

The Rockin' Years

A newsletter to keep Belgrade's seniors informed and active

Winter 2024

A Note from the Senior Resource Committee

Happy 2024! Each year, people all over the world set goals to break a bad habit, learn a new skill, do a good deed, visit a new place, try a new food, be kind, take a risk and countless other resolutions. It is a time for introspection, an opportunity for us to look back at where we have been and look forward to where we are going. In 2023, your Senior Resource Committee delivered sand buckets to residents (call the Town Office if you need some this year), organized a regular weekly walking group, facilitated a weekly crafting group, supported pickleball, co-sponsored, with the Parks and Recreation Department, senior trips to the Coastal Botanical Gardens and a foliage trip to Rangeley, partnered with Maine General to bring a healthy cooking program and capped our year off with a holiday party, complete with cookies, hot chocolate and live music.

We plan to continue all of these activities in the new year and are looking forward to offering other opportunities. Movie Mondays will be back starting January 15th. Look for classes on end-of-life planning, tax assistance, exercise and movement, cooking, and possibly even dance classes.

Holiday get-together

Oh, the fun you missed if you did not join us for our get-together. More than 2 dozen people came out on a cold December Saturday afternoon. There was a large variety of homemade cookies, hot beverages and we were festively entertained by our town's own Kevin and Pam Rhein. It was a great time for socializing and getting us into the holiday spirit.



Meals on Wheels

The Meals on Wheels program provides delicious, nutritionally balanced meals for homebound individuals 60 years of age or older and to persons with a disability who are unable to prepare a meal due to physical or mental limitations, or who have no one to prepare a meal for them. Meals on Wheels are delivered to homes by volunteers and staff. Spectrum Generations serves several counties including Kennebec. Visit their website to review their frequently asked questions and see if you qualify. [Frequently Asked Questions about Meals on Wheels \(spectrumgenerations.org\)](https://www.spectrumgenerations.org) or you can call them at 1-800-639-1553.

Did you know?

The most snowfall ever recorded in 24 hours was 75.8 inches in Silver Lake, Colorado in 1921. BUT Maine still holds the world record for the tallest snowman. Olympia Snowwoman stood 122 feet, 1 inch tall with a 125- foot diameter at the base and created with 13 million pounds of snow.

Decluttering your home

A common New Year resolution is to organize and declutter your home. The major cause of deaths due to injury in adults 65 and older are falls. And as you may be able to imagine, having a lot of unnecessary items throughout a room can easily lead to a fall. Downsizing is another reason to consider letting things go.

It sounds easy enough to do but it's hard to let go of a lifetime of items. We all have sentimental attachment to things, that's natural and very human.

Sense of Loyalty

There's a reluctance to give away an item that was a gift. Consider regifting it, knowing that you are helping someone else makes it easier to get rid of something.

The need to conserve

If you lived through hard times, it can be difficult to give away something that still works even though you might not need or use the item. Donate these items to any charitable organization in your area, in addition to agencies that retail donated goods, there are plenty of other agencies like homes for battered women, and homeless shelters.

History and Memories

For items that represent specific memories or have history such a family heirloom can be given to other family members. It can give you pleasure to see others enjoying these items while you are living rather than willing these items to the individual when you do not see the joy it can bring them. Boxes of old photos can be digitized and stored on DVDs. Instead of closets of clothing that have not been worn in years, create a quilt or set of shadow boxes with pieces of cloth from those clothes.

The fatigue

Where do you even start? It can be overwhelming. One factor that contributes to clutter is mail. Throw away junk mail and solicitations immediately.

Unsubscribe to catalogs and junk mail. Find a designated spot for your mail, a desk, drawer or vertical organizer, not the top of your microwave or table.

Pick one day a week to file away and deal with your mail. A shredder is helpful to protect against identity theft.



Fear and Anxiety

Change is frightening for most people. Giving up what we have and what we are familiar with can cause anxiety. The solution is to be as practical as possible and remove items slowly. Remove a few items at a time. Many people hold on to things because "we might need that in the future", if you haven't used an item in 6 months or a year then donate it.

