



Kick-off spring right with Physical Wellness Month

According to National Today, there are five important facts that you should know about your physical wellness:

1. SLEEP IS KEY

Sleep is important in helping your body recharge while your cells regenerate and your muscles repair.

2. REGULAR PHYSICAL ACTIVITY IS PARAMOUNT

Maintaining a routine exercise schedule will help you lose weight and reduce and prevent symptoms of type 2 diabetes. Learn more about this during our Living Well workshops.

3. A BALANCED MEAL

Making sure that you are getting enough nutrition from all the different food groups is vital to your physical wellness. This will help you maintain your energy and focus to be able to maintain a positive wellness environment.

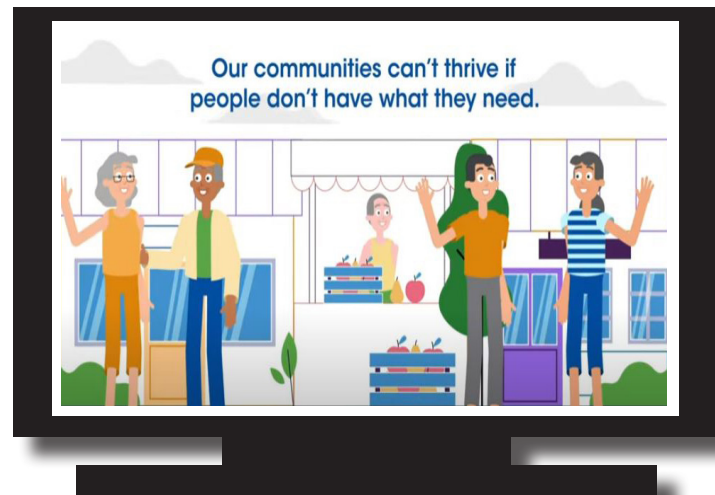
4. COMBINING DIET AND EXERCISE WORKS BEST

According to National Today, the National Weight Control Registry identifies that 89% of people who combine diet and exercise have been successful in losing weight. Joining a Living Well workshop will help you find the balance for a healthful lifestyle.

5. SIMPLE ACTIVITIES ARE EFFECTIVE EXERCISES

There are a variety of simple exercises that can help you build your body's strength, endurance, and stamina. Some of these activities include taking a brisk walk, gardening, Tai Chi, and aerobics.

Healthy Living for ME - Maine's Community Care Hub is excited to release an animated video! Check it out!



The Hub is made up of local organizations, health systems, and volunteers who work together to empower individuals to take charge of their health – through tailored services provided at little or no cost. To view the animation or learn more, visit www.healthylivingforme.org.

Video by Next Day Animations (www.nextdayanimations.com)

By promoting health education during Physical Wellness Month, you help yourself and others in your community get out of the winter blues. Connect with your local community center or Area Agency on Aging to create a bonding experience between family and friends that will help reduce your stress and anxiety while also supporting efforts to improve your mental and physical health. Check out our upcoming programs now at healthylivingforme.org. If you don't see an active workshop that meets your needs, reach out to us directly to be added to a waitlist for future workshops.

UPCOMING WORKSHOPS

All workshops have a suggested donation of \$20.



■ **Bingocize**, Mason-Motz Activity Center
190 Middle Rd., Falmouth
May 21-July 25: Tuesdays & Thursdays, 1-2 p.m.

■ **Living Well with Chronic Pain**
Phone
Wednesdays, June 5- July 17, 10-11 a.m.

■ **Matter of Balance**, Muskie Community Center, 38 Gold Street
April 16 - May 9, Tuesdays & Thursdays, 9-11 a.m.

For more information or to register, call 1 (800) 620-6036 or email info@healthylivingforme.org.

New HL4ME announcements or initiatives:



THE AGING BRAIN

A talk about ways to stay healthy, reduce risk, and live well with dementia, with **SUSAN WEHRY, M.D.**

Join us for an Aging Brain Talk at the

VINALHAVEN LIBRARY

6 Carver Street, Vinalhaven, ME 04863

THURSDAY, APRIL 25

from 5 to 6 p.m.

For more information, call 1.800.620.6036

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

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.



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.

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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.



Take the first step towards Dementia Inclusion!



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Meeting the Administration's Call-to-Action:

Leading Practices to Address Health-Related Social Needs in Communities Across the Nation

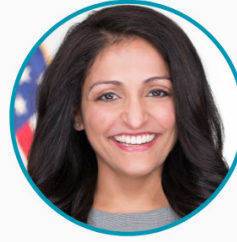
Moderated by
Partnership Co-Chairs:



June Simmons, MSW
President & CEO,
Partners in Care Foundation



Nancy DeLew
Associate Deputy Assistant
Secretary for Health Policy, HHS
Office of the Assistant Secretary
for Planning & Evaluation (ASPE)



Dr. Aditi Mallick
Acting Director,
CMS Office of Minority
Health (OMH)



Kelly Cronin
Deputy Administrator,
Innovation and Partnership,
HHS Administration for
Community Living (ACL)



Timothy McNeill, RN, MPH
Chief Executive,
Freedom's Consulting



Dr. Shantanu Agrawal
Chief Health Officer,
Elevance Health



Ji Im
Senior Director, Community
and Population Health,
CommonSpirit Health



Kathy Vesley
President & CEO,
VAAA Cares & Bay Aging



Gerard Queally
President & CEO,
Spectrum Generations &
Managing Partner, Healthy
Living for ME

Partnership to Align Social Care

A National Learning
& Action Network

Recently, the U.S. Department of Health and Human Services (HHS) released a "Call to Action: Addressing Health-Related Social Needs in Communities Across the Nation," a meeting with federal officials along with key community and health care leaders, aimed at addressing health-related social needs through community partnerships.

The activities outlined in the Call to Action align closely with the goals of the Partnership to Align Social Care, to engage stakeholders across sectors, to co-design and enable alignment between health care organizations

and community care networks, and to create an equitable, efficient, sustainable, and person-centered health and social care ecosystem.

To view the webinar recording, visit
[Tinyurl.com/36dsvte2](https://tinyurl.com/36dsvte2)

To view speaker slides, visit
[Partnership2asc.org/wp-content/uploads/2024/03/2.27.24-HHS-Call-to-Action-Webinar.pdf](https://partnership2asc.org/wp-content/uploads/2024/03/2.27.24-HHS-Call-to-Action-Webinar.pdf)

HL4ME recognized for work in Somerset & Kennebec Counties

Healthy Living for ME is so pleased to be recognized by United Way of Kennebec Valley with their new **Impact 2032 Partner of the Year award** in recognition of our work with the Somerset and Kennebec County Partnership (SKCCP).

The project aims to improve health outcomes and reduce health disparities in our rural communities across Maine with an immediate focus in Somerset and Kennebec Counties.

Thank you again United Way of Kennebec Valley for your support and participation - we appreciate it, very much!



From left, Gerard Queally (Spectrum Generations), Matt L'Italien (Somerset Public Health), Katelyn Pushard (United Way of Kennebec Valley - UWKV), Maija Dyke (Healthy Living for ME), Katherine Mills (MCD Global), Barbara Crowley (Peter Alford Prevention and Healthy Living Center - PAPHLC), Carla Stockdale (Kennebec Behavioral Health), Courtney Roderick (Healthy Living for ME), Alex Sydnor (MaineGeneral Health), Kristin Overton (SKILLS, Inc.). Those on the screen from left, Bobby Martin (Maine Primary Care Association - MEPCA), Nathan Macdonald (Family Violence Project - FVP), Hannah Barry (Hallowell Pride Alliance - HPA), Katie Spencer-White (Mid-Maine Homeless Shelter). Organizations not pictured, HealthReach Community Health Centers, Capital Area New Mainers Project, Kennebec Valley Community Action Program, Healthy Communities of the Capital Area, Maine Department of Health and Human Services.

Upcoming HL4ME Leader Trainings

PROGRAM	DATE(S)	TIME	LOCATION	ADDRESS
A Matter of Balance	May 14	8 a.m. – 5 p.m. (Tuesday)	Spectrum Generations Home Office	One Weston Ct. STE 109, Augusta Leadership Room
A Matter of Balance	May 28	8 a.m. – 4 p.m. (Tuesday)	Aroostook AAA Home Office	260 Main St. STE B, Presque Isle
Tai Chi for Health & Balance	May 17-18	8:30 a.m. – 5 p.m. (Friday/Saturday)	Cohen Community Center Muriel Scott Room	Cohen Community Center 22 Town Farm Road, Hallowell
Tai Chi for Health & Balance 2* <i>*Must be certified in TCHB to attend</i>	May 19	8:30 am – 5 p.m. (Sunday)	Cohen Community Center Muriel Scott Room	22 Town Farm Road, Hallowell
Bingocize	Online, Asynchronous	Contact to be placed on waitlist for next round		

Designing a Grocery Budget that Works for You

Source: National Council on Aging

According to the U.S. Bureau of Labor Statistics, the cost of groceries rose by nearly 5% in 2020. In that same year, the average annual cost of food for a household was just shy of \$5,000.

Each month, the U.S. Department of Agriculture (USDA) publishes a [food budget](https://tinyurl.com/2r2hwhky) (https://tinyurl.com/2r2hwhky) that provides an estimate for monthly and weekly grocery spending. Adjusted each month for inflation, these budgets are based on the average cost of nutritious, home-prepared meals and snacks and are tailored for gender and age. They're broken up into four categories: a Thrifty Food Plan, Low-Cost Food Plan, Moderate-Cost Food Plan, and Liberal Food Plan.

The answer is not so cut-and-dried. Grocery costs may vary widely based on what region of the country you live in, where you shop for food, and whether you shop online or in-person. However, the USDA food budget can provide a helpful benchmark when determining what you should be spending on groceries.

An online [Grocery Budget Calculator](https://tinyurl.com/39x6nuwy) (https://tinyurl.com/39x6nuwy) based on the USDA Low-Cost Food Plan, can help you determine how much you should be spending each week on groceries for your household. Just enter some simple information, such as your household size, the genders of those in your household, and your basic eating habits. The resulting number will give you a baseline figure

for creating your own grocery budget. Keep in mind that USDA food plans do not include restaurant or take-out meals.

If you're wondering how to create a monthly food budget, another tool to use is the 50/30/20 rule. This simple and intuitive grocery budget formula suggests that you spend your net (after-tax) monthly income this way:

50% for living essentials (e.g., groceries, housing, transportation, healthcare, etc.)
30% for wants (e.g., restaurant meals, entertainment, travel, etc.)
20% for savings and debt repayment (e.g., credit cards, mortgage)



THE TRAUMATIC BRAIN INJURY ACT is a key piece of legislation that provides much-needed funding to improve rehabilitation and community support for people with a brain

injury, but it is set to expire this year. The Brain Injury Association of America (BIAA) is working hard to ensure that this important bill is reauthorized, but we can't do it alone. Community support is essential, which is why we're asking for your help. BIAA is gathering community

support for the TBI Act through a letter writing campaign to Congress. You can get involved by visiting the link below, downloading the letter template, and sharing your perspective through our contact form. For more information, visit www.biausa.org/get-involved.

The 7th Annual Older Adult Mental Health Awareness Day Symposium | Online May 2, 2024

This year's Older Adult Mental Health Awareness Day Symposium is full of opportunities and, as always, free for attendees. Join us May 2 at 10 a.m. for full day of learning that equips you to support the mental health needs of older adults.

Attendees will enjoy a keynote address from "Black-ish" star Jenifer Lewis. Also included are nine sessions and presentations, actionable steps to bring back to your communities, and continuing education credit for several professions.

Don't wait! Register today and guarantee your access to this online event.

Connect.ncoa.org/oamhad2024



A look at our achievements for Fiscal Year 2023. (Services delivered between 10/1/22 - 9/30/23)

REGULAR WORKSHOPS:

In Person	131
Online	15
Phone	16

WORKSHOPS	COUNT OF PROGRAM	PARTICIPANTS ENROLLED
A Matter of Balance	14	165
Better Health Now with Diabetes	17	115
Better Health Now with Pain	20	115
Better Health Now!	19	167
Bingocize®	4	39
Building Better Caregivers	2	18
EnhanceFitness	37	1158
HealthMatters™ Program	3	36
Living Well for Better Health	9	64
Living Well with Chronic Pain	11	66
Living Well with Diabetes	10	76
Tai Chi for Health and Balance	16	132
GRAND TOTAL	162	2151

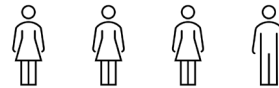
TRAINING WORKSHOPS	COUNT OF PROGRAM	PARTICIPANTS ENROLLED
A Matter of Balance	5	18
American Red Cross First Aid, CPR, AED Certification	2	12
Bingocize®	1	10
EnhanceFitness	1	5
HealthMatters™ Program	1	3
Living Well for Better Health	1	11
Living Well Refresher Training	1	7
Living Well with Chronic Pain	1	7
Living Well with Diabetes	1	7
Tai Chi for Health and Balance	1	16
GRAND TOTAL	15	96



A look at our historical data collected.

GENDER

Three of every four participants are female.



AGE



EDUCATION



CHRONIC CONDITION FACING PARTICIPANTS

