

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



Spectrum Generations is an Equal Opportunity Provider

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

7 Key Steps to Diabetes Prevention

- Be more active.
- Eat fiber-rich foods.
- Eat whole grains.
- Lose weight.
- Make healthier choices.
- Don't Smoke.
- Drink in Moderation.

National Diabetes Month steps to prevention

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.

Are you using transportation through one or more of the following programs? Do you need transportation to your appointments but sometimes don't have it?

The Maine Department of Health and Human Services (DHHS) is conducting a quality assessment of its transportation programs, including transportation offered through:

- Office of Child and Family Services
- Office of Behavioral Health
- Office of MaineCare Services (Non-Emergency Transportation)

If you use or are eligible for one or more of these transportation services, your feedback is wanted. Please visit [surveymonkey.com/r/Maine_DHHS](https://www.surveymonkey.com/r/Maine_DHHS) and complete the survey between now and November 6, 2020. By taking this survey, you can let them know how their transportation programs are meeting, or not meeting, your needs for transportation access to important appointments and services.



Monthly Update

1.800.639.1553
[spectrumgenerations.org](https://www.spectrumgenerations.org)

All Spectrum Generations' locations will be closed on Wednesday, November 11, in observance of Veterans Day.

We will also be closed on Thursday, November 26 and Friday, November 27, for Thanksgiving.



Save the date

2nd Annual
Midcoast Tree Festival
November 20-22, and
November 27-29, 2020

Plan to join us for another fun year of beautiful holiday displays as the event returns to St. John's Community Center in Brunswick, and we raise funds for Meals on Wheels, All Saints Parish, and the Southern Midcoast Maine Chamber.



Congregate Dining Missed You

Although things look different congregating dining at both Spectrum Generations' Muskie Community Center and Cohen Community Center have successfully resumed.

We miss seeing your smiling faces at the centers.

The Muskie Community Center is serving lunch on Monday and Wednesday and the Cohen Community Center is serving lunch on Tuesday and Thursday. Each location has a limited number of people which is why there is a reservation procedure for those that want to dine with us. At this time reservations can be made the day before for yourself and household family members. See the enclosed calendar for the meals being served that day and the dates that you may make a reservation for lunch.

Your health and safety are still our main priority so when you make your reservation we will be asking you several questions about how you are feeling. We do ask that you wear a mask when entering the building and until you are seated. We are taking every precaution to make this a positive and safe experience for all.

Come have a hot nutritious meal. You will have an opportunity to see some of your old friends and make a few new ones along the way. If you wish to make a reservation at the Muskie Community Center call 873-4745 and to make a reservation at the Cohen Community Center call 626-7777. We look forward to seeing you.



Volunteer Clyne Hodges serves lunch to Tom Daggett during the opening of congregating dining at Spectrum Generations' Cohen Community Center.

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:

Medicare

Open enrollment! →

Need help with Medicare? 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 schedule an appointment with one of our counselors via ZOOM.

If you live outside of those areas, call Spectrum Generations' Consumer Helpline at 1-800-639-1553 to find the center closest to you.



When is the Open Enrollment Period?



Cold Weather

← reimbursement

The winter months are tricky to navigate for anyone, but the group of people who face the most difficulty is unquestionably older adults, as they are very susceptible to slipping and falling. If you are helping someone who is experiencing memory loss, you should check out this opportunity to have some of the costs involved with preparing for colder weather reimbursed.

Spectrum Generations is here to help you prepare and be pro-active, so you will be ready for the first cold spell. We can help you get reimbursed for services such as winterizing your home, leaf removal, snow removal, gutter maintenance, and gutter installation.

For details and more information, contact Molly at 1.800.639.1553.

Health

at home →



Do you want to feel better, increase your quality of life, or improve your experience with healthcare providers? You can now take Living Well for Better Health at home and it's free!

This program is run by peer leaders who understand just how challenging it can be to make their own health and wellness a priority. Throughout this six session series, that has been proven to promote health and prevent disease, you'll learn how to boost your energy, improve mood and decrease fatigue. Slow internet, no computer or only have a small phone screen? No problem! Our new tablet loaning program is launching in January 2021 – Just in time for the start of this workshop on February 3.



If you're interested or are looking for more information, contact our Healthy Living Coordinator at (207) 620-1642 or visit our website at www.healthylivingforme.org.

Volunteer Opportunities

Our centers need volunteers who would like to roll up their sleeves and **assist our Nutrition team** with preparing and delivering meals for our Meals on Wheels program.



Join the team and enjoy comradery that comes with serving those in need in our community! Time slots available during weekday mornings and early afternoons.



Healthy Living for ME is in need of remote volunteer facilitators for our virtual Tai Chi classes.

Training will be provided! This a fun way to engage adults in strengthening exercises while also combating social isolation.

If you, or someone you know, is interested in volunteering with us, please reach out to our Volunteer Coordinator, Jessica at 620-1684 or volunteer@spectrumgenerations.org.



ADULT DAY AND COMMUNITY SUPPORT SERVICES

Open Enrollment

Are you a caregiver who is looking to continue an active life for yourself and the one you care for? Then we are here to help you!

Adult Day and Community Support programs are center based where our trained staff provide socialization and stimulating activities daily. We also, have handicapped accessible vans to get our consumers out into the community to continue their active lifestyle.

Some interesting facts that separate us from our competitors:

- We assist adults 19 years of age and older either diagnosed with a developmental disability or medical condition. Combining two unique groups who learn from each other daily.
- Once you are a consumer the schedule you have with us is entirely **flexible** and personalized to your needs.
- Adult Day is a long term care alternative **costing a 1/3 of the price** annually.
- Our programs provide much needed **respite to caregivers**.

We are following all CDC Guidelines to ensure the health and safety of consumers and staff.

Any questions about Adult Day, or if interested in touring our centers, please contact Christie Quincey at (207)-620-4917.