**THE COHEN CENTER WILL BE CLOSED MONDAY, MAY 30TH IN OBSERVANCE OF MEMORIAL DAY**

### New Faces at Cohen!

Have you met the newest members of the Cohen Community Center?

**Nick Cloutier, Center Director**

Nick has been with the Agency for a year and a half, most recently in the Community Engagement department at Home Office in Augusta, where he lead major fundraising events, marketing, public relations and supported the agencies many programs that help older and disabled adults across mid-coast and central Maine.

Nick is very excited to be at the Cohen Center and bring his high energy and new ideas to our community. Make sure you stop in to say hello!

**Janet Blythe, Administrative Assistant**

Janet has been busy diving into the Cohen Center’s many activities and has been a huge help to the center already.

Janet is looking forward to being a part of the Cohen Center team and meeting all of the wonderful people who support Spectrum Generations, the Cohen Center and our mission!

### Day Trips this Summer!

Are you interested in taking day trips this summer? The Cohen Community Center team wants to know where you would like to go? Botanical Gardens? Maine Coast? If you have a summer trip idea let us know! We are looking to start trips the month of June.

**Contact April Taylor**

626.7777

### May 2016

#### Legacy Corps

Spectrum Generations Legacy Corps program provides volunteer-based, companionship respite support to physically disabled and or elderly disabled veterans and their families in central Maine. This award winning program carefully matches trained volunteers to veterans and military families. There is a growing need for veteran caregiver support - this program allows us the opportunity to help those who have sacrificed so much for us. We are currently seeking members (volunteers) and clients. If you or someone you know may be interested, please contact: Jennifer Fortin at 620.1657 or at jfortin@spectrumgenerations.org

#### 8th Annual Healthy Aging Expo

A community event promoting active and healthy aging. Bringing awareness to issues, resources and preventative approaches that are provided by businesses and organizations right here in our own backyard. Join us for a fun-filled, educational and informative day as we work towards achieving a healthier life for all ages!

The 8th Annual Healthy Aging Expo will be held on Friday, June 3rd, 2016 from 9:00am to 2:00pm.

**Contact Nick Cloutier for more information on sponsorships or event questions.**

- More than 35 vendors
- Catered lunch (additional $)
- Live presentations
- New product information
- Door prizes & give-a-ways
- Hundreds of attendees

**Spectrumgenerations.org/healthy-aging-expo**
Wood Carving
Learn with Master Carver, Rene Pomerleau. Mondays 12:45 - 2:45. Cost is $3. From the novice to the expert, all are welcome.

Partner Cribbage Games
Mondays 1 - 3:45. Cost is $3.

Mahjong
Mondays & Wednesdays at 1; or watch and learn how to play. Cost is $3.

Rug Hooking
Tuesdays 9:00 - 3:00: Bring your own supplies. Cost is $3.

Knitting/Crocheting Needlework
Tuesdays 1:00 - 3:00. Cost is $3.

Customized Computer Lessons
Wednesdays, 12:00 or 1:45 based on availability. Bring your laptop. Private one-on-one computer lessons customized to your needs. Each lesson is 1.5 hours. Cost is $10 each. Call 626-7777 for your appointment and come learn with Les.

Game Day
Wednesdays 1 - 4. Bridge, Mahjong, Cribbage, Yahtzee, Dice, or organize your own team for other card or board games. Cost is $3.

Book Discussion Group:
First and third Friday of each month at 12:30.

Table Tennis
Wednesdays at 10. $2.00 donation

TOPS (Take Off Pounds Sensibly)
Every Friday from 8-9. Weekly fees are $3. Yearly dues to TOPS is $32. First TOPS visit is free.

Tai Chi
Monday & Wednesdays at 9. Call us and sign up! 626-7777 $5/class or $3 if you sign up and pay for the series.

Bridge Club
Thursdays 1-3. Cost: $3. Call Fran at 495-3490

Bridge Refresher Course
Mondays & Thursdays 9:30-11:30 starting May 9th. $3 per session.

Creative Designs with Pat
May 25th from 9-11. Graduation Cards! Make 2 for $5. $3/card after first two.

Zumba with Jennifer
Wednesdays, 5:30-6:30pm through the month of May.

Local Advisory Council (LAC):
Thursday, May 12 at 9:30. LAC members assist in planning events and activities, help identify unmet needs in the community, connect people with the agency programs and assist with advocacy efforts. Led by Vicki Saint Amand.

Genealogy
Save the date! Tuesday, June 21st 2-3:30. Join Emily of the Maine State Public Library as she takes a look at the past!

Walk to End Senior Hunger
Come walk or run at the annual event to help End Hunger on May 21, 2016. Each year the Maine State Credit Union hosts this 5K walk or run event on the Kennebec River Rail Trail. The Cohen Center’s Nutrition program is hoping for your support as a walker on our team or as a sponsor. Every cent collected, as well as an extra bonus from the Maine State Credit Union, goes right to our homebound seniors’ nutritional needs. It’s a wonderful way to get out and enjoy the great outdoors and support an important cause! Please consider sponsoring a team member. For more information contact: Lynda Johnson at 626-7777

Writing Classes
Every Monday at 1. Learn or improve your ability to write your own story with Jean Boudreau. $30 for eight sessions.

Spirit Readings
Would you like to connect with your loved ones who have passed on or do you just want to experience a Spirit Reading? Medium Francine McEwen uses her clairvoyant abilities to connect with loved ones who have passed to Spirit. Francine’s Readings have brought comfort and healing to those who are grieving. The Messages received from Spirit help us understand that our loved ones never really left us, but have passed on to the Spirit world and are waiting to connect with us. Readings will be offered on the 2nd and 4th Friday of each month from 1:00 to 4:00 PM and are $25 for each 1/2 hour. Call us at 626-7777 for your private appointment. No walk-ins.
Legal Questions?
Estate planning and elder law attorney Craig Stevens will be here on Wednesday, May 11th, 9:00 to 11:00 to answer questions about powers of attorney, last wills & testaments and how to protect assets from nursing home costs. Call to make your free 15 minute appointment.

Financial/investment Questions?
Make your free 15 minute appointment with an Investment Advisor Representative of Maine Center for Wealth Management, LLC, for Wednesday, May 11th from 9:00 to 11:00.

Appointments are required for both of the above services. Please stop by or call 626-7777 to schedule your appointment.

Aging & Disability Services State Plan Notice
As mandated under the Older Americans Act, every four years the Maine DHHS, Office of Aging & Disability Services submits a State plan on Aging to the Administration on Community Living (ACL). This plan cover the period of October 1st, 2016 - September 30, 2020. All are welcome to attend.

May 4, 2016 DHHS
Cornshop Ln., Farmington
May 9, 2016 DHHS
Graham St. Conf. Room, Biddeford
May 13, 2016 DHHS
396 Griffin Rd. Conf. Room, Bangor
*A copy of the DRAFT plan can be found on Aging & Disability Service website. Call (207) 287.9200 FMI.

Older Americans Month
Each May the Administration for Community Living celebrates Older Americans Month to recognize older Americans for their contributions to the nation. This year’s theme is “Blaze a Trail” focusing on the ways that older Americans are advocating for themselves, their peers, and their communities.

“Blaze a Trail” to Civic Engagement by getting involved to make a difference in the lives of community members. “Blaze a Trail” to Reinvention by discovering new interests and pursuing dreams. “Blaze a Trail” to Securing Your Finances by planning wisely and watching closely. “Blaze a Trail” to Wellness by being active and revamping your diet.

At Spectrum Generations, our community centers offer activities to stimulate your mind, body and soul. Whether it be socialization, life-long learning, wellness classes or volunteerism, we invite you to “Blaze a Trail” by visiting our website www.spectrumgenerations.org to learn of our monthly offerings.

Visit at one or all of our community centers, join our amazing volunteer team, or sign up to become an aging advocate. The possibilities are endless at Spectrum Generations!

Medicare 101 Clinics
Are you new to Medicare or do you want to learn more about the Medicare coverage you have? We offer a monthly clinic to discuss Medicare options for plan coverages, benefits, how to avoid penalties and ways to help pay for your Medicare plans. Our certified State Health Insurance assistance Program (SHIP) specialist will provide a 90 minute session. We do not sell insurance, but provide education about Medicare. Registration is required. Significant others are welcomed, but must be registered for the Medicare Clinic, too. A $15 donation is suggested per person.

Caregiver Support Group
Caregiving can be a frustrating, lonely road. Stress, worries, guilt... These can be some of the normal feelings when caring for someone else’s health and personal needs. It can be a physical and emotional challenge.

Our Family Caregiver Support Program is here to listen, to care, to help. The support group meets on the 2nd Tuesday of each month, from Noon to 1:00. All are welcome. For more information, call our consumer helpline at 1-800-639-1553.
The United Way of Kennebec Valley proudly supports Spectrum Generations Nutrition Program!

Spectrum Generations is an Equal Opportunity Provider

FairVote Maine Guest Speaker Presentation

On Thursday, May 26th, at 12:00, Finn Melanson of FairVote Maine will be at the Cohen Center to have an academic discussion on a number of election-reform related issues, including Ranked Choice Voting.

These presentations revolve around a PowerPoint presentation providing a general overview of Ranked Choice Voting, with a focus on how it works, how it compares to the current system of voting, where it is currently used across the country and the world, and how voters have responded to it’s implementation, both positively and negatively. Q&A Immediately following. Suggested $5 Donation.

**A donation of $5.00 per meal for individuals 60 and older is suggested. If under age 60, a fee of $6.00 is required.

Community Dining

May 2016

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<td>*Ziti Primavera $6.00</td>
<td>Baked Haddock ♫Bonnie Hendsbee</td>
<td>Beef Stew ♫Country Gentleman</td>
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<td>*Turkey Meatloaf $6.00 ♫Tuckie Marvin</td>
<td>Pot Roast</td>
<td>Am. Chop-Suey ♫Dave McInnis</td>
<td>Roast Turkey ♫Joyce Fessenden</td>
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<td>*Beef Tips $6.00 ♫Tuckie Marvin</td>
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<td>Roasted Pork Loin ♫Dave Fisher</td>
<td>BBQ Pulled Pork ♫Country Gentleman</td>
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<td>*Baked Haddock $6.00 ♫Tuckie Marvin</td>
<td>Shepard’s Pie ♫Deb Sandler</td>
<td>Baked Chicken ♫Carolee Withee</td>
<td>Veggie Chili ♫Swingtime Band</td>
<td>Baked Ziti ♫Mike Theriault</td>
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