



spectrum generations

SOUTHERN MIDCOAST COMMUNITY CENTER HAPPENINGS

Living

Living

Healing Arts Here!

Spectrum Generations is pleased to have Harpswell Healing Arts available twice a week at our center. April Joy Purinton is an ABMP certified, licensed Massage Therapist and Polarity practitioner, and a graduate of the Holistic massage program at Spa-Tech Institute in Westbrook. She is trained in Swedish, Neuromuscular, Hydrotherapy, Myofascial release, Trigger point, Positional release, and Reflexology. It is her true belief that healing the energetic being is as imperative to over all health as treating the physical being.

Her gentle and compassionate approach to treatment has been cited as optimal for people experiencing the benefits of massage and Polarity for the first time.

We are very pleased to have April offering her services here at the center. She is running a special—\$39 for an hour long massage. Call for an appointment. 729-0475



February 2012

Welcome to Medicare

If you are turning 65 soon, or have recently turned 65, or know someone who is, attend this seminar and learn how to enroll, and what Medicare means for you. **Tuesday, February 21st free**



Reminder: We are closed February 20th to celebrate the President's Day

**Southern Midcoast Community Center
12 Main Street
Topsham, Maine 04086
southernmidcoast@spectrumgenerations.org**

Weekdays 9 am to 3 pm

**Consumer Helpline:
1-800-639-1553
(TTY) 1-800-464-8703
(Local) 729-0475**

www.spectrumgenerations.org

National Senior Independence

Join us on Fridays in February to learn some of the services and techniques for remaining independent as a senior.

February 17th: Learn about services available from Spectrum Generations as your Agency on Aging.

February 24th: Learn about personal service care from Hearthside Senior Assistance.

March 2nd: Chans will be talking about services they provide that may make the difference in helping one stay independent.

All are on Fridays at 1 pm. Free

Senior Farmshare

Participants in the Senior FarmShare Program are entitled to receive a FarmShare (\$50 worth) of first quality, fresh, local produce from a Maine farm for a core 8-week period during the growing season. The variety of produce and supply method will vary depending on the farm you choose.

Learn about this important program at our seminar on Thursday March 1st at 1 pm. Call us for more information on this great program. 729-0475

Answers

Please call 729-0475 to schedule your class.

Professional Foot Care Clinic

Are your feet aching for a little attention? R.N. Jeanne Otis offers monthly appointments which include a foot and nail evaluation, written recommendations for further medical attention if needed, nail grooming and care, tips for home foot health, education for diabetics. For gentle, consistent, and professional care make an appointment with Jeanne.

Call for your appointment! Rates are \$30 per visit and package deals are available.

Veterans Benefits Assistance -

Are you a veteran who deserves benefits from the VA? Do you know what VA benefits you are eligible for? Are you a dependent who might be eligible for VA benefits? Have you had trouble getting in touch with the VA? Are you homeless and maybe eligible for veterans benefits? Are you confused by the process of obtaining your VA benefits?

On the third Tuesday of each month we will have a representative of the Veterans Administration here at the center. She brings with her forms and information and expertise to help you get the benefits you deserve. Appointments are required so give us a call and make one! This is a free service.

Alzheimer's/Dementia Support Group -

Brunswick Area Respite hosts this support group at the Methodist Church, 320 Church Rd. Brunswick. 1st Tuesday 9:30 to 11 or the 3rd Tuesday 2 pm

Caregiver's Support Group

Caring for a loved one? You need as much support as they do. Group meets every Monday at First Parish Church in Brunswick. Call us for details.

Grief Support Group—

Open to anyone. The 1st and 3rd Wednesday of each month at The Highlands in the Cadigan Lodge Private Dining Room at 2:00pm.

Living Wills -

Join Brunswick Respite Care and CHANS Home Health Care to complete your own free living will. The presentation will be held on February 1, 2012 at 1 p.m. at the United Methodist Church, 320 Church Road, Brunswick, ME This is a free interactive and informative seminar that will walk you through the process of completing your own living will.

Chair Yoga class

We have a six week class in Chair Yoga. Call to find out when the next class will be starting.

No matter what your age or level of physical fitness, you can receive the health benefits of Yoga without getting down on the floor! Build your flexibility and strength safely, all sitting in a chair.

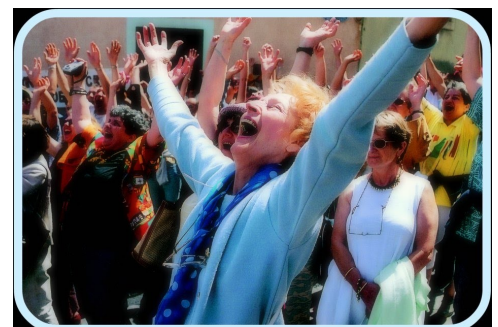
Come and give it a try....

Instructor: Shannon Elliott
Registered Yoga Teacher
Certified Chair Yoga Teacher
\$48 for the six-week class. Call to register and save a spot for

Laughing Club for Everyone

If you dread the increasing darkness as winter approaches, you're not alone. Today, there are more than 1,000 Laughter Clubs worldwide, and World Laughter Day is observed on the first Sunday in May.

Come as you are. The more the merrier so bring a friend.
Thursdays at 10:30. \$2.00 activity Fee



Learning

Adult DayBreak Offers Caregivers Relief

The next time you go to one of our Community Centers such as Muskie or Cohen for lunch, activities or for assistance with Medicare, please consider our wonderful Adult DayBreak Program for your loved one. Adult DayBreak can benefit both your loved one and you, the caregiver.

Spectrum Generations offers four Adult DayBreak Programs where you can drop your loved one off for a few hours or for the day so you can enjoy activities, run errands, or go to work. We offer a safe friendly environment, activities each day such as bingo, arts and crafts, and music, 3 meals a day and trained staff who can administer medications to your loved one if needed. We are open from 8:00 am to 4:00 pm Mon. thru Fri.

Please call 1-800-282-0764 for full details. Financial assistance is also available.

Coats for Seniors

Spectrum Generations has coats for seniors available at all of our sites. Stop in and get a voucher good for a coats at Goodwill. No One should go without a warm coat. The voucher is good for up to \$30 toward a coat at a local Goodwill retail store.

GAMES GAMES GAMES - Start the week out in a wonderful way! We have groups playing Scrabble, Cribbage, or Boggle. Other games would be welcomed, too! Bring a board game if you have one—that would be great. Mondays at 9:30 am. Free

Bridge Club - Join us for a social, easygoing, fun, and educational time playing bridge. Thursday from 10 to 12 or 1 pm to 3 pm. Bring a lunch and spend the day!



Carefree Café - This wonderful restaurant style meal is for people with progressive memory loss and their caregivers. Relax in our elegant environment, quiet jazz music by the fireplace with exceptional food choices provided by volunteers. Lunch is free but reservations are required so that we may keep it an intimate affair. January 24th at 12 noon. Call 729-0475 for more information.

AARP Tax Assistance - February, March, and April we are hosting AARP in their tax preparation service. This is a free service that just requires an appointment. Call us for more information and to make your appointment. Starts February 6th.



Lunch is Served! - Starting March 2nd, Spectrum Generations will be serving lunch on Fridays. We are calling this event *Fireside Luncheon by Spectrum Generations* to recognize our comfortable dining room with our fireplace. Call (729-0475) and reserve your spot as seating is limited. The cost is \$5.00 for those



under 65 and a suggested donation of \$4.00 for those 65 and older.

Don't forget our *Cyber-Café*. We have several computers with printers that can be used free. We also have free Wi-Fi available throughout the building. Visit us while you visit the web!





Welcome Shannon

Spectrum Generations welcomes Shannon Hall as our new Nutrition Coordinator for the Southern Midcoast area of Spectrum Generations. In this position she will be responsible for the Meals on Wheels Program and congregate (social) dining in the Sagadahoc county region as well as Brunswick and Harpswell.



She graduated from Keene State College in 2011 with a degree in Nutrition. Before her graduation Shannon was very active in her local community and has spent time working on an organic farm in New Hampshire. Seeing the process of vegetable growth through meal incorporation, Shannon was able to shape her skills as a nutritionist. Upon graduation, she has most recently been volunteering at Women, Infant and Children (WIC) where she discovered her passion for working for non-profit organizations. Shannon has just moved to Portland where she found the opportunity here as the Nutrition Coordinator for Spectrum Generations. Shannon said during our interview, "I look forward to learning and growing within this position and helping the local community. I will enjoy meeting everyone involved in the program and center. Please don't hesitate to stop in my office to introduce yourself!"

Travel to the Southwest

Spectrum Generations, together with Collette Vacations, is sponsoring an exciting trip to the Canyon country of Arizona & Utah. The dates for this trip are October 25th through November 2nd of 2012. This nine day trip includes airfare from Logan, hotel accommodations, 13 meals and transportation to the sites.



Areas visited will be Scottsdale, Sedona, Grand Canyon, Lake Powell, Monument Valley, Bryce Canyon, Zion National Park, and Las Vegas. Side trips are also available.

Booking now you can receive a \$100 discount! Call for more information. 729-0475

Volunteer Opportunities

Please consider becoming a volunteer at our center. Become part of a rewarding and fun group of people serving the community.

Here are some of the opportunities to volunteer:

Greeter/Receptionist

Here is a chance to be the first person people see when they arrive. Times are in 3-hour groups. This is a great way to meet the people who are part of our center.

Helping organize Meals on Wheels

Wednesday and Friday morning all of the areas' meals are packaged for delivery here and help would be greatly appreciated.

Meals on Wheels Driver

We are looking for people willing to be regular or back up drivers. The days are Wednesday and/or Friday mornings.

Brochure Maintenance

Keep all of our brochures up to date all around the center.

Deliver Newsletters

Every month our newsletter gets delivered to dozens of locations in the area. Help with some of this would be a great way to support us.

For more information and for a volunteer application, call 729-0475 or stop in Monday through Friday 9 am to 3 pm.