



Co-located at People Plus
35 Union Street, Suite 1
Brunswick, ME 04011
729-0475

www.spectrumgenerations.org

AgingME - Geriatrics Workforce
Enhancement Program (GWEP) presents

Combating Dementia Worry LECTURE TRAINING

May 10 | 10 a.m. - 1 p.m.
Cohen Community Center

AgingME has created a brief lecture that has been shown to alleviate worry and gives clear guidance on what you can do to improve your cognitive health. Owing to the success of this program, we are looking for speakers that we can train statewide.



Susan Wehry is a board-certified geriatric psychiatrist with almost 40 years of experience. She is the director of AgingME, a GWEP to create a more age-friendly health system.

Hotel accommodations, mileage, and ferry reimbursement are available for the training.

Email info@healthylivingforme.org or call 1.800.620.6036 to register or for more information.



This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$1,049,444. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit HRSA.gov.

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

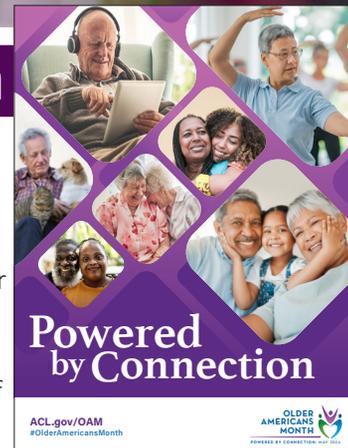
Monthly Update

May 2024

May is Older Americans Month

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by a federal agency, the Administration for Community Living, OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities.

This year's theme, "Powered by Connection," focuses on the profound impact that meaningful connections have on the well-being and health of older adults — a relationship underscored by the U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community.



How can community groups, businesses, and organizations mark OAM?

- Spread the word about the mental, physical, and emotional health benefits of social connection through professional and personal networks.
- Connect older adults with local services, such as counseling, that can help overcome obstacles to meaningful relationships and access to support systems.
- Host connection-centric events or programs where older adults can serve as mentors to peers, younger adults, or youths.

What can individuals do to connect?

- Invite more connection into your life by finding a new passion, joining a social club, taking a class, or trying new activities in your community.
- Stay engaged in your community by giving back through volunteering, working, teaching, or mentoring.
- Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues, or neighbors.

To see what is happening at your local community center, visit SpectrumGenerations.org.

May is Arthritis Awareness Month

With over 100 different known types of arthritis, it remains one of the most widespread conditions in the United States, affecting approximately one in four adults. These rates have risen by over four million people from 54 million in 2021, to 58.5 million presently. Arthritis can significantly impact mobility and daily activities, as well as social and work life. So, what can be done?

1. **LEARN NEW SELF-MANAGEMENT SKILLS:** Engage in local self-management education programs to acquire skills for better arthritis management.

How can Self-Management programs help?

- Gain control over symptoms.
- Learn pain and symptom management strategies.
- Plan and accomplish activities effectively.
- Reduce stress and improve mood.
- Enhance communication with healthcare providers.
- Contact Spectrum Generations to enroll in a Self-Management course today!

2. **STAY ACTIVE:** Increasing physical activity can effectively reduce arthritis symptoms. Choose arthritis-friendly activities and allow six to eight weeks for your joints to adjust to new activities.

What to do if you experience pain during activity?

- Stick with your activity program for long-term pain relief.
- Modify activities as needed during the adjustment period.
- Choose low-impact activities to reduce joint pressure.
- Warm up and cool down before and after exercise.

- Exercise at a comfortable pace without rushing.
 - Wear appropriate footwear for your activities.
3. **CONSULT YOUR DOCTOR:** If you struggle with arthritis symptoms, discuss your concerns with your healthcare provider, especially if you experience:
 - Sharp, stabbing, or persistent pain.
 - Pain leading to limping.
 - Pain lasting over two hours after exercise.
 - Nighttime worsening of pain.
 - Pain or swelling unresponsive to treatment.
 - Red, swollen joints that feel warm to touch.
 4. **MANAGE WEIGHT:** Research shows that reducing joint stress by even 10 to 12 pounds can ease arthritis pain and enhance mobility. Engage in low-impact activities tailored for arthritis and maintain a healthy diet.
 5. **PROTECT YOUR JOINTS:** Avoid joint injuries that can exacerbate arthritis. Opt for joint-friendly activities like walking, swimming, or tai chi, which reduce injury risk and joint stress.
 - Enroll in one of Spectrum Generations' upcoming movement programs!

Visit SpectrumGenerations.org for more information.