



spectrum generations

Living

COHEN CENTER HAPPENINGS

Learning

February 2012

Wear Red Day

On Fri., Feb. 3 wear red to show your support for women's heart health. Show off your favorite red dress, hat, shirt, red tie...to raise awareness that heart disease—the #1 killer of women, is largely preventable. National Wear Red Day promotes the symbol and provides an opportunity for everyone—men and women alike—to unite in this life-saving awareness movement by wearing anything and everything red!



Celebrate Senior Independence

February is National Senior Independence Month and a time for seniors to evaluate their lifestyles. Spectrum Generations is here to help you keep your independence as much as possible by offering a number of programs and services that may assist you in living a happy enriched life. Come see what we have to offer on **Wed., Feb. 15, at 9:30** with several guest speakers scheduled to discuss independent lifestyle options including health and wellness activities, nutrition, Bridges Care at Home, Matter of Balance, Adult DayBreak, Family Caregiver, Case Management, volunteer opportunities and more. This is **FREE** and donations are always accepted and appreciated.

We will be CLOSED on Monday, February 20, for President's Day.

Valentines Day Lunch & Dance

Celebrate with the Cohen Center on **Tues., February 14**, from **11:00 to 2:00**. Enjoy Chef Carved Ham and Vegetable Stir Fry (full menu inside) from 11:00 to 12:30 and then let the *dancing* begin from 12:30ish to 2:00 with the **Swingtime Band**. Lunch is \$5.00 for age 60+ and disabled and \$7.00 for under age 60. Entry into the **dance** is **\$1.00** per person. All proceeds benefit the Cohen Community Center.

Local Author and Columnist, Katy Perry Offers Book Reading



Join the great Katy Perry at the Cohen Center on **Fri., Feb. 10** at **12:30** as she reads excerpts from some of the nine books she has had published. Katy will discuss her books and answer audience questions. Cost for this event is \$3.00 per person and benefits the Cohen Center. **Please pre-register at 626-7777.**

W. S. Cohen Community Center
22 Town Farm Road, P O Box 272
Hallowell, ME 04347
(207) 626-7777
Consumer Helpline:
1-800-639-1553
(TTY) 1-800-464-8703
One the web:
www.spectrumgenerations.org
Email us:
cohen@spectrumgenerations.org

Adult DayBreak Offers Caregivers Relief

The next time you want to attend that luncheon at the Cohen Center or play cards at the Muskie Center or have an appointment with one of our consumer specialist about Medicare please consider our four wonderful Adult DayBreak Programs for your loved one. Adult DayBreak Programs can benefit both your loved one and the caregiver. Spectrum Generations offers four Adult DayBreak Programs where you can drop your loved one off for a few hours or for the whole day so you can enjoy activities you love, run errands, or go to work. We offer a safe and friendly environment for your loved one with an array of activities planned each day such as bingo, arts and crafts, music, bible study, and much more. We are open from 7:30 am to 4:00 pm Monday thru Friday and offer 3 meals a day. Our trained staff can administer medications to your love one if needed. Please call 1-800-282-0764 for further information . Financial assistance may also available.

Weather Cancellations and Delays



In the event of bad weather, call us at 626-7777. If no answer, please call 1-800-639-1553 for a recorded message announcing agency closings. Watch or listen to TV 6 or 8 and on radio WABK FM104.3 & 92.3 Moose.

Living

Wood Carving

Each **Mon.** with Master Carver, Rene Pomerleau. **12:45 to 2:45.** Cost is **\$3.**
From the novice to the expert carver...all are welcome.

Cribbage Games

Partner Cribbage each **Mon.**, **1:00 to 3:45.** Cost: **\$3.** *NOTE: Cribbage will be played on Fri., Feb. 24. We will be closed on Mon., Feb. 20.*

Mahjong: Watch and Learn Mondays & Wednesdays

Play each **Mon. & Wed.** at **1:00** or watch and learn how to play. Cost: **\$3.**

Gentle Yoga for Age 50 and Over ~ Classes Suspended Until April

Yoga will resume each **Tues. & Thurs.** in April 2012.

Knitting/Crocheting Group

Needlecraft each **Tues.**, from **1:00 to 3:00.** Cost: **\$3.**

Foot Clinic

1st and 3rd Wed. of each month from **8:00 to 11:30** by appointment with Linda Thompson, RN. **\$20 per person or \$35 per couple.**

FREE Blood Pressure Clinic

1st and 3rd Wed., **12:15 to 1:00** with Linda Thompson, RN.

Game Day

Each **Wed.** **1:00 to 4:00.** Bridge, Mahjong & Cribbage or organize your own team for other card or board games. Cost: **\$3.**

Bridge Club

Each **Thurs.** **1:00 to 4:00.** Cost: **\$3.** Call Fran at **495-3490** FMI.

Book Discussion Group

Share your love of books on **Fri., Feb. 3 & 17**, at **12:30.** "Sarah's Key" by Tatiana De Rosnay will be discussed on Feb. 3. Several copies of this book are on loan to our book club from the Gardiner Public Library. Free

TOPS (Take Off Pounds Sensibly)

Fridays., **8:00 to 9:00.** Weekly fees are **\$3.** Yearly dues to TOPS is \$26. First TOPS visit at the Cohen Center is free.

Win 2 Tickets to Jewett Hall Concert Series

Register to win 2 concert tickets for **George Lopez**, classical pianist, on **Sun., Feb. 12**, at **2:00** with a **1:00** pre-concert talk. Snow date: **Sun., Feb. 26**, at **2:00.** George Sebastian Lopez has been featured across the globe as recitalist, soloist with orchestra, and collaborator. Sign up at Cohen's front desk. Winners drawn on the **Wednesday** prior to the concert.

Public Lunch is **Mon. - Fri.** (*unless otherwise posted*) **11:00AM to 12:30PM.** The suggested donation for **age 60+** or disabled is **\$4.00** **Under age 60** the cost is **\$6.00** *unless otherwise stated.*
Age 3 and under is free, age 4 to 12 is \$4.00.

Lunch Menu

Wednesday, February 1

Sweet & Sour Chicken

Entertainment: Dave McInnis

Thursday, February 2

Veal Parmesan

Friday, February 3

Ham & Potato Casserole

Entertainment: Alton Penny

Monday, February 6

Chicken Florentine

Tuesday, February 7

Turkey Franks

Wednesday, February 8

American Chop Suey

Entertainment: Ray Gagnard

Thursday, February 9

Chicken Pot Pie

Friday, February 10

****Good Shepherd Fundraiser ****

Extra \$1.00

Turkey w/ Gravy, Mashed Potatoes, Stuffing, Squash, Homemade Soup, Rolls, Salad & Create Your Own Sundaes

Entertainment: The Swingtime Trio

Monday, February 13

Sweet & Sour Pork

Tuesday, February 14

****Valentine's Day Luncheon****

Extra \$1.00

Chef Carved Ham, Vegetable Stir Fry, Homemade Soup, Mashed Potatoes, Rice, Peas & Carrots, Garden Salad, Rolls & Strawberry Crisp

(see front page for full details)

Caring Answers

Lunch Menu Continued

Wednesday, February 15

Shepherds Pie

Entertainment: Norm & Elaine

Thursday, February 16

Cheese Manicotti

Friday, February 17

Lemon Butter Fish

Entertainment: Olde Tymers Band

Monday, February 20

Center Closed - Presidents Day

Tuesday, February 21

Sesame Meatballs

Entertainment: Joyce Fessenden

Wednesday, February 22

Chicken Divan

Entertainment: Over the Hill Gang

Thursday, February 23

Beef Stew

Entertainment: Pineland Suzuki Fiddlers

Friday, February 24

Roast Beef w/ Gravy

Entertainment: Dave McInnis

Lunch will be served downstairs today.

Monday, February 27

Beef Ravioli

Tuesday, February 28

Cohen on the Meadows

****Special Feature Luncheon****

Roasted Pork Loin Smitane (onions

& mushrooms in a sour cream

sauce) Champagne Braised

Cabbage, Potato pancakes

and more. Cost is \$8.95

Wednesday, February 29

Chicken w/ Country Gravy

Entertainment: Dave Fisher

Menu subject to change

The United Way of
Kennebec Valley is a proud
supporter of Spectrum
Generations Nutrition Program.



Consumer Information Services Offers Information & Referrals



Consumer Information Specialist, Lynn is available several days each week at the Cohen Center to help you obtain information on health insurance, prescription drugs, energy assistance, Medicare, and other state, local and federal programs. For more information or to schedule an appointment, please call 626-7777 or 1-800-639-1553.

Veteran's Advocate Services

Conrad Edwards is available to answer questions pertaining to veteran's services and benefits you may be entitled to, call 626-7777 to schedule your appointment for **Mon., Feb. 13, 10:00 to 1:30**. Please bring your DD-214.

Caregiver Support Group

The support group meets on **Tues., Feb. 14, from 12:00 to 1:00 PM**. *All are welcome*. Call Becca at 1-800-282-0764 Ext. 127 for more information.

Free Notary Public Services

Notary Public, David Alexander, will be available each Fri., 11:30 to 1:00 offering free Notary services **by appointment**. Please call David at 272-6884 or call us at the Cohen Center at 626-7777 to schedule your appointment.

Good Shepherd Food Bank Challenge Fundraisers

Between Jan. 1, and March 31, we will raise \$1,000.00 for the Good Shepherd Challenge Matching Grant. Fundraisers for this event may include **special lunches** where we ask for an **extra \$1.00 per person** or **raffles**. 100% of funds raised will be matched by the Good Shepherd Grant. Personal donations are also greatly appreciated! Donations from you make it possible for us to continue our Nutrition & Meals on Wheels Programs. *Please clip the coupon on the back page to send in your donation*. Thank You!

Bridges Help at Home ~ When Home is Where You Want to Be!

Is that vacuum getting heavy? Has preparing meals become an exhausting chore? **Bridges help at home** provides caregivers to help you stay independent at home. For more information, visit with Rachel McAllian and Jen Boynton on **Tues., Feb 28, from 10:30 to 1:00** or call anytime at 623-0761. *Remember Bridges – for the Best in Help at Home*.

AARP Safe Driving Course

This program is a refresher course for drivers age 55 and older and will be offered at the Cohen Center on **Mon., Feb. 13 (snow date Fri., Feb 17)** from **10:00AM to 3:00PM**. The cost is **\$14.00** for AARP members and **\$16.00** non-members. Lunch is \$4 for over age 60 and \$6 under age 60. Minimum of 10 people is required. **Pre-registration is required** by calling 626-7777 or stop by the Cohen Center.

Caring

Local Advisory Council Recruitment

The Cohen Center is seeking Local Advisory Council (LAC) members to assist us in planning events and activities, help us identify unmet needs in the community, connect people with the agency programs, assist with advocacy efforts and Fundraising to support our agency goals. Meeting are held on the first Thursday of each month at 9:30AM. Call 626-7777 for more information and a volunteer application.

Meals on Wheels Drivers Needed

If you have a few extra hours to give as a fill-in substitute MOW driver please contact Lynda at 626-7777. This would be an on-call as needed position.

Good Shepherd Challenge Grant

Please see Page 3 for full details.

YES, I would like to support the Good Shepherd Food Bank Challenge Grant. Please accept my donation of: \$_____, which will be matched 100% by the Good Shepherd Challenge Grant.

Name: _____

Address: _____

Town: _____

State: _____ Zip: _____

Phone: _____

In Honor or Memory of: _____

Please send your donation to:
Spectrum Generations' Cohen Center
P O Box 272, Hallowell, ME 04347

Thank You for Your Continued Support!

Canyon Country Vacation



Spectrum Generations and Collette Vacations presents this exciting vacation package including Arizona, Utah and Nevada. Visit Scottsdale, Sedona, Grand Canyon, Lake Powell, Monument Valley, Bryce Canyon, Zion National Park, and Las Vegas. Your nine day adventure begins on **October 25, 2012** and includes airfare from Boston, hotels, 13 meals, transportation to local site and travel insurance. Call Dave at **729-0475** for full details.

Book your trip now and save \$100!

Herb-Roasted Pork Loin Smitane

Chef Bradford Slye of Cohen on the Meadows Catering will prepare a scrumptious plated and served meal on **Tues., Feb. 28, from 11:00AM to 12:30PM**. The cost for this meal is **\$8.95** per person and includes salad, main entrée, champagne braised cabbage, potato pancakes and Crème Caramel for dessert. Reservations accepted and walk-ins are welcome. See menu inside.

14th Annual Ice Fishing Derby

The 14th Annual Gene & Lucille Letourneau Ice Fishing Derby at our Muskie Center in Waterville will take place on **Feb. 26**. This event is open to adults and children alike. Visit www.spectrumgenerations.org for full details or call 873-4745.

Learning

Customized Computer Lessons

Bring your own laptop or use ours for private one-on-one computer lessons customized to your needs. Lessons are one and a half hours each **Wed.** at **12:00** or **1:45** based on availability. Cost is **\$10 each**. Call 626-7777 to schedule your appointment and come learn with Les.

Beginner Bridge Lessons

Learn how to play Bridge with Joan and Jerry Sandidge at the Cohen Center each Mon. & Thurs. morning beginning **March 26** at 9:00. Cost is **\$36** for all 6 classes. Full details available at the Center. Must register.

AARP Tax Aide Assistance

AARP is offering FREE (*donations to Cohen always accepted and appreciated*) assistance with preparation of your State and Federal income tax returns beginning **Tues., Feb. 2** and each **Tues. and Thurs.** until **Tues., April 12, from 11:30-2:30PM**, at the **Cohen Center**. This service is for taxpayers with middle and low income, with special attention to those age 60 and older. Help for the homebound is available upon request. A list of documents needed will be provided when you call. Please call **626-7777** for an **appointment**. **Walk in appointments are not available.**

Please Pre-Register for Events

Many of the activities and events we offer have minimum participant requirements. Without a proper headcount we may have to cancel the program without notice. Thank you for registering early so that we can plan accordingly.