

Monthly Update

September 2022

Meet Britteny

**Nutrition Coordinator
Midcoast Regional Center**



Soaking Up the Sunshine

My hopes are that everyone is enjoying their summer and making time to get outside when the circumstances permit. Now that we are in the thick of Summer, with temperatures rising reaching the high nineties I wanted to share some exciting changes our Maine Bureau of Parks and Lands made earlier this year to generate a more inclusive environment for people of different physical backgrounds and abilities.

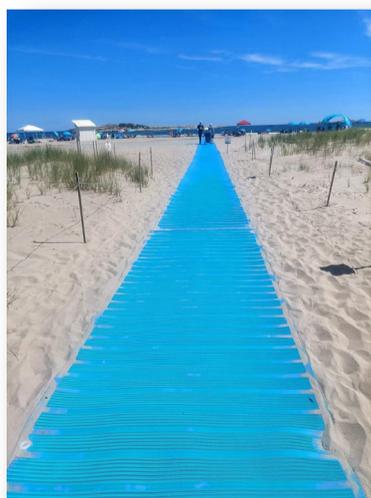
The Maine Bureau of Parks and Lands installed 500 feet of new boardwalk at Popham Beach State Park. Officials said the new boardwalk will help visitors in wheelchairs, families visiting with smaller children, and people who need to carry a lot of gear to the beach. The project came together in response to feedback from park visitors. The mobility mat will now allow wonderful access for many more people who want to enjoy the beautiful beachfront. The path became a reality due to Governor Mills' Maine Jobs and Recovery Plan, which is using funding from the American Rescue Plan to improve state parks for Maine people and visitors.

"Recognizing that Maine state parks are for everyone, and we want to make sure that it's easy access for everyone to get to these areas, and so Popham Beach, we're focusing on this year. I hope to expand that to some other areas, might not be until next year," state park regional manager Gary Best states.

They have provided accessible parking, easily accessible restrooms, accessible picnic area and last but certainly not least, beach accessibility with assistance beach wheelchairs, which are available; first-come, first served.

Popham isn't the only beach making waves with mobility. As WGME-TV points out, Old Orchard Beach rolled out a beach wheelchair program this year.

According to WGME-TV, the town has 10 beach wheelchairs that are free to use on a first-come, first-served basis. Programs like these will continue to show the best side of our wonderful state and the great folks who call it home. I hope that this article inspires folks to enjoy the outdoors, enjoy the sunshine and create new memories.



Come see Andrea! → Medicare Open Enrollement

October isn't too far away, which means Medicare Open Enrollment is fast approaching.

Appointments fill up fast, so please call Andrea to schedule an appointment!



CALL ANDREA AT 1.800.639.1553 FOR MORE INFORMATION

Don't Get Tripped Up This Fall



Falls threaten safety and independence thus creating enormous economic and personal costs. Healthy Living for ME (HL4ME) is committed to helping adults throughout Maine age well, and that includes avoiding falls. Through practical lifestyle adjustments, using evidence-based prevention programs, like Bingocize and Tai Chi, the number of falls among older adults can be reduced.

This September 19 – 23, we are partnering with the National Council on Aging (NCOA) to observe Fall Prevention Awareness Week. We invite you to join this important awareness campaign.



Upcoming Falls Prevention Workshop
Bingocize®
Merrymeeting Adult Education
September 14 – November 28
10 – 11 a.m. - Free

You call it fulfilling your vows for better or worse; we call it caregiving.

Helping to care for your significant other is admirable, but you don't have to do it alone, especially if they have a destructive disease such as Alzheimer's.

Call our Family Caregiver Specialists at 1.800.639.1553 to come up with a plan that will allow you to continue being a supportive and effective partner.



Upcoming Event 10th Annual Celebrity Chef Challenge

Monday, September 19, 2022 at 5 p.m.
Newley renovated August Elks Banquet Hall

Visit spectrumgenerations.org/events for more information or to purchase tickets.



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