

# WALDO NEWSLETTER



November 2018



18 Merriam Road, Belfast 04915



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Monday-Friday, 9:00 a.m. — 1:00 p.m.



## Message

from the Center

Each November communities across the country observe National Diabetes Month to bring attention to diabetes and its impact on millions of Americans. One in 10 Americans have diabetes - that's more than 30 million people. Another 84 million adults in the United States are at high risk of developing type 2 diabetes.



This year, the National Diabetes Education Program's theme is: **"Everyday Reality"**

This theme, highlights the daily decisions those who have diabetes must make daily - from what they'll eat, what they will wear, what they will do, and how they'll take care of themselves. Yet the 24/7 burden of diabetes management is often misunderstood. This year's campaign is intended to demonstrate the everyday reality of diabetes from the point of view of people living with diabetes **or** caring for someone with diabetes.

While the everyday reality of diabetes can seem overwhelming, there are ways we can all help - and to prevent it from becoming the everyday reality for millions more.

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, your friends, and your community to help manage your diabetes.



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



Join us and Santa at the old American Legion building located at **21 College Avenue** in Waterville for the **4th Annual Sukeforth Family Festival of Trees**.

Opening November 16. For a complete list of dates and times visit the festival Facebook page  
[@sukeforthfamilyfestivaloftrees](#)

All Spectrum Generations' locations will be closed Monday, **November 12**, in

observance of **Veterans Day** and will also be closed on Thanksgiving day, Thursday, **November 22**, and Friday, **November 23**.



## National Family Caregiver Month

November is National Family Caregivers Month. This is a time to celebrate the contribution of those volunteer friends and family members who support a loved one with their health or managing a disability. We're thankful for the contributions of the more than 44 million Americans who care for a family member, friend, or neighbor. Join us as we celebrate the contribution of caregivers and find better ways to support them as they care.

The theme for 2018 is "Supercharge Your Caregiving" and recognizes the incredible effort caregivers make in the lives of their loved ones. Here are 10 tips that aim to ease those efforts:

1. Seek support from other caregivers. You are not alone!
2. Take care of your own health so that you can be strong enough to take care of your loved one.
3. Accept offers of help and suggest specific things people can do to help you.
4. Learn how to communicate effectively with doctors.
5. Caregiving is hard work so take respite breaks often.
6. Watch out for signs of depression and don't delay getting professional help when you need it.
7. Be open to new technologies that can help you care for your loved one.
8. Organize medical information so it's up to date and easy to find.
9. Make sure legal documents are in order.
10. Give yourself credit for doing the best you can in one of the toughest jobs there is!

## Open enrollment for Medicare Part D



**Monday, October 15 - Thursday, December 7**, is the annual open enrollment period for Medicare Part D prescription drug plans and Medicare Advantage plans. During this time you can compare plans for 2019 and make a change if you find a plan with better coverage, higher quality, or lower cost. If you make no change, you remain in your current plan for 2019.

If you would like help with this process, call Spectrum Generations for an appointment with one of our certified Senior Health Insurance Plan (SHIP) counselors, at 800-639-1553. Appointments fill quickly, so call soon to find the SHIP counselor nearest to you. You can compare plans and make changes yourself by using the Plan Finder tool on the [medicare.gov](http://medicare.gov) website or by calling Medicare at (800) 633-4227.

## Volunteer Opportunities



We are looking for 3 volunteers to deliver meals on behalf of the Spectrum Generations' Meals on Wheels program. If you have availability Tuesdays between the hours of 10:30 a.m. - 2:00 p.m. and an interest in helping coordinate meals to consumers in designated areas, can lift 30lbs., have dependable transportation, and a valid drivers license, please pick up an application at the Waldo Community Center.

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](https://www.facebook.com/spectrumgenerations)



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



[www.SpectrumGenerations.org](http://www.SpectrumGenerations.org)



1-800-639-1553