



COASTAL CENTER HAPPENINGS

Spectrum Living

American Heart Month 2012

Working to reduce heart disease and stroke by promoting heart healthy lifestyles through knowledge.

Wear Red for Women Day Challenge

Ready, set, roll out your red on February 3. Join the excitement and passion for the Center's first-ever wear red day challenge. Come to the February 3rd community conversation decked out in red head to toe. A group photo will be taken and submitted to the American Heart Association's facebook.com/GoRed in the most spirited group category.

Wisdom Gained from the Heart

Knowledge is power especially when it comes to knowing the major risk factors for cardiovascular disease and the critical importance of knowing your numbers and the signs and symptoms of heart attack and stroke. On **Friday, February 3 at 1pm** Stacy Meyer from the Cardiovascular Health Program of ME will be discussing women's heart health. Bingo in the Heart of Maine will be played. \$5. ☎

Heart Smart: Heart Healthy Medication

Learn how to Prevent Heart Attacks and Strokes Every Day (PHASE) through healthy lifestyles and managing medications by attending an informative workshop led by Lincoln County Healthcare Pharmacist Brent Peters on **Friday, February 10 at 10am**. Heart failure is manageable if one understands how lifestyles, food and medications interact. \$5 fee. ☎

Don't let your heart down, a full and enjoyable life is within your reach. Additional heart health workshops and presentations listed on pages 3 & 4.

More Spectrum Activities on Back Page

FEBRUARY 2012

Community Conversation: The Future of Health, Wellness and Prevention in the State of Maine

As the 2nd session of the 125th Maine Legislature unfolds, representatives and senators from across the state are being asked to cast their vote for or against LR 2678—the proposed DHHS Supplemental Budget. Proposed cuts and changes will have a far reaching impact on MaineCare eligibility, medical services for the elderly and people with disabilities, services for children and families and extremely vulnerable populations, as well as the work of the Healthy Maine Partnership. On **Friday, February 3 at 9:30am**, join community members at the CCC for a discussion and interactive conversation about the proposed changes, pro and con. Learn how to share your thoughts with legislators.

Coastal Community Center
521 Main Street
Suite Number 8
Damariscotta, ME 04543

If You See a ☎ or ☑
Call (207) 563-1363

Consumer Helpline:
1-800-639-1553
(TTY) 1-800-464-8703
(207) 563-1363

Spectrum Learning

Cooking Dinner For Your Sweetheart Plus Wine Pairings. Just in time for Valentine's Day, on **Thursday, February 9, at 11:30am**, join Personal Chef Don Chatfield in the Center's kitchen and Warren Storch, owner of the Walpole Barn, as you learn how to prepare a shrimp scampi dinner and discover which wines will blend perfectly with this romantic meal. Cooking Class: \$15. Wine Tasting: \$3 donation. ☎

Therapy Dog Team Training

There are basic guidelines to follow as you and your canine friend get ready to become a therapy dog team. Join Professional Dog Trainer, Jean Conte, for a 6 classes, **Thursday at 5:30pm beginning on February 9**. You will practice the 11 elements that comprise the Therapy Dog International test. Canine Good Citizen trainees are also welcome to participate. Classes will take place at the Lincoln Home in Newcastle. \$70 fee ☎

Dog Biscuit Appreciation Day

If you're looking for something to do on **Thursday, February 23** at 1pm then get ready to spoil your dog as it's International Dog Biscuit Appreciation Day! Let's get right into celebrating by learning how to make dog biscuits with Nicole, owner of Bella in Lewiston. We all know how much dogs appreciate these tasty biscuits! \$5 class & \$20 materials includes dog biscuit cutter. ☎

Feed the Birds the Natural Way

It's school break. On **Wednesday, February 22, at 1:15pm**, bring your grandchildren to the CCC and join the McAlices as we create natural birdfeeders for the feathered friends who are visiting your backyard. \$5 ☎

Lunch & Learn Programs—Back Page



Caring



Savvy Caregiver Training: Part 2 Pilot with Kathryn Pears, MPPM, Thursdays, February 2, 9, 16 and 23 from 10am until noon. By invitation and RSVP.

Family Caregiver Support Group, Thursday, February 9 at 1pm. A confidential forum for caregivers. FMI call Liz or Becca at 1-800-282-0764.

Forgiveness: Letting Go of the Past. Friday, February 10 at 1pm. Do you need to let go of the past in order to move forward? Forgiveness can help you on a new pathway. Group Discussion \$5 ☎ Individual appointments \$15 ☑

Self Inquiry Meditation: Consultations with Marjorie Arber, Friday, February 24. Thirty minute consultations from 10am until noon. There are all sorts of reasons people find it hard to meditate. Refresh your meditation practice or learn about meditation techniques that are right for you. \$10 per session. ☑

Attitude of Gratitude: A Powerful Source of Happiness Friday, February 24, at 1pm. Scientists are finding that an attitude of gratitude is a powerful contributor to a happy life. Some believe that it may be the single most effective way to increase happiness. In Ann-Dee's workshop you will explore what it means to have gratitude, the power of gratitude and ways to cultivate gratitude. Group Discussion \$5 ☎ Ind. appointments \$15 ☑



Living



Great Backyard Bird Count and Snowshoe Hike, Saturday, February 18, at 10am. During this Pemaquid Watershed Association hike led by Amelia Fogg at Crooked Farm Preserve in Bristol, participants will learn about the Great Backyard Bird Count. Hikers will receive tally sheets to record a count of bird species seen. Dress for the weather & gather at Crooked Farm by 9:50am. ☎

Monthly Health Tools: Thursday, February 2 at 10am. Join Nurse Nancy for the Center's first Thursday conversation about balancing your health. \$2. ☎

Pamper Your Feet: Pedicure Clinic with Patsy Cunningham, Friday, February 3 and 17 beginning at 9am. 45-minute therapeutic nail clipping. \$22 fee. ☑

Acupuncture and/or Tuina, Asian Bodywork Therapy with Eileen Murray, Licensed Acupuncturist, Friday, February 10 beginning at 9am. One-hour session includes a discussion of your specific aches and pains. \$40 fee. ☑

Friends Having Fun with Diet and Nutrition, support and discussion group. Tuesdays 10:00 am. \$1 fee. FMI call Shirley at 563-6815.

Spectrum Bowling, Tuesdays at 1pm at "All Play" in Waldoboro. Bowling for fun, exercise, sociability and improved balance. \$2 per string. ☎

Heart Healthy Blood Pressure Clinic Wednesdays from 10am until 11:15am.

Shamanic Self-Help Readings and Reflections. Mondays. Do you have an issue? Are you seeking an answer? Meet with Ann-Dee and see what messages the tarot cards are sending your way. \$15 per hour. ☑

Holistic Healing, Tuesdays. Come experience deep relaxation and a joyous sense of health and well-being with Shamanic Healer and Reiki Master Ann-Dee Burnham. \$15 per hour. ☑

FITNESS AT THE CENTER



Conga to Tonga 2012

Where are you on your journey? Any of the Center's fitness classes will help you reach your goal of 15,892 miles of exercise by March 2nd.

Beginner's Tai Chi—2nd Level

Mondays at 8:45am. A new 12 week series for students who have studied Tai Chi's basic forms began on January 9. Sessions 5—7 in February. FMI & Fees: Jody Telfair at 563-7478 ☎

Tap Dancing: Fun and Sociability

Tap dance class: basic steps and patterns with Carol Teel, Mondays at 3:30pm. \$10 per session. ☎

FitMx for Active Agers

Tuesdays and Thursdays at 9am. 60 minutes. Exercises using free weights and fitness balls. \$30 per month or \$4 per class.

Zumba for Fitness with Francesca

Tuesdays at 4pm. A new 4-week session begins on February 7. \$40 for 4 weeks or \$15/class ☎

Morning Yoga: The First Moves

Wednesdays at 9am. A new 5-Week Series, begins on February 1. \$50 for 5-weeks or \$15/class. ☎

On Balance: Getting Stronger-Living Longer

Wednesdays, 10:30am. Gentle exercises for strength, flexibility and balance for healthy living. \$12 per month or \$4 per class.

Elder Tai Chi & Qigong

Thursdays at 10:30am. Seated and/or standing series began on January 12. Sessions 3—7 in February. A perfect program for people with balance issues. FMI & fees call Jody at 563-7478 ☎



Learning



THE CYBER CAFÉ

Cleaning Out Your PC

Thursday, February 9 at 11am.

Computers are a love/hate relationship. We all love them when they work perfectly, but when things get a little problematic, frustration builds and the desire to throw the uncooperative machine away come to mind. A lot of the problems come from dust inside your machine or from all those useless files in your hard drive. Time to clean up today. Learn how from Jim. \$5 ☎

What is Open Source, Shareware or Free Software?

Thursday, February 23 at 11am.

Learn about free anti-virus software, image viewing Programs or even how to make your computer talk. Jim Skilling will show you how to search for and download free software to your computer. \$5 ☎



Digital Photography: My memory card is full. What do I do now?

On Friday, February 24 at 2:30pm Robert Gorrill will discuss downloading digital images to a computer, viewing pictures, selecting, editing and printing.

Free and purchased photo imaging software will be reviewed. Remember to bring your camera, memory card and, if you have one, a laptop with the Windows operating system installed. \$20 fee. ☎

Coastal's Cyber Café. Computer Access for All.



Renew Yourself with "You Deserve a Break Today", Thursday, February 2 at 1pm. Give yourself permission to create an afternoon just for you, with no guilt, shame or little voices talking to you. Imagine what it would be like to have an afternoon filled with pleasure and adventure that makes your heart sing and your body alive. Under the guidance of experienced life coach, Elizabeth Sylvester, we will break the routine and get out of the rut. \$5 fee. ☎

How to Know When the Time is Right: Personal Finance, Tuesday, February 21, at 9:30am. Thinking about retirement conjures up images of weekday golfing, traveling the world and time to quilt to your heart's content. But, in the real world, retirement means facing big issues. Enough in savings? Ability to afford health care? Willingness for a new identity away from the job? Planning for retirement should start with an assessment of your financial status. Learn how under the guidance of Camden Financial Consultant Lisa Masters. \$5. ☎

Aging in Place: Home Modification Ideas As We Age, Thursday, February 23, at 1:30pm. Gina Philippon & Bob Hardina from Mid-Coast Energy will discuss a new positive trend in home modification that permits one to remain living at home and prolongs nursing home placement indefinitely. \$5 fee. ☎

You, Stress and Your Heart, Friday, February 24, at 11:30am. No matter how hard you try, some things in life are just inevitable, such as stress. The stress you experience on a regular basis can have a real impact on your heart: The body's natural responses to stress include a faster heart rate, a rise in blood pressure and the release of stress hormones. Since you can't avoid stress altogether, it's crucial to learn to deal with it in a healthy way. Join Patti Corscaden, LMT and learn how to reduce the harmful effects of stress on your heart and mind. Bring a heart healthy brown bag lunch. \$5 ☎

Residential Mortgages: Everything You Wanted to Know and More, Tuesday, February 28 at 9:30am. In this workshop you will learn about one of the most important steps in the home buying process — obtaining a mortgage. Her presentation will take you from application to closing. A Mortgage Loan Officer for Camden National Britt Hatch will even address the first months of homeownership to show you the kinds of things you need to do to keep your home. Confidence comes from knowing what to expect Class fee \$5 ☎



Answers



Veterans' Advocate Consultations, Tuesday, February 7, from 9am-1pm by appointment. It's time to chat about the benefits to which you are entitled. ☑

Circuit Breaker Assistance 2010 Property Tax and Rent Rebate Assistance, Tuesday, February 14 and Thursday, February 23. Let Karel Young assist you with your basic on-line application from noon-2:30pm. ☑

Consumer Information Specialist, Cynthia Troxel is available by appointment to answer your questions and provide the information you need about aging. ☑

Care Transitions: From Facility to Home To learn more about this new approach to discharge planning, schedule an appointment with Andrea ☑

Bridges: When Home is Where you Want to Be: Schedule an individual appointment with Bridges supervisor Jen Boynton by calling 623-0761. ☑

Advanced Registration ☎
Call 563-1363

Center Activities



Hooked on Reading, Book group discussion of *"The Snowball"* by Warren Buffett & Alice Schroeder Friday, February 17, at 1pm. \$1

Spectrum Camera Club, Tuesday, February 21, at 1pm. \$1 fee. FMI call Bob Gorrill at 563-7463. ☎

Monopoly Game Day, Monday, February 6 beginning at 10am.

Center Bridge Group, Mondays from 1pm-3pm. All levels welcome. FMI: Sally at 563-1851. \$1 ☎

Cribbage with Friends, Wednesdays at 1pm. ☎

Technology and You

No Matter Your Age, Don't Be Left Behind, Tame Your Computer

The simple basics and beyond. Individualized computer classes with Jim Skilling, who will assist you at your own pace on the day you pick. Bring your laptop. \$10/hour ☎

No Matter Your Age, Don't Be Left Behind, Tame Your Cell Phone

Are you baffled by all of the buttons on your cell phone? Don't despair. Karel Young will assist you with the set-up. Schedule an individual help session, and stop the confusion by making your cell phone your mobile friend. \$10 per hour. ☎

Get Connected: Facebook and Skype Tutorial

Wednesday, February 22, at 1:15pm. Want to try out Facebook or Skype to connect with family and friends? If you have been asked to be someone's Facebook "friend", and didn't know where or how to begin, this workshop is for you. \$5 ☎

Nintendo Wii Sports or Fitness

Challenge a friend to a game or exercise on your own. Call the Center to schedule your time. Only a \$1 per player. ☎

Lunch and Learn Series

February 1—Lunch and Politics – Meet the Candidates for Maine Senate District 20 Republican Dana Dow and Democrat Christopher Johnson. Entrees: Roast Beef with Gravy or Sweet & Sour Chicken ☎

February 8—Lunch and Family—Karl's Kids with Rotarian Mike Hall. Entrees: Chicken Florentine or American Chop Suey ☎

February 15—Lunch & Literature The Poetry of a in the Life of Maine and excerpts from writer and poet Robert Erickson's book "Snooky". Entrees: Cheese Manicotti or Shepherd's Pie ☎

February 22—Lunch & the Law-Intellectual Property with Andrew J. Zullieve Esq. Entrees: Baked Ham with Pineapple Sauce or Salisbury Steak ☎

February 29—Lunch & Health Eating for a Healthy Heart with Dimsie Clark, RD, St. Andrews Healthcare. Entrees: Beef Ravioli or Barbequed Pork ☎

☎ **Reservations Required, call 563-1363 by noon on Monday. Lunch is served at 11:15am. \$4 donation over 60. Others \$6.**



Miles of Friends 2011/12

Spectrum Buddies and their Nobleboro Central School second grade friends meet at NCS, Friday, February 3, at 12:30pm Remember to **Wear Red for Women's Heart Health.**

Community Connections

AAA Priority Setting Focus Group
Top Ten Consumer Issues
Wed., February 29, at 1:30 pm

Young At Heart Rehearsals
Next year's YAH's June 23 and 24 show will feature Broadway shows from the 1920s-1990s. Join the group. Rehearsals are Wednesdays from 2pm-3pm at the Lincoln Home.

☑ **Appointment Required**
Call 563-1363

Spectrum Answers

It's Tax Time -Free AARP/IRS tax help for taxpayers with middle and low incomes, especially those age 60 and older on Tuesdays, **February 7 through April 10 from 9:00am until 1:30pm.** Marilyn Wilson and her team of AARP/IRS trained tax counselors will be at the CCC to help you with your 2011 Federal and State income tax returns. Don't wait to set up an appointment once you have all the documents. ☎

Medicare 101 Workshop:

Is your healthcare important enough that you would like to make educated choices? Then you won't want to miss Cynthia's workshop on February 9 at 1pm. Find out what all four parts of Medicare cover (A,B,C & D); how to choose a drug plan that is best for you; what changes are anticipated for 2012; how and when to enroll; how supplements differ from HMO or PPO plans and much more! ☎

I'm Turning 65: Now What?

"I'm turning 65 next year and not sure how this Medicare thing works; do I automatically qualify for Medicare or do I have to take some action? Will Medicare insurance be enough or should I consider a Medicare supplement? How does it work; what are my options?" The ABCs of Medicare with Cynthia on Thursday, February 23 at 5pm will provide answers to your important questions.. ☎

Career Services

Workforce Solutions Worksite

The CCC is a Goodwill of NNE Workforce Solutions Job Readiness Site & ME Career Center connection. Basic self-directed tools for job seekers are available in Coastal's Cyber Café. FMI call 563-1363. ☎