



1.800.639.1553
spectrumgenerations.org

Monthly Update

May 2022

Upcoming Events

14th Annual



Spectrum Generations'
Cohen Community Center
is holding its
14th Annual Healthy Aging Expo
Friday, May 20, from 9 a.m. —12 p.m.
(rain date Friday, June 3)
OUTSIDE EVENT

22 Town Farm Road, Hallowell

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

Golf Fore a Cause

What better way to
take advantage of
summer than at
one of Spectrum
Generations'
biggest fundraising
events!



Our 20th Annual Golf Fore a Cause
Tournament, benefiting our programs
and services including Meals on Wheels,
will take place on **Friday, June 10**, at
The Meadows Golf Club in Litchfield.

For more information email
jgraves@spectrumgenerations.org or
visit spectrumgenerations.org/events.

Age my way!



Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it – and there is no “right” way. That’s why the theme for Older Americans Month (OAM) 2022 is Age My Way.

Every May, the Administration for Community Living (ACL) leads the celebration of OAM. This year’s theme focuses on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose.

While Age My Way will look different for each person, here are common things everyone can consider:

- **Planning:** Think about what you will need and want in the future, from home and community-based services to community activities that interest you.
- **Engagement:** Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities.
- **Access:** Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.
- **Connection:** Maintain social activities and relationships to combat social isolation and stay connected to your community.

Cohen Community Center Activities



Spectrum Generations' Cohen Community Center presents Adult Prom – Forever Young. Join us on **Saturday, May 14**, from 5 to 8 p.m., \$20 per person. Light appetizers will be available along with beer and wine. Music by County Gentleman. To purchase your tickets, visit the Cohen reception desk or call 207.626.7777.

Spirit Readings



Would you like to connect with a loved one who has passed on, or experience a connection with the spirit world? Medium Francine McEwen will be available **Fridays from 10 a.m. to 3 p.m.** at the Cohen Community Center. McEwen uses her clairvoyant abilities to tap into the spirit world where her readings have been known to bring comfort and healing to those who are grieving. Call 207.626.7777 for your private 30-minute appointment. No walk-ins please.

Muskie Community Center Activities

Mary's Massage and Bodywork

Mary Patterson will be offering massages on **Tuesday, May 11 & 25 from 10:30 a.m.—12:30 p.m.**

Chair Massage—includes massaging the scalp, neck, back and arms.

Hand and Foot Reflexology—works on messaging the reflex points on the hands and feet to balance the nervous system, increase circulation, and help all body systems.



\$10 per session. | 10 minute sessions
(You may schedule more than one session)

Please pre-register for the above activities by stopping by the Muskie Community Center reception desk or by calling 873-4745

Easter Delivery Kindness and Generosity →

The Easter Bunny visited the Cohen Community Center leaving gifts for Meals on Wheels consumers. A great, big shout-out goes out to Ellie Merrifield and Woodmen Jr. Club 13000-2, and Insurance Professionals of Central Maine.

Thank you for your kindness and generosity.



Central Maine Garden Club

Central Maine Garden Club will be visiting the Muskie Community Center on **Tuesday, May 17 from 1—2 p.m.**

Central Maine Garden Club's guest speaker will be Kathy McCarthy from UMaine Cooperative Extension Cumberland County to give a presentation on, Herbs and Spices in Cooking.

This is a free event. Information will be available regarding how to join the Gardening Club.



Lincoln County Regional Center Cribbage or Bridge

Are you interested in forming a Cribbage or Bridge Group in Lincoln County? Our Lincoln County Regional Center (767 Maine Street) is holding cribbage on the 1st and 3rd Tuesday and Bridge on the 2nd and 4th Tuesday. 11 a.m. to 1 p.m.

For more information, contact Dawn Moore at (207) 563-1363.





Living Well with Diabetes

National Diabetes Prevention Program

Saturdays, June 4, 2022 - May 5, 2023

7:30 — 8:30 a.m.

Location: Online

This workshop isn't a diet or exercise class, but a program led by a certified lifestyle coach that provides free health coaching to reduce a person's risk of developing type 2 diabetes. In this program, participants will learn practical strategies to stay motivated, manage stress, prepare food and avoid negative thoughts

Upcoming Workshops



Living Well for Better Health

Living Well for Better Health

Wednesdays, June 22, 2022 - July 27, 2022

4:00 — 6:30 p.m.

Location: Mt. Ararat High School, Topsham

This program is designed to help participants deal with chronic conditions. Topics include: 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

For more information or to register visit healthylivingforme.org or contact info@healthylivingforme.org

Supplemental Food Program

Improving health and quality of life →

The Commodity Supplemental Food Program (CSFP) assists in improving the health and quality of life in people ages 60 and over who are at a specific income level. This program is accomplished by providing nutritious supplemental food items. These food items are a good source of nutrients that are typically minimal in the standard diets of eligible individuals.



Commodity Supplemental Food Program
a Senior Food Assistance Program

CSFP is administered at the Federal level by the USDA Food and Nutrition Service. Good Shepherd Food Bank prepares and distributes CSFP food boxes for the state of Maine. The Food Bank distributes between 6,000 – 9,000 CSFP food boxes each month to partner agencies across the state.

At Spectrum Generations, we distribute about 14,400 pounds of CSFP food on a monthly basis. With each box weighing about 30 pounds, that's equal to 480 boxes! These boxes are distributed by Spectrum Generations in Kennebec, Waldo, Lincoln, Somerset, Sagadahoc, and Androscoggin counties. Additionally, we subcontract with Making Community Happen in Knox County who distribute an additional 128 boxes monthly.

Spectrum Generations' AniMeals program began over a decade ago when we learned that some Meals-on-Wheels recipients did not have enough money to feed their pets and were sharing their delivered food with their companion animals.

Our Locations:

Home Office:
One Weston Court
Augusta
207.622.7857

Community Centers:

Lincoln County Regional Ctr.
767 Main Street, Suite 5
Damariscotta
207.563.1363

Cohen Community Center
22 Town Farm Road
Hallowell
207.626.7777

Muskie Community Center
38 Gold Street
Waterville
207.873.4745

Somerset Community Center
30 Leavitt Street
Skowhegan
207.474.8552

Waldo Community Center
18 Merriam Road
Belfast
207.338.1190

Aging and Disability Resource Centers:

Midcoast Regional Center
(co-located with
People Plus)
35 Union Street
Brunswick
207.729.0475

Knox Resource Office
87 Elm Street, Suite 204A
Camden
207.596.0339



Spectrum Generations is an Equal Opportunity Provider

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



Advance Directives Why does it matter?

Advance care planning is not just about old age. At any age, a medical crisis could leave you too ill to make your own health care decisions. Even if you are not sick now, planning for health care in the future is an important step toward making sure you get the medical care you would want, if you are unable to speak for yourself and doctors and family members are making the decisions for you.

Workshop will be held on May 12, 2022 at Spectrum Generations' Cohen Community Center.

10 — 11 a.m.	Presentation
11 — 11:30 a.m.	Maine Health Care Advance Directive Form Assistance
11:30 a.m. — 12:30 p.m.	Join us for congregate lunch (\$5 pp)

Power Hour with Central Maine Power



Electricity bills can be confusing and shopping for a better supply price can be intimidating. The Cohen Community Center is sponsoring an "ask an expert workshop" on Wednesday, **May 18, from 9 a.m. to 1 p.m.** Director of Central Maine Power Community Relations Amy Marston, along with Vice President of Customer Service Linda Ball, will be on hand to answer all questions related to your electric bill including tips on how to use less energy and assistance in paying your bill.

To register for above activities, contact Tracy Lloyd at 207.626.7777 or tlloyd@spectrumgenerations.org.

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:



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www.spectrumgenerations.org



207.622.9212