.org](http://healthylivingforme.org) or call 1-800-620-6036

## Upcoming Events

### National Indigenous Peoples Day



All Spectrum Generations' locations will be closed on Monday, October 14



Are you interested in giving back to your community?

We are looking for a Meals on Wheels driver on Tuesdays, from 10:00 a.m. to 2:00 p.m.

If interested, please contact Spectrum Generations' Human Resources Director, Sharon, at [scleveland@spectrumgenerations.org](mailto:scleveland@spectrumgenerations.org).

## 2020 ANNUAL ENROLLMENT PERIOD DATES

Dates and deadlines you need to know



**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](https://www.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](https://www.spectrumgenerations.org).



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

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:



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[@SpectrumGen](https://twitter.com/SpectrumGen)



[www.SpectrumGenerations.org](https://www.spectrumgenerations.org)



1-800-639-1553