

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

Monthly Update

October 2021

spectrum
generations

1.800.639.1553
spectrumgenerations.org

All Spectrum Generations' locations will be closed on Monday, October 11 in observance of Indigenous Peoples' Day.

Upcoming Events



October 16, 2021
11:30 a.m.
to
1:30 p.m.

Each business will donate a piece, slice, or sample of a pie of their choice (shepards pie, apple pie, whoopie pie, etc.) Participants will judge the pies they ate and awards will be given to the "best savory and best sweet" pie.

\$20 per person

To purchase tickets, call the Cohen Community Center at (207) 626-7777, or stop by the reception desk!



**Girls
Just
Wanna
Have
Fun**

October 23, 2021

Join us for a one-of-a-kind fundraiser that appeals to women of all ages. Bring your friends and family to sample products, enter raffles and enjoy food!

Spectrum Generations'
Muskie Community Center
9:00 a.m. - 1:00 p.m.

Celebrating Spectrum Generations' Staff

Spectrum Generations' annual Employee Day Retreat is a day of celebrating and team building. Staff from our eight locations and across six counties came together at Snow Pond Center for the Arts in Sidney for a day of fun and relaxation. This day is an opportunity for staff members to get to know each other and in a different capacity....not just over the phone, across emails, or on Zoom meeting!



Team Innovative tries to maneuver an egg through pieces of pvc pipe to eventually get it into the bucket....still all in one piece! They succeeded.



There was time to play games and relax along the shores of Messalonskee Lake to kayak, fish, swim or simply sit and enjoy the beautiful surroundings.

Celebrity Chef Challenge Thank you for your support!



We would like to take a moment to thank all those who came out in support of Spectrum Generations' 9th Annual Celebrity Chef Challenge at Snow Pond Center for the Arts in Sidney. Our new friends, old friends, volunteers, staff, and community members came together to make this a heart warming event. A special shout out to Shannon Moss, Public Information Officer for the Maine Department of Public Safety and former reporter for NewsCenter Maine, who emceed the event and kept our guests entertained.

Congratulations to this years winners...

← Judge's Choice Winner:

People's Choice Winner: →



Heidi Parent
CATC Culinary Instructor



Taylor Stanton
The Salty Moose Mobile Kitchen

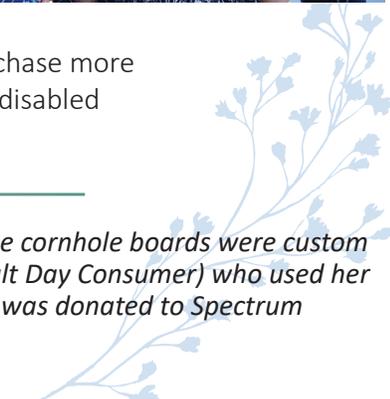


L to R: Sous Chef John Brady, Chef Taylor Stanton, Sous Chef Philip Aldrich, Chef Dannielle Aldrich, Sous Chef Patrick Austin, and Chef Heidi Parent.



The paddle auction portion of the event raised enough to purchase more than 250 weeks' worth of meals for 100 homebound older or disabled adults through the agency's Meals on Wheels program.

Thank you to MW Design for donating a one-of-a-kind cornhole set! The cornhole boards were custom built by Michael Ware and Louann Caswell (Bridges Home Services Adult Day Consumer) who used her artistic talent to create a picturesque backdrop. The completed project was donated to Spectrum Generations' Celebrity Chef Challenge auction.





Check out this month's insert for more information on Healthy Living for ME!

Volunteer Insight Patrice Wehner



"As a volunteer co-facilitator of the Living Well for Better Health workshop, I share information, tools and strategies participants can use to improve their health and manage chronic conditions. It's exciting and gratifying to see them develop weekly action plans and celebrate their successes. When they return each week eager to share their accomplishments, and to help their peers problem-solve, I know I've made a difference by helping them feel more self-confident in managing their ongoing health challenges after they complete the workshop." ~ Patrice Wehner



AmeriCorps A Day of Service

Last month, a group of AmeriCorps Volunteers visited both the Cohen and Muskie Community Centers to complete a Day of Service and Remembrance in honor of September 11. We are very grateful for their hard work.

Spectrum Generations received a facelift at both the Muskie and Cohen Community Center.



Muskie Community Center



Cohen Community Center



AmeriCorps Meeting Needs in Maine: Last year more than 1,600 Americans of all ages and backgrounds united to meet local needs, strengthen communities, and expand opportunity through national service in Maine. AmeriCorps invested more than \$5.1 million in federal funding to support cost-effective community solutions, working hand in hand with local partners to empower individuals to help communities tackle their toughest challenges.



Follow us on @midcoastreefestival



SAVE THE DATE

The Midcoast Tree Festival will be held at
St. John's Community Center
43 Pleasant Street, Brunswick

Event Dates

November 19-21 and November 26-28, 2021



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

Come see us!

Medicare Open Enrollment

2022 ANNUAL ENROLLMENT PERIOD DATES
Dates and deadlines you need to know

OCT. 15, 2021	DEC. 7, 2021	JAN. 1, 2022
ANNUAL ENROLLMENT PERIOD BEGINS	ANNUAL ENROLLMENT PERIOD ENDS	FIRST DATE COVERAGE CAN START
This is the first day you can enroll for 2022 health coverage.	This is the last day you can enroll for 2022 health coverage.	Even if you enroll in December 2021, your new Medicare plan won't go into effect until Jan. 1, 2022.

October 15 through December 7 is the open enrollment period for Medicare Advantage and Medicare prescription drug coverage. 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 the center closest to you.



Check out Indeed.com for a list of openings!

Spectrum Generations is a private, non-profit corporation with its home office in Augusta, Maine. The agency is one of five federally-designated Area Agencies on Aging in Maine. As the local AAA in Central Maine, the agency serves as a primary resource for information, guidance, education, and social, financial, and homecare programs and services for seniors, disabled adults and caregiver residents of Kennebec, Knox, Lincoln, Sagadahoc, Somerset and Waldo Counties plus the communities of Brunswick and Harpswell.

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:



Healthy Living for ME's (HL4ME)

Community Health Needs Assessment Survey

Healthy Living for ME (HL4ME) is conducting a statewide Community Health Needs Assessment which includes collecting responses to a 29 question survey, as well as in-person and Zoom listening sessions.

HL4ME has already reached over 650 people through online responses and strives to reach even more. By completing our survey and/or attending a Listening Session, it allows HL4ME and its partners obtain the information needed to best serve and support all Mainers! HL4ME seeks to gain information on the following:

1. The type of support adults in Maine need
2. The preferences they have (as it relates to #1)
3. Their access (as it relates to #1 and #2)

Join us to take part in facilitated discussion and support this project; HL4ME wants to hear from you and your experiences!

Location: Spectrum Generations' Cohen Community Center
22 Town Farm Road, Hallowell, ME
Date: Monday, October 18
Time: 9:30 – 11:00 a.m.

Not available to join us in-person? Email info@healthylivingforme.org to register for a virtual session and receive the Zoom meeting invitation or request the link to complete the virtual survey (open for responses now through October 6).

Virtual/Zoom Schedule

1. Tuesday, October 5 from 3:00 – 4:30 p.m.
2. Thursday, October 7 from 10:00 – 11:30 a.m.
3. Friday, October 15 from 2:00 – 3:30 p.m.
4. Wednesday, October 20 from 9:00 – 10:30 a.m.

Email info@healthylivingfor.org to register for a virtual session and receive the Zoom meeting invitation.



Pain conditions affect more Americans than diabetes, heart disease, and cancer combined.

acute pain	chronic pain
Comes on suddenly Usually the result of a trauma, injury or surgery Last less than 6 months Relieved when cause is treated	Comes on gradually Usually difficult to diagnose Last more than 6 months Difficult to find lasting relief

RETRAIN THE BRAIN

Reduce sensitivity to pain with physical activity and exercise



Change how your brain perceives pain with a healthy lifestyle



Reduce stress and anxiety to soothe the nervous system



Increase knowledge and find support in your local communities



Living Well with Pain

2 OPTIONS

THURSDAYS, 12:00-2:30, OCTOBER 14 – NOVEMBER 18

WEDNESDAYS, 2:00-4:30, NOVEMBER 10 – DECEMBER 15

For more information or to register, contact
 Mary Hansen, Spectrum Generations Program Facilitator
 (207) 620-2926 | mhansen@spectrumgenerations.org