



1.800.639.1553
spectrumgenerations.org

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

Monthly Update

November 2021

All Spectrum Generations' locations will be closed on Thursday, November 11, in observance of Veteran's Day. We will also be closed on Thursday, November 25 and Friday, November 26, for Thanksgiving.

Give Thanks

Save the Date

Spectrum Generations' 24th Annual

Gene and Lucille Letourneau IceFishing Derby

will be held on Sunday, February 20, 2022,

(weigh-in between 2:00-5:00 p.m.) at the Muskie Community Center located at 38 Gold Street in Waterville.

The derby promotes outdoor sports and helps raise funds for the Muskie Community Center- a place where older and disabled adults can gather for socialization with friends, fun activities to keep them engaged, and health and wellness classes to maintain vitality of mind and body!



Follow us on @midcoastreefestival



St. John's Community Center
43 Pleasant Street, Brunswick

Are you ready for a *Win-Tree Wonderland?*

The **Midcoast Tree Festival** will showcase fully decorated, themed, and lighted artificial Christmas trees on display throughout the two-weekend event, which will be raffled off to lucky winners at the conclusion of the festival.

Event Times

- Friday, November 19, 4:00 p.m. - 8:00 p.m.
- Saturday, November 20, 10:00 a.m. - 6:00 p.m.
- Sunday, November 21, 10:00 a.m. - 6:00 p.m.
- Friday, November 26, 10:00 a.m. - 6:00 p.m.
- Saturday, November 27, 10:00 a.m. - 6:00 p.m.
- Sunday, December 28, 10:00 a.m. - 2:00 p.m.

Admission: \$2 for adults | 12 & under free | .50¢ raffle tickets

Additional information and updates can be found at facebook.com/midcoastreefestival

Don't miss out!

The Midcoast Tree Festival proceeds will support:
All Saint's Parish, Spectrum Generations' Meals on Wheels, and the Southern Midcoast Maine Chamber.

Family Caregiver Katie Carlsons' story

I'm a mother, daughter, sister, aunt, and a caregiver. All of my roles have a special meaning to me, but my role as a caregiver has had the greatest impact on my relationship with my mother. I have evolved from the child she protected, to the adult she watched over from afar, to a person who protects her as her care partner. Care partner is the best term that fits our situation, because I don't make decisions without her input. It may be current input she provides or input she has provided in the past, either way, her input and wishes are what guides the course we take.

Being a care partner to someone with Alzheimer's isn't always easy. Alzheimer's is often associated with memory loss, however, it is brain failure. I cannot stress enough how important it is to get "diagnosed" as early as possible. This is not a disease to be ashamed of, it doesn't discriminate, and it can appear in the brains of the most intelligent, creative, and respectable people in our communities. It is not a disease that should be hidden, and identifying it early allows friends and families to plan on how to keep someone with Alzheimer's home as long as possible while maintaining their quality of life. It is also empowering, because the person with Alzheimer's can verbalize and document how they want to be cared for, so they know their wishes will be met once they lose the ability to advocate for themselves.

We have the opportunity to complete Advance Directives can once we turn 18. Sitting around the dining room table with Mom and my brother and discussing Mom's wishes was extremely helpful for all of us. Mom was able to tell us how she wanted to be cared for when the time eventually comes when she is unable to advocate herself, and future decisions my brother and I need to face will be easier knowing we are following Mom's wishes.

Learning about the legal steps we needed to take from an Elder Law Attorney has been beneficial. I have learned that not all lawyers are familiar with estate protection, so we made sure our lawyer was an expert in elder law. They educated Mom on what was needed in order to allow my brother and I to assist with her finances and medical support and avoid the costly process of guardianship. He also shared steps that we could take in order to protect Mom's assets and estate.

"I cannot stress enough how important it is to plan early on. It may be stressful in the moment to have to face a disease, but it will bring peace of mind for the course ahead. Self care as been important, and what self care means has changed for me," said Katie.

As the care partner, I take time to create memories. The memories are for the children in Mom's life, while the pictures and videos are for Mom's joy. My aunts and Mom's friends spend the day with her while I'm at work. They help her stay on top of the day, and their companionship helps to keep anxiety levels down. In addition, Mom spends a couple afternoons at my brother's house; these are the days I am able to go to the grocery store, and take my daughter to her baton twirling class. I can work with peace of mind that Mom is happy, safe, and well.

My thoughts are with the other care partners who are helping someone navigate their days and plan for their future. The work you do is important, and many of you may be in situations where you have less support than I do. **Take advantage of the services Spectrum Generations offers. The staff will work hard to help you find the resources to build a support system for you.** Remember to take a moment to focus on you, breath, and stretch. Your health and wellbeing are important to those who rely on you.

Katie



Spectrum Generation's Community Services Director, Katie Carlson (R), with her mother Laurie.



Photos courtesy of Hilary Susan Photography

National Diabetes Month

Diabetes class



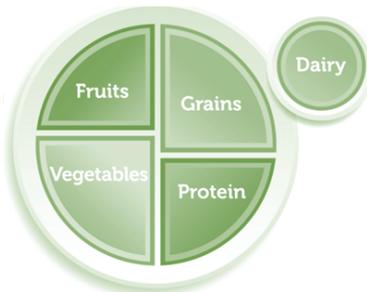
In November, National Diabetes Month focuses attention on the growing cost of diabetes on American's health. From the physical, emotional and social effects to financial and damaging health, diabetes impacts more than 30 million people in the United States. Also known as American Diabetes Month, the month focus on making healthy changes and reducing the risk of type 2 diabetes. When we make small changes, we are more likely to stick when them. So, add one or two small changes at a time, instead of huge sweeping changes.

Spectrum Generations' President and CEO, Gerard Queally, was recently diagnosed a pre-diabetic. He has been very successful with the support of the HL4ME Living Well with Diabetes class.

"Putting in place more practical goals, makes creating behavioral change easier," said Queally.

For more information or to register, visit healthylivingforme.org or call 1.800.620.6036

BUILD YOURSELF a Healthy Holiday Plate



Try to have at least 3 out of the 5 food groups on your plate

Choose a plate that is 9 inches in diameter to help control portions sizes

Divide your plate into quarters, with the vegetable and whole grains section making up a little more than a quarter

TRY THESE SUPERFOODS



Avocados are full of healthy fat, potassium, folate, vitamin B6 and vitamins C and K



Cucumbers neutralize acidity and contain potassium, vitamin C and electrolytes



Spinach is packed with iron, calcium, magnesium, and vitamins A, K and E



Broccoli contains vitamins A, C and K and helps regulate blood pressure

FREE CLASSES

Living Well
with Diabetes

Tuesdays, 2:00- 4:30 p.m.
Nov 9 - Dec 14
ZOOM



For more information or to register, visit healthylivingforme.org or call 1.800.620.6036

Need Help? Medicare Counseling



Spectrum Generations' Aging & Disability Resource Counselors can help you understand your options and help you choose which plan is right for you. If you live in the Brunswick, Harpswell, or Sagadahoc County area, call (207) 729-0757 to make an appointment with one of our counselors.

If you live outside of those areas, call Spectrum Generations' Consumer Helpline at 1-800-639-1553 to find a resource counselor near you.

Weather Closings/Delays

In the event of bad weather, please call **1-800-639-1553** before heading to Spectrum Generations. You can also watch or listen to:
TV Channels 2, 5, 6, 8, or 13
FM Radio Stations 92.3, 93.5, 96.7, 97.1, 97.5, 98.5, 101.3, 102.5, 103.3, 104.3, 105.1, 107.9
AM Radio Station 1160



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.
767 Main Street
Suite 5
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

Welcome to the team

Spectrum Generations is excited to introduce new staff members to you!



Libby Matthews

Nutrition Coordinator Float
Cohen Community Center



Seth Pinkham

Nutrition Coordinator
Muskie Community Center



Becky Sugdon

Office Coordinator
Cohen Community Center



Karen DeLong

Office Coordinator
Muskie Community Center



Terra Stratton

Nutrition Assistant



Mike Powe

Controller



Teah Fowle

Family Caregiver Specialist

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: