



1.800.639.1553
spectrumgenerations.org

HAPPY FEBRUARY AND AMERICAN HEART MONTH!

As the Health and Wellness Coordinator at Spectrum Generations, I'm excited to connect with you and share the wide range of programs we offer to support your health and well-being. Whether you're looking to kickstart a heart-healthy lifestyle or make meaningful changes to improve your overall health, we're here to help you every step of the way. To achieve this, I've been trained to lead several evidence-based programs designed to empower you to reach your goals. Here are a few examples:

A MATTER OF BALANCE

Cohen Center, Hallowell, ME
2/7- 3/28/25 | Fridays 1 – 3 p.m.

A Matter of Balance has been proven to reduce your risk of falling and contributes to heart health by focusing on physical activity, stress reduction, and overall well-being.

LIVING WELL WITH DIABETES

Gardiner Public Library, Gardiner, ME
2/12 – 3/19/25 | Wednesdays 1:30 – 4 p.m.

Living Well with Diabetes provides a comprehensive approach to managing diabetes which helps to improve heart health. It focuses on lifestyle changes, stress reduction, medication management, and education to reduce your risk of heart disease while improving your overall health.

TAI CHI FOR HEALTH AND BALANCE

Messalonskee Middle School, Oakland, ME
3/4 – 5/9/25 | Tuesdays and Fridays 6 – 7 p.m.

Tai Chi, a gentle aerobic activity that involves continuous, flowing movements, has been shown to reduce blood pressure and improve circulation over time, and enhance heart efficiency.

BUILDING BETTER CAREGIVERS | Virtual, All of Maine

4/2 – 5/7/25 | Wednesdays 5 – 7:30 p.m.

Building Better Caregivers (BBC) can positively impact heart health indirectly by addressing key factors that influence cardiovascular well-being through stress reduction, emotional support, and behavioral changes. Not only can this program positively impact your heart health, it can also improve the overall quality of life for caregivers.

I'd love to chat with you to explore which programs might be the best fit for your needs. Feel free to give me a call or visit our website to learn more about the valuable resources we offer.

I look forward to speaking with you,

MONICA HAWK,
Health and Wellness Coordinator
207-620-1642 | mhawk@spectrumgenerations.org



All Spectrum Generations' locations will be closed on Monday, February 17, in observance of Presidents Day.

Monthly Update

February 2025

February is all about matters of the heart

Be it Valentine's Day, Heart Health Month, or National Wear Red Day, a healthy heart is what we seek. It's tradition on National Wear Red Day (February 7) to go bold with your fashion choices and wear red to raise awareness of women's heart disease and stroke risks.

HOW TO PROMOTE HEART HEALTH

- Heart **Eat a Balanced Diet:** Consume a diet rich in fruits, vegetables, whole grains, lean proteins, and low-fat dairy products. Limit saturated and trans fats, sodium, and added sugars.
- Heart **Exercise Regularly:** Engage in physical activity for at least 150 minutes per week. Activities like walking, cycling, and swimming can help improve cardiovascular fitness.
- Heart **Quit Smoking:** If you smoke, seek support to quit smoking. Smoking is a major risk factor for heart disease.
- Heart **Manage Stress:** Practice stress-reduction techniques such as mindfulness, meditation, or yoga to reduce the impact of stress on your heart.
- Heart **Monitor Blood Pressure:** Check your blood pressure regularly and work with your healthcare provider to manage it within a healthy range.
- Heart **Control Cholesterol:** Maintain healthy cholesterol levels by following a heart-healthy diet and, if necessary, taking prescribed medications.
- Heart **Maintain a Healthy Weight:** Achieve and maintain a healthy weight through a combination of balanced eating and regular physical activity.
- Heart **Limit Alcohol Consumption:** If you drink alcohol, do so in moderation. Excessive alcohol consumption can contribute to heart problems.
- Heart **Get Adequate Sleep:** Aim for 7-9 hours of quality sleep per night to support heart health.

From www.health.gov / Office of Disease Prevention and Health Promotion

Spectrum Generations' Meals on Wheels program is in need of:

KITCHEN ASSISTANCE

Assist in preparing and packaging meals

PACKERS

Assist in sorting and packing meals into bags to be delivered

DRIVERS*

Pick up bags full of prepared meals and deliver to older adults in the area

*Shifts available in Waterville, Hallowell, Belfast, Skowhegan, Brunswick & Damariscotta.

For more information, contact Alison Linscott, Volunteer Coordinator,

(207) 620-1684

or email volunteer@spectrumgenerations.org.

**Volunteers
- - - - -
Needed!**



Activities & Workshops at our Community Centers



EDMUND MUSKIE | Waterville Historical Society Tuesday, February 11 | 12:30 - 1:30 p.m. @ Muskie Community Center

Join us at Spectrum Generations' Muskie Community Center as we welcome Ray Caron, for an interactive presentation about Edmund Muskie, our community center's eponym! Mr. Caron's presentation will include memorabilia and information regarding Edmund Muskie's childhood, his high school endeavors, his time spent in the Navy, Maine Legislature, Senate, Governorship and Secretary of State. Mr. Caron will also highlight Ed Muskie's fight for environmental issues such as clean air and water. Registration for this event is required. Call (207) 873-4745 or stop by the Muskie Community Center reception desk. Donations accepted.



A ROUNDTABLE DISCUSSION WITH JOHN NALE ON ELDER LAW! Thursday, February 13 | 10 - 11 a.m. @ Muskie Community Center

Please join us as we welcome John Nale, Esq. of Nale Law. John will be at the Muskie Community Center to present a free seminar with a comprehensive discussion on new elder abuse prevention efforts happening across Maine on both the state and local levels. Attorney Nale will be available to answer questions about this topic following the discussion. This is your opportunity to have your questions answered by an elder law professional! To register for this free event, visit the front desk receptionist or call the Muskie Community Center at (207) 873-4745. Donations accepted.

HAPPY HEARTS, HAPPY LIVES! | Heart Health Tips Thursday, February 27 | 10 - 11 a.m. @ Muskie Community Center

Join us at Spectrum Generations' Muskie Community Center as we welcome Sara Dudley, PT, MPT, Geriatric Certified Specialist, and Susan Roy, MHA, LSW, from Northern Light Health. The two will present Happy Hearts, Happy Lives! This informational presentation offers tips and tricks to keep your heart healthy and happy and will show you steps to take to get started. The presentation will cover topics such as reading food labels to promote a healthy diet, resources for starting an exercise program in the community or at home, and physical therapy, as well as answering any questions you may have! Register for this free presentation by calling (207) 873-4745 or stop by the Muskie Center reception desk! Donations accepted.

**"While no one can
change the outcome
of Dementia or
Alzheimer's, with
the right support
you can change the
journey."**

- AUTHOR TARA REED

NATIONAL CAREGIVERS DAY 2025 FRIDAY, FEBRUARY 21

Happy National Caregiver Day!

Today, we honor and celebrate the incredible dedication and compassion of caregivers everywhere. Your tireless efforts and unwavering support make a profound difference in the lives of those you care for. Whether you're providing emotional support, managing daily tasks, or coordinating medical care, your role is invaluable.

On this special day, we want to extend our heartfelt gratitude for all that you do. Your commitment and kindness are truly inspiring, and we are here to support you every step of the way. Thank you for being the backbone of our community and for your extraordinary contributions.

Caregiving can be challenging. If you have any follow up questions or concerns or are looking for a caregiving support group, email FCGRespite@spectrumgenerations.org.

You Don't Have To Do This Alone

Adult Day Care Services Extended Hours

Thursdays 7:30 a.m. - 6 p.m.

Saturdays 9 a.m. - 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.

Give us a call today to learn more!

1-800-876-9212

Bridges Adult Day Care Services | Connecting Care to Community



Caregiving often calls us to lean into love we didn't know possible.
- Tia Walker

Family Caregiver Support Groups

We understand that becoming a caregiver for a loved one can be a stressful, emotional, and difficult journey. Our support groups are specifically designed to be educational and supportive as you navigate your way. We are here for you as a trusted resource and to connect you with solutions to help ease everyday life.

Check out the locations and dates, to find a support group near you.

**For more information, call
1.800.639.1553 or visit
www.spectrumgenerations.org/support-groups**



■ Cohen Community Center

22 Town Farm Road, Hallowell
Second Tuesday of the month
Noon – 1:30 p.m.

■ Muskie Community Center

38 Gold Street, Waterville
Third Wednesday of the month
1 – 2:30 p.m.

■ Skowhegan Free Public Library

9 Elm Street, Skowhegan
Second Monday of the month
1 – 2:30 p.m.

**Starting in March 2025*

■ Virtual Support Group

via ZOOM
Fourth Friday of the month
10 – 11:30 a.m.

spectrum Generations

Sunday, February 16, 2025

Muskie Community Center
38 Gold Street, Waterville, Maine
(Weigh-in between 2 - 5 p.m.)

For sponsorship information,
call Sandra MacDonald at
207-873-4745

Benefiting Spectrum Generations' Programs & Services
including Meals on Wheels.



KIDS ACTIVITIES INCLUDE:

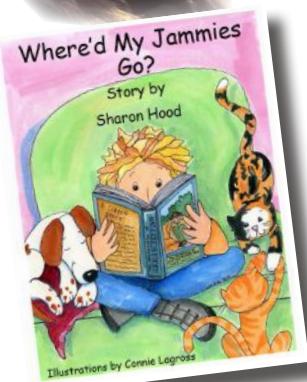
The Magic of Conjuring Carroll

1 - 2 p.m.



Mr. Drew and His Animals Too

2 - 3 p.m.



PLUS TWO CHILDREN BOOK AUTHORS:

Sharon Hood **Tonya Shevenell**

1 - 4 p.m.



YETI Tundra 65 Cooler Package
Door prize tickets will be sold until 5 p.m.

Sponsored by:



For more information call 207.873.4745 or scan QR code at top.
Tickets cost: 1 for \$3, 2 for \$5, and 5 for \$10

**Sukeforth Family
foundation**

**Stanley's
Optic & Construction**
453-9819
70 YEARS
OF TAKING CARE OF BUSINESS....

THE UPS STORE

**Bangor
Savings Bank**
You matter more.

THANK YOU TO OUR SPONSORS!



**G&G
ROOFING**
WALL & CEILING
SYSTEMS SPECIALIST
453-7991

**PIKE
INDUSTRIES**
A CRH COMPANY

**Hammond
Lumber Company**

**CENTRAL MAINE
MOTORS AUTO GROUP**

**NEL
Northeast
Laboratory
Services**

**Standard
Waterproofing, Inc.**
We Set the Standard

**COBECK
& SONS INC**
ROOFING & SHEET METAL



Medicare can be difficult to navigate, but Spectrum Generations can help! Sign up for our *Medicare 101* class, taught by Medicare certified volunteers. *Medicare 101* clarifies the difference between Medicare Part A and B, Medicare Advantage, and Supplement Plans. Covers eligibility and ways to avoid lifetime penalties, along with Medicare Saving Programs. If you are interested in attending or want more information, please call **1-800-639-1559** to sign up for a class near you!

Cohen Center, (22 Farm Road, Hallowell)
1st Thursday of the month; 9:30 - 11:30 a.m.

Muskie Center, (38 Gold Street, Waterville)
4th Friday of the month; 1 - 3 p.m.

Lincoln Center, (767 Main Street, Suite 3, Damariscotta)
1st Thursday of the month; 10 a.m. - Noon

Waldo Center, (18 Merriam Road, Belfast)
2nd Wednesday of the month; 10 a.m. - Noon



Spectrum Generations' **Money Minders** program provides trained volunteers to aid in establishing a monthly budget, paying bills, and reviewing monthly statements. For more information or to see if you're eligible, call **1-800-639-1553**.

Supporting Family Caregivers: The Benefits of Respite Care

We understand the dedication and love you put into caring for your loved ones, and we want to ensure you have the support you need to maintain your well-being. **Here are three valuable respite care options to consider:**

1. Adult Daycare Services

Adult Day Care centers provide a safe and supportive environment where your loved one can receive professional care and supervision. This allows you to take a break, knowing they are in good hands.



These centers offer opportunities for social engagement through various activities and programs. Your loved one can interact with peers, make new friends, and participate in group activities that promote mental and emotional well-being. Adult Day Care programs often include a range of activities such as arts and crafts, music therapy, exercise classes, and cognitive games. These activities keep participants engaged and mentally stimulated.

2. In-Home Respite Care

In-home respite care allows your loved one to stay in the familiar surroundings of their own home while receiving care from a professional caregiver. This can be particularly beneficial for those who feel more comfortable at home. In-home caregivers can provide personalized care tailored to your loved one's specific needs, including assistance with daily living activities, medication management, and companionship. In-home respite care offers flexibility in scheduling, allowing you to choose the times that work best for you and your loved one.

3. Out-of-Home Respite Care

Out-of-home respite care involves short-term stays at a care facility, providing you with the opportunity to take an extended break or attend to other responsibilities. This option can be especially helpful during vacations or emergencies. Care facilities offer comprehensive care services, including medical supervision, recreational activities, and social interaction. Your loved one will receive the support they need in a structured environment. Knowing that your loved one is in a professional care setting can give you peace of mind and allow you to fully relax and recharge.

Why Respite Care Matters

Taking regular breaks through respite care is essential for preventing caregiver burnout and maintaining your physical and emotional health. It allows you to return to your caregiving role with renewed energy and patience, ensuring you can continue to provide the best possible care for your loved one.

If you have any questions or would like more information about local adult day care services, please reach out to one of our Spectrum Generations

Family Caregiver staff at,

1-800-639-1553.



Our Locations:

Home Office:

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

Community Centers:

Lincoln County Regional Ctr.
767 Main Street, Suite 3
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

Interested in receiving our monthly newsletter?
Visit, spectrumgenerations.org/contact

Maine State Credit Union's Drive for Good Raises \$250 for MOWs

In 2024, Maine State Credit Union ran a *Drive for Good* fundraising campaign, an initiative that allowed their members to make a meaningful impact when financing their auto loans. Members had the opportunity to select an organization of their choice to donate \$25.

Thanks to their members' participation, the credit union has raised \$250 for Spectrum Generations' Meals on Wheels Program.

Caitlyn Morgan, Marketing Specialist with the credit union, said they are incredibly grateful for the work Spectrum Generations does in the community, and that it is an honor to support the agency's mission.



Check presentation at the Cohen Community Center on January 30. From left is Spectrum Generations' Southern Region Nutrition Supervisor, Donna Schwab, Maine State Credit Union's Marketing Specialist Caitlyn Morgan, and Spectrum Generations' Nutrition Coordinator Jason Stockmar.

Get Hooked on Knitting & Crocheting

Looking to add a little creativity and connection to your week? Whether you're a seasoned yarn wizard or just learning to cast on, Cohen Center's Knitting & Crocheting Club welcomes you with open arms (and plenty of yarn!).

When: Tuesdays, 12:30 p.m.

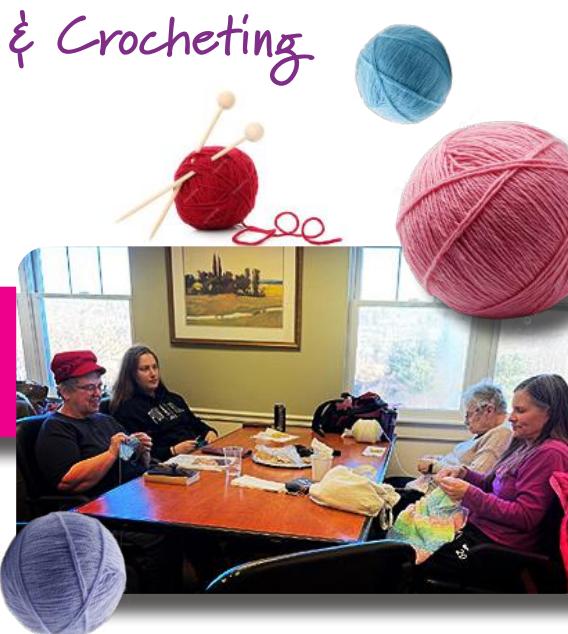
Where: Cohen Community Center

Cost: Just \$3 (covers snacks!)

Bring your current project — be it a cozy scarf or blanket, or even your very first granny square — and join us for an afternoon of crafting and conversation.

What's Included:

- Delicious snacks, coffee, and water to keep you energized
- A warm and welcoming group of fellow yarn enthusiasts
- Tips, tricks, and inspiration to take your skills to the next level



This is more than just a club; it's a place to unwind, make friends, and watch your projects (and your social circle) grow. So, grab your hooks, needles, and a ball of your favorite yarn, and come see what all the buzz is about! Let's knit, crochet, and connect! See you on Tuesday!

Weather Closings & Delays

In the event of inclement 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