



**And Action!!!**  
Tarsha Rewa, project lead for the Internet Use & Safety video project, prepares for recording at the Cohen Community Center.

**WORK ON INTERNET USE & SAFETY TRAINING VIDEO BEGINS**

Through a unique partnership with Autism Society of Maine, Bridges Home Services (BHS) began work on a new training video focusing on Internet Use & Safety in April.

According to Tarsha Rewa, project lead and Adult Day & Community Support Services Director, the video will be ready for launch by December 2024. The six-module curriculum supports individuals with intellectual or developmental disabilities or autism. The program will also train direct support workers and natural supports with topics that include phishing schemes, scammers, and cyber bullying.

The landscape has changed in recent years for individuals with intellectual and developmental disabilities and autism, in terms of how they meet, interact, and socialize with others. Although the internet has provided new levels of access for these individuals in their communities, it has also opened potential for fraud, abuse, and exploitation.

Special speakers include Aaron Turcotte from the Maine State Police, an IT



Maine State Credit Union



Maine State Credit Union

**April Blooms with Donations! Thank you to our Community Partners**

Several check presentations from our community partners has distinguished April as an awesome month for giving!

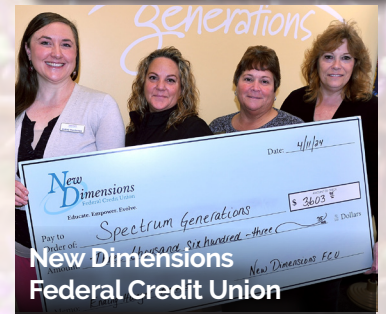
Maine State Credit Union's Ending Hunger Campaign raised \$2,246 earmarked for the Cohen Community Center in Hallowell. A check was presented to Lindsay MacDonald April 2. New Dimensions Federal Credit Union presented Lindsay MacDonald and Sandra MacDonald a check for \$3,603 designated for nutrition at the Muskie Community Center on April 11.

Kennebec Networkers BNI of Augusta presented a \$1,525 check to Matthew Lee, on April 10 to support Meals on Wheels (MOW) at the Cohen Community Center. Therese Poirier of the Augusta Elks Lodge presented Donna Schwaab and Matthew Lee a \$325 check April 9, for MOW. Allison Roddy, and Matthew Brewster of Maine State Credit Union, presented a \$450 check to Matthew Lee April 18, designated for MOW.

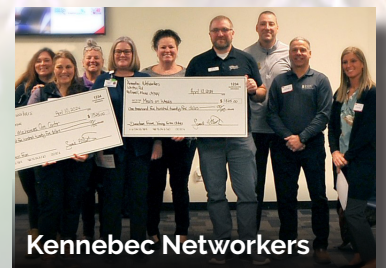
Thank you all for your commitment to our mission!



Augusta Elks Club



New Dimensions Federal Credit Union



Kennebec Networkers

professional, a case manager, a doctor, a psychologist, and Tarsha herself as a parent with a child with autism. Some of the speakers were video-taped over the course of two days in April. Another shoot is planned for early June where individuals who have first-hand experienced will be recorded.

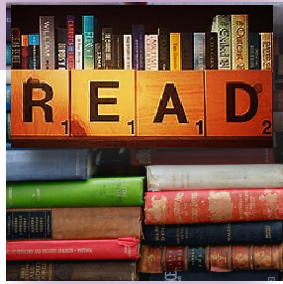
BHS anticipates several supporters of the internet safety training program who understand the importance of such a

curriculum. This internet safety training project will also be available for free, to all supporting agencies and their networks who would benefit from the safety curriculum for their clients.

The project was made possible by a partnership grant from the National Disability Institute and the Office of Aging and Disability Services. ■



## WHAT'S HAPPENING AT YOUR NEIGHBORHOOD COMMUNITY CENTER?



### NEW BOOK CLUB AT MUSKIE | Starting Mon., May 6 | 10 - 11:30 a.m.

Please join us as we begin a new book club facilitated by Paula Raymond, Mid-Maine Regional Adult Community Education Instructor, at the Muskie Community Center beginning on Monday, May 6. We will begin reading, "Comfort Is An Old Barn: Stories from the Heart of Maine" by award-winning newspaper reporter and columnist, Amy Calder. This book is a curated collection of her columns, which include colorful characters and quirky animals she has encountered, special moments, as well as personal stories that make living in Maine special! Pre-registration is required! Please pre-register by visiting the front desk receptionist at the Muskie Community Center or by calling (207) 873-4745. Cost \$15 per person.



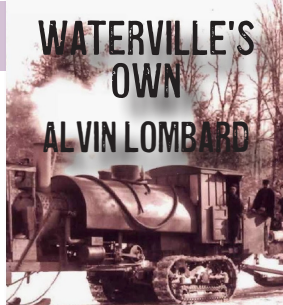
### LOGGING IN WEST FORKS, MAINE: A View from the 1950s Mon., May 6 | Noon - 1 p.m. | Muskie Center

Join us at Spectrum Generations' Muskie Community Center on Monday, May 6, from noon to 1 p.m. for a journey to the forests of West Forks, Maine in the '50s. See and hear what logging camp life was like for workers in the '50s. This presentation takes you along as workers remove logs from the forest by way of the stream. Watch as trucks are loaded for distant places or to a nearby processing center. Pre-registration is required by calling (207) 873-4745 or stop by the Muskie Community Center reception desk. Donations are accepted and appreciated.



### FREE NUTRITION CLASS & COOKING DEMO: Key Nutrients for Older Adults! Wed., May 8 | 10 - 11 a.m. | Muskie Center

Please join Spectrum Generations' Lexie Jungbluth, MS, RDN, LD, (Registered and Licensed Dietician Nutritionist) at the Muskie Community Center on Wednesday, May 8, from 10-11 a.m., as she teaches us the key nutrients for older adults. There will also be a food demonstration and tasting of a frozen yogurt dessert! Donations are accepted and appreciated!



### WATERVILLE'S OWN: Alvin Lombard, Extraordinary Maine Inventor Mon., May 13 | Noon - 1:30 p.m.

Join us at Spectrum Generations' Muskie Community Center on Monday, May 13, from noon to 1:30 p.m. as we welcome Herbert Crosby from the Maine Forest and Logging Museum. Herb will be presenting on Alvin Lombard, inventor of the Lombard log hauler. This presentation will look at Alvin Lombard's amazing life, including his Lombard steam log haulers, invented and built in Waterville, Maine. These landmark machines were the first commercially successful tracked vehicles that led to bulldozers, tanks, construction machinery, and snowmobiles. The presentation will include several videos of Lombard log haulers in operation. Pre-registration for this event is required. Call (207) 873-4745 or stop by the Muskie Community Center reception desk. Donations are accepted and appreciated.

## Buy tickets for your chance to win A GARDINER'S DELIGHT RAFFLE BASKET!

### Basket includes:

- Assorted seeds
- Gardening gloves
- A garden rake
- A trowel
- A cultivator
- Pruning shears
- 2 hose attachments
- 3 plant pots
- A hanging plant
- A book on growing garden seeds
- A tote bag
- A gift certificate for seedlings
- A gift certificate for a flower arrangement
- A gift certificate for two yards of mulch
- 10 gift certificates for lawn mowing

RETAIL VALUE: \$820

### Tickets cost:

One - \$5 | Three - \$12 | Six - \$20!

Winner will be drawn at noon on  
Friday, May 24.

Stop by the Muskie Community  
Center reception desk to buy  
tickets or for more information!



Thank you to our sponsors!  
Mardens,  
MacKenzie Landscaping,  
Boynton's Greenhouse, Warren  
Hill Flower Farm, Sunset  
Flowerland & Greenhouses,  
Cummings Greenhouse,  
& KSD Lawn Care



## Maine Pine Catering

Can you say pizza for lunch?

Visit <https://tinyurl.com/4wkkabeb> for take and bake pizza options. Also available are boxed lunches and cinnamon rolls to go. Visit <https://tinyurl.com/y9dujj97> for boxed lunch options.

Call **207-620-1189**, or email [events@mainepinecatering.com](mailto:events@mainepinecatering.com) to order.

Delivery available for groups of  
five or more.

# 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](https://www.spectrumgenerations.org) for more information.



## Upcoming Programs

For more information or to register, contact Spectrum Generations' Healthy Living Coordinator Monica Hawk, (207) 620-1642, or [mhawk@spectrumgenerations.org](mailto:mhawk@spectrumgenerations.org)

■ **TAI CHI FOR HEALTH AND BALANCE – Clinton**  
4/29 - 6/24 | Mondays, Wednesdays | 11 a.m. - Noon

■ **A MATTER OF BALANCE – Augusta**  
4/30 - 5/24 | Tuesdays, Fridays | 10 a.m. - Noon

■ **LIVING WELL WITH CHRONIC PAIN – Augusta**  
6/5 - 7/17 | Wednesdays | 10 - 11 a.m.

■ **LIVING WELL WITH DIABETES – Augusta**  
6/17 - 7/22 | Mondays | 10 a.m. - 12:30 p.m.

■ **LIVING WELL WITH CHRONIC PAIN – Waterville**  
6/20 - 8/1 | Thursdays | 10 a.m. - 12:30 p.m.

■ **TAI CHI FOR HEALTH AND BALANCE – Hallowell**  
6/25 - 8/15 | Tuesdays, Thursdays | 3:30 p.m. - 4:30 p.m.

■ **TAI CHI FOR HEALTH AND BALANCE – Belgrade**  
7/16 - 9/12 | Tuesdays, Thursdays | 10 - 11 a.m.

## Free Health and Wellness Kits Available:

### BETTER HEALTH NOW

This program is designed to help participants deal with chronic conditions. Topics include techniques to deal with frustration, fatigue, pain and isolation, appropriate exercise for maintaining and improving strength, flexibility, and endurance, appropriate use of medications, communicating effectively with family, friends, and

health professionals, nutrition, and how to evaluate new treatments.

DIABETES & PAIN SPECIFIC MATERIALS ALSO AVAILABLE.

For more information or to request your free kit, contact

**Healthy Living for ME at 1 (800) 620-6036, or**  
**[info@healthylivingforme.org](mailto:info@healthylivingforme.org)**



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

Knox Resource Office  
87 Elm Street, Suite 204A  
Camden  
(207) 596-0339

Interested in receiving our monthly newsletter?  
Visit [spectrumgenerations.org/contact](https://spectrumgenerations.org/contact).

AGING ME 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](mailto:info@healthylivingforme.org) or call 1.800.620.6036 to register or for more information.**



**Take the first step towards Dementia Inclusion!**

*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](https://www.hrsa.gov).*



### Volunteer News

As part of Volunteer Appreciation Week, volunteers at Spectrum Generations received a small plant pot with flower seeds and a soil starter. Additionally, six volunteers won (one winner per center) gift baskets. A big shout-out to Maine Pine Catering for the breakfast pastries that were added to the gift baskets.

Thank you to many students volunteering from Colby College this year. We have been fortunate to have two seniors join us, for the entirety of their school year, at the Muskie Community Center, packing milk and frozen meals, or cleaning/sanitizing delivery bags.

Additionally, three English writing students joined our regular volunteers at the Muskie Center for three weeks in the month of April, delivering and packing meals, or engaging with consumers in Adult Day. These three students participated in a Community Storytelling Project where they learned how change within our community, happens daily through the services and resources Spectrum Generations provides to Central Maine. One student, Maisie Elkins, a senior at Colby College, who delivered meals on Tuesday mornings, said "spending my mornings meeting new people in the community was exactly what I needed to make my day better, and this organization does such great work!" Maisie also commented how she is sad to graduate because her time delivering meals will end.

Many thanks to these ambitious students for joining our SG team. If you are interested in joining Spectrum Generations as a volunteer, call or email Stacey Forkey, Volunteer Coordinator, at (207) 620-1684 or [volunteer@spectrumgenerations.org](mailto:volunteer@spectrumgenerations.org).



**MAY 21 | Noon - 6 p.m.**

*Spectrum Generations' Marketing Specialist, Juliet Graves, and Volunteer Coordinator, Stacey Forkey, at the 2023 B2B event.*

### SAVE THE DATE

#### 2024 Mid-Maine Chamber B2B Showcase!

**TUESDAY MAY 21 | 12 - 6 p.m.**

**Thomas College Field House  
West River Road, Waterville**



Come see our booth at the Mid-Maine Chamber of Commerce Business to Business Showcase event at Thomas College on Tuesday, May 21 from Noon to 6 p.m. With over 130 booths, this event is one of the largest in the state. Enjoy a day of networking along with an opportunity to win prizes and giveaways! See you there!