



1.800.639.1553

spectrumgenerations.org

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

Monthly Update

April 2025

TO OUR FUTURE MONEY MINDERS VOLUNTEERS!



DO YOU:

- Enjoy supporting those in your community?
- Have ease opening and sorting mail?
- Understand the importance of a monthly budget?
- Want to help someone maintain their independence in the comfort of their home?

If you said "yes," to any of these, then join Spectrum Generations' Money Minders Team! We help guide adults 60+ through their finances. The program is great for those who need extra support with their bills while maintaining control of their budget. For more information, please contact:

1-800-639-1553.

NEED MEDICARE SUPPORT? SHIP COUNSELORS CAN HELP!

What is SHIP you may ask? SHIP is a state health insurance assistance program. The program trains and certifies volunteers to teach Medicare classes, and if needed, provide one-on-one guidance. The information is non-biased and explains the different parts of Medicare. Spectrum Generations also has SHIP counselors who can help you better understand your options with Medicare. Our volunteers provide you with information and allow you to make an educated decision on what you need without pressure or bias. If you are interested in how a SHIP counselor can help you, please contact **1-800-620-1553**.



Get Active in April!!

April in Maine offers a wonderful opportunity to embrace physical activity as the weather warms. Engaging in local health and wellness programs can enhance your fitness and overall well-being. Spectrum Generations provides a variety of workshops tailored to different needs and interests.

Get moving and stay motivated with "Active in April!"

Consider the following activities:

- TAI CHI FOR HEALTH AND BALANCE – Improve flexibility and stability with gentle, flowing movements.
- ENHANCE® FITNESS – A group exercise class designed to boost strength, flexibility, and cardiovascular health.
- A MATTER OF BALANCE – Reduce the fear of falling and increase activity levels.
- LIVING WELL FOR BETTER HEALTH – Learn strategies to manage chronic conditions and lead a healthier lifestyle.
- BINGOCIZE® – A fun mix of bingo and exercise to promote movement and social engagement.

Make April your month to get active! Find a program that fits your lifestyle and stay engaged with Spectrum Generations.

Join the movement—be Active in April!

Call now to schedule or register for a workshop near you!

1-800-639-1553

Or register online at www.healthylivingforme.org

Spectrum Generations to benefit from Shaw's GIVE BACK WHERE IT COUNTS campaign!

Small actions can make a big impact! When you purchase a reusable \$3 **GIVE BACK BAG** at the Shaw's location below, it will raise a \$1 donation to help us further our work!

Shaw's, 150 Western Ave., Augusta ME

Thank you for believing in our mission!



Activities & Workshops at our Community Centers



FREE NUTRITION CLASS & COOKING DEMO **Cohen Community Center - Thursday, April 3 | 10 - 11 a.m.** **Muskie Community Center - Wednesday, April 9 | 10 - 11 a.m.**

Please join Spectrum Generations' Registered Dietitian, Kirsten Solomon MS, RDN, for an interactive nutrition class exploring the role carbohydrates have on our health. We'll discuss different types of carbs, how they impact the body, and how to make smarter choices. There will also be a food demonstration and tasting of peanut butter and jelly overnight oats. Donations are accepted and appreciated but not required. To register for the Cohen workshop, call 207-626-7777, or for the Muskie workshop, call 207-873-4745.



DETECTING SCAMS! A Presentation by the Waterville Police Department **Wednesday, April 23 | 10 - 11 a.m. @ Muskie Community Center**

Officer Bouley will be presenting information on how to detect internet and phone scams, how to avoid people that may be targeting you, as well as how to report scams. Officer Bouley will also review the "Are You Safe?" program, wellness checks, and the Citizen's Police Academy. He will answer your questions and listen to your concerns! Please register for this free event by visiting the front desk receptionist or call the Muskie Community Center at 207-873-4745.



EAT, LEARN, & PROSPER: Saving Money **Thursday, April 24 | 11 a.m. - Noon**

Join us at the Muskie Community Center for a lunchtime learning workshop with Carrielyn Reynolds, Financial Coach at New Dimensions Federal Credit Union. Carrielyn will show you tips and resources on the art of saving money. This learning workshop provides tips using technology apps to save money on gas and groceries. Carrielyn will also show how to make store rewards work in your favor, as well as money-saving tips to stretch your dollar! Pizza lunch will be provided by Maine Pine Catering. Donations appreciated! To register for this free event, visit the front desk receptionist or call the Muskie Community Center at 207-873-4745.



NUTRITION EDUCATION SERIES: 10 Tips for Adults, Eating Better on a Budget **Wednesdays, starting on April 30 | 2 - 3 p.m. @ Muskie Community Center**

Join us on Wednesdays, starting April 30 through May 21, from 2 - 3 p.m. for *10 Tips for Adults: Eating Better on a Budget*. This free nutrition education series teaches tips for healthy eating and kitchen skills at Spectrum Generations' Muskie Community Center. Instructors Alison LaPlante and Samantha Grenier, SNAP-Ed Nutrition Educators will take you through this four-week series that includes hands-on learning where recipes are prepared and enjoyed. Registration is required for this fun class! Register early as the class size is limited to 10 people. You will be provided a materials list upon registration. To register for this event, visit the front desk receptionist or call the Muskie Community Center at 207-873-4745.



AARP SMART DRIVER COURSE **Thursday, May 15 | 9 a.m. - 1:30 p.m.**

The AARP Smart Driver Course is the nation's first refresher course specifically designed for drivers age 50 and older. Drivers may benefit from a discount on their auto insurance premium upon completing the course and you will learn something new along the way! Registration is required at the Muskie Community Center reception desk or by calling (207) 873-4745. Class size is limited to 20 participants. The day of the class, please arrive before 9 a.m. to complete paperwork with instructor Penny Kern. Price is \$25 for AARP members or \$30 for non-members. Lunch is available for purchase at the center or bring your own!

April is National Volunteer Month!

APRIL 20 - 26 IS NATIONAL VOLUNTEER APPRECIATION WEEK, 2025.

If you see one of our volunteers in action, thank them for all that they do!

If you are interested in volunteering, please contact Alison Linscott, Spectrum Generations' Volunteer Coordinator at (207) 620-1684 or email volunteer@spectrumgenerations.org.

**volunteers
MAKE
WAVES**



Join Our Dealing with Dementia Workshops!



We're hosting a series of workshops to support caregivers who are caring for their loved ones diagnosed with dementia. Don't miss out on these valuable sessions:

APRIL 9 | 11 a.m. - 3 p.m.
Belgrade Health Reach Center, 4 Clement Way, Belgrade
APRIL 17 | 10 a.m. - 2 p.m.
Muskie Community Center, 38 Gold St., Waterville
APRIL 30 | 10 a.m. - 2 p.m.
Cohen Community Center, 22 Town Farm Rd., Hallowell

Space is limited, so make sure to register in advance!
For more information and to register, visit our website
HealthyLivingforme.org, or call us at **(207) 620-1678**.
Let's work together to make a difference!

How to register for Dealing with Dementia Workshops:

1. Visit **HealthyLivingforme.org**.
2. On the homepage, look for the **"Find Workshops"** section. Click on it to view the available workshops.
3. Browse through the list of workshops and find the **"Dealing with Dementia"** workshop. Click on it to see the details.
4. Review the available dates and locations for the Dealing with Dementia workshops. Select the one you'd like to attend.
5. Click on the registration link for your chosen workshop. Fill out the required information and submit your registration.

If you have any questions or need assistance with the registration process, please contact us at (207) 620-1678.

PUTTING EXPERIENCE INTO ACTION

Aging in a Changing Climate: Putting Experience into Action, is a virtual summit by the Tri-State Learning Collaborative focusing on building climate resilient communities in partnership with older adults.

DAY 1 FEATURES a keynote address by Danielle Arigoni, author of *Climate Change for an Aging Nation* followed by a crucial state leader panel discussion, including Hannah Pingree, Director of the Maine Governor's Office of Policy Innovation and the Future, discussing state-level strategies.

DAY 2 HIGHLIGHTS community solutions with a keynote by the pioneers of the Grey-Green Alliance, covering topics such as identifying vulnerabilities, developing community-based solutions, and promoting well-being. Don't miss this opportunity to learn how to empower older adults in climate action. Register today!

WHERE: Virtual event

WHEN: Wednesday, April 9 & Thursday, April 10

CONTACT: Kathy Willette, tslconaging@gmail.com

COST: \$75 | **STUDENT/RETIRED PERSON:** \$50.00

TO REGISTER: <https://tinyurl.com/2tzysv3>

MAINE COUNCIL ON AGING



The Maine Chapter of the Alzheimer's Association is dedicated to supporting individuals and families affected by Alzheimer's and other dementias. They offer a variety of services, including:

- **Education Programs:** Attend no-cost programs to learn about Alzheimer's disease and other dementias.

- **Support Groups:** Join support groups for caregivers and people with dementia.
- **Care Consultation:** Professional staff provide free care consultation services by telephone, email, or in person at their Scarborough office.
- **Fundraising Events:** Participate in events like the Walk to End Alzheimer's and The Longest Day to raise awareness and funds for Alzheimer's care, support, and research.

You can contact them via their 24/7 Helpline at 1.800.272.3900 or visit their office at 383 US Route One, Suite 2C, Scarborough.

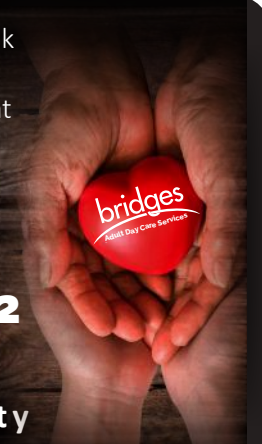
You don't have to do this alone
ADULT DAY CARE SERVICES EXTENDED HOURS

Thursdays 7:30 a.m. to 6 p.m.
Saturdays 9 a.m. to 5 p.m.

Both options include a nutritious meal and snacks

Family caregivers need a break to focus on their health and well-being while ensuring that their loved one is in capable and caring hands. We are in this with you.

Call to learn more
1-800-876-9212



Bridges Adult Day Care Services | Connecting Care to Community



Our Locations:

Home Office:

One Weston Court, Suite 109
Augusta
1-800-639-1553

Community Centers:

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

Interested in receiving our
monthly newsletter?

Visit:

spectrumgenerations.org/contact

**ALL
AGES!**

**CLASSIC
MOVIE BRUNCH**

**SCHOOL
VACATION
WEEK!**

Saturday, April 26 | 10 a.m. - 1 p.m.



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SAMPLING
OF
SUPERMAN
CARTOONS

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**COOKIE
DECORATING!**

@ 38 Gold St. | Waterville

Doors open at 10 a.m. | Movie starts at 11 a.m. | Close at 1 p.m.

ABOVE AND BEYOND AWARD



Congratulations to Seth Pinkham, Regional Meals on Wheels Supervisor, for being nominated and selected as the recipient of the FY25 First Quarter Above and Beyond Award!

The purpose of this award is to recognize our employees who go above and beyond the normal internal and external customer duties in providing high-quality service. Seth, your efforts are appreciated and make a significant difference in the lives of others.



Seth Pinkham, Regional Meals on Wheels Supervisor, on left, accepts Above & Beyond Award from Gerard Queally, Spectrum Generations President and CEO.

RECRUITING FOR MEDICARE We are looking for you!

If you are looking for an opportunity to volunteer and help people understand Medicare, then Spectrum Generations is the place for you. Our Medicare 101 sessions provide an overview of who qualifies, the different parts of Medicare, what is covered, and when to enroll.

In order to provide this programing, we need volunteers like you! Our Medicare volunteers are passionate about their community. Medicare volunteers are also trained and certified to ensure people who need Medicare have the necessary information.



The Medicare Program offers other volunteer opportunities as well, if you prefer not to be in the classroom. For more information, contact 1-800-639-1553!