



1.800.639.1553

spectrumgenerations.org

Central Maine Area Agency on Aging  
Southern Midcoast Aging and Disability Resource Center

# Monthly Update

May 2021

**\*OUTSIDE EVENT\***

13th Annual

## Healthy Aging Expo

Spectrum Generations' Cohen Community Center is holding its

### 13th Annual Healthy Aging Expo

**Friday, May 14, 2021**

**9:00 a.m. - 12:00 p.m.**

(rain date Friday, May 21st)

**22 Town Farm Road, Hallowell**

Join us for a resource filled day for baby boomers, active agers, retirees, and caregivers.

Learn about preventative approaches to a healthier life including, fun relaxation tips for good mental health.

All participants will need to wear a mask and practice social distancing.

If you have questions call the Cohen Community Center at 626-7777.

## Communities of Strength



#OlderAmericansMonth



In tough times, communities find strength in people—and people find strength in their communities. In our community, older adults are a key source of this strength. Through their experiences, successes, and difficulties, they have built resilience that helps them to face new challenges. When communities tap into this, they become stronger too.

Each May, the Administration for Community Living leads the celebration of Older Americans Month. This year's theme is Communities of Strength, recognizing the important role older adults play in fostering the connection and engagement that build strong, resilient communities.

Here are some ways to share and connect:

- **Look for joy in the everyday:** Celebrate small moments and ordinary pleasures by taking time to recognize them. Start a gratitude journal and share it with others via social media, or call a friend or family member to share a happy moment or to say thank you.
- **Reach out to neighbors:** Even if you can't get together in person right now, you can still connect with your neighbors. Leave a small gift on their doorstep, offer to help with outdoor chores, or deliver a homecooked meal.
- **Build new skills:** Learning something new allows us to practice overcoming challenges. Take an art course online or try a socially distanced outdoor movement class to enjoy learning with others in your community. Have a skill to share? Find an opportunity to teach someone, even casually.
- **Share your story:** There's a reason storytelling is a time-honored activity. Hearing how others experience the world helps us grow. Interviewing family, friends, and neighbors can open up new conversations and strengthen our connections.

# Celebrating People In Action

## National Volunteer Month

Thank you to our volunteers at ...

### Waldo Community Center



### Cohen Community Center



### Muskie Community Center



# MAY | SARTRHRITIS

AWARENESS MONTH

Arthritis is one of the most widespread health conditions in the United States and affects about one in four adults overall. That's over 54 million men and women. Arthritis limitations can include difficulties with moving and performing daily tasks, as well as social and work limitations – so what can we do?

- **Use ice and heat**  
Hot and cold may be opposites, but both can provide arthritis pain relief. Applying cold will reduce swelling and numb the area, while heat loosens up muscles, increasing flexibility, and circulation.
- **Modify certain activities**  
If an activity causes joint pain, change the way you do that activity. Continuing the activity despite pain can damage your joint, while skipping the activity altogether can lead to joint stiffness through lack of use – try to find balance between doing too much and too little.
- **Add anti-inflammatory foods and nutrients to your diet**  
Talk to your healthcare provider about adding more berries, fish, broccoli, avocados, green tea, bell and chili peppers, dark chocolate and tomatoes to your diet. Try to limit or avoid processed foods that promote inflammation, such as refined carbohydrates, friend foods, sugary beverages, processed meats and trans fats.
- **Enroll in an evidence-based program**  
Evidence based programs (EBP's) offer proven ways to promote health and prevent disease among adults. They are based on research and provide documented health benefits, so you can be confident they work. Older adults who participate in EBP's can improve long-term effects of chronic diseases – like pain from arthritis!



Spectrum Generations has a whole team advocating for **YOU** in Augusta. Our priorities include: supporting the direct care workforce; increasing and sustaining the Meals on Wheels program and access to sustainable nutrition; supporting community living options; fighting for legal rights in older and disabled adults; supporting rural broadband expansion; and supporting accessible transportation options.

To learn more about the bills we are following, or to understand our priorities visit [www.spectrumgenerations.org/about/advocacy](http://www.spectrumgenerations.org/about/advocacy)

# Volunteer Spotlight

← Terry Reddi



Terry Reddi has been a volunteer Meals on Wheels driver at Spectrum Generations' Lincoln County Resource Center since 2016. Throughout the challenges of COVID-19, Terry has continued his route, only missing one week the entire year. His route, a little farm town with no downtown or village, spreads throughout the country roads in Lincoln. His route is one of the longest routes we have and Terry is always there to get the job done. Terry is unflappable in any situation you throw at him. He takes safety seriously and strives to keep our consumers safe. We are truly thankful to have such a dedicated volunteer like him on our team.

## UPCOMING PROGRAMS



### Better Health NOW with Pain

This free, evidence based program is ideal for those who are experiencing a pain condition like arthritis. Some of the topics in this program include pacing and planning, medication management, the Moving Easy Program, and many others.

*"While the tips, activities and information is all highly important, I most appreciated the sense of camaraderie I felt. Meeting weekly with the same small group of people, being led by the same folks made me feel like part of a group whose members all had similar ideas in joining the program."*

— Healthy Living for ME class member, March 2021

#### Workshop Dates

Thursdays, May 6- June 10	11:00 a.m. – 12:00 p.m.
Wednesdays, May 19- June 23	4:30 p.m. – 5:30 p.m.
Thursdays, May 20 – June 24	1:00 p.m. – 2:00 p.m.

Participants must pre-register to receive their toolkit materials and will work with a certified leader via telephone. FMI or to register, call Jen at (207) 620-1642 or email [jpaquet@spectrumgenerations.org](mailto:jpaquet@spectrumgenerations.org)

## Waldo Gardens →

### Enhance the Experience

Spectrum Generation wants your support to restore and improve our Waldo Community Center's outside patio area to enhance the experience for the Adult Day and Community Support consumers!



We plan to create a raised flower and garden beds to offer activity and education space for our consumers! The long-term benefits of gardening for older and disabled adults has been documented, and leads to increased communication and social skills, fitness, confidence, reducing stress and anxiety, nutrition, knowledge, doing something rewarding and therapeutic, improvement of eating habits, and sensory awareness[1]; it has also been scientifically proven that gardening lowers the risk of dementia[2]. The raised beds will be used for garden and nutrition activities throughout the year.

Visit <https://www.spectrumgenerations.org/about/donate-now> to support this initiative.

[1] Gardening - People with Disabilities, Better Health Channel, Department of Health & Human Services, August 2014, [www.betterhealth.vic.gov.au/health/healthyliving/gardening-people-with-disabilities](http://www.betterhealth.vic.gov.au/health/healthyliving/gardening-people-with-disabilities)

[2] Gardening for Seniors: Elderly Gardening Hobbies & Activities, SeniorLiving.org, March 2018, <https://www.seniorliving.org/life/activities/gardening/>



Spectrum Generations is an Equal Opportunity Provider

Please let us know if you require special accommodations at least two weeks prior to an event.

Our Locations:

Home Office:  
One Weston Court  
Suite 109  
Augusta

Community Centers:

Lincoln County Regional Ctr.  
(co-located with CLC YMCA)  
525 Main Street  
PO Box 474  
Damariscotta

Cohen Community Center  
22 Town Farm Road  
Hallowell

Muskie Community Center  
38 Gold Street  
Waterville

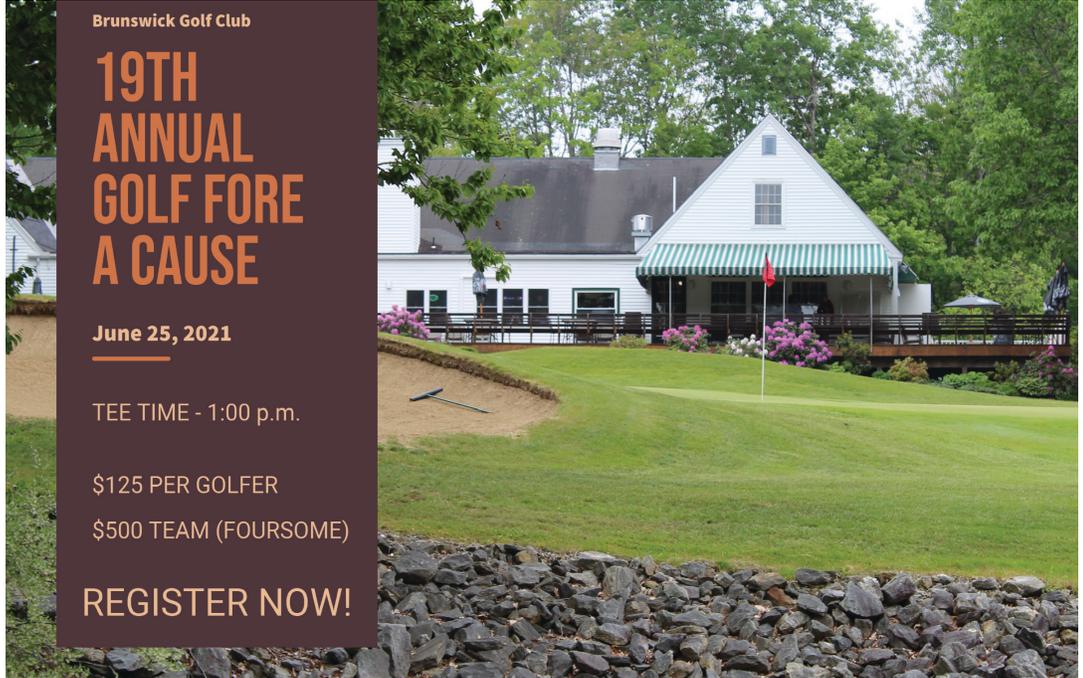
Somerset Community Center  
30 Leavitt Street  
Skowhegan

Waldo Community Center  
18 Merriam Road  
Belfast

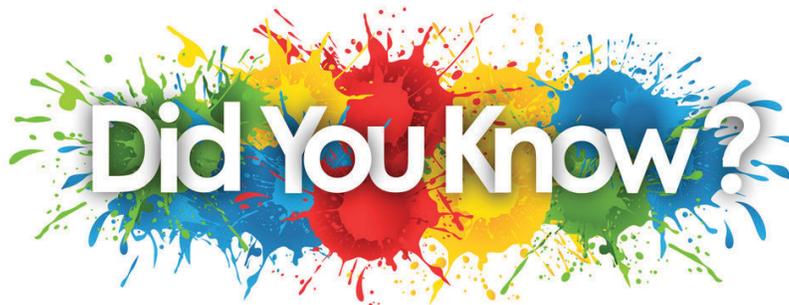
Aging and Disability  
Resource Centers:

Midcoast Regional Center  
(co-located with  
People Plus)  
35 Union Street  
Brunswick

Knox Resource Office  
87 Elm Street  
Suite 204A  
Camden



For more information on registering  
or becoming an event sponsor, email  
[sbrown@spectrumgenerations.org](mailto:sbrown@spectrumgenerations.org)  
or call 207.620.1677



VACCINATION

Spectrum Generations provides our vaccination partners with homebound consumers in need. We work with MaineGeneral Health, Northern Light Health, and Redington Fairview to connect YOU with a local COVID vaccine provider that can come to your home.

If you or a loved one is homebound – call us 1-800-639-1553 today!

Spectrum Generations is the Central Maine Area Agency on Aging. Our mission is to promote and advance the well-being and independence of older and disabled adults, with the support of their care partners, to live in their community of choice. We actively engage the people of central and midcoast 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](http://www.spectrumgenerations.org)

207.622.9212