



FOR IMMEDIATE RELEASE

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For immediate release

Spectrum Generations To Host Mayors for Meals Day on March 19, 2008

Brunswick, ME (March 6, 2008) – Spectrum Generations announced today that Wednesday, March 19th, will be “Mayors for Meals Day”, a regular part of the annual “March for Meals” campaign observed across the nation. Town leaders from area communities, including Topsham, Bath, Bowdoinham, Harpswell, and Richmond, will be participating in the event to show their support for the community’s seniors.

Spectrum Generation’s “Mayors for Meals Day” provides town officials with the opportunity to assist with meal deliveries in their towns, to greet volunteer drivers, or to help sort and pack meals at the Brunswick Resource Center. “We are excited about having these leaders participating and with their help, we hope to raise awareness of senior hunger and the fundamental assistance provided by Meals on Wheels in our communities,” said Debbie Atwood, Spectrum Generations’ Nutrition Coordinator. “We appreciate this hands-on show of support.”

Spectrum Generations’ Meals on Wheels program provides area seniors with delicious, nutritionally-balanced meals delivered by our dedicated volunteers. This regular interaction also provides an opportunity to check in with the senior as a safety measure.

For more information about volunteering for or participating in the Meals on Wheels program, please call Debbie Atwood at 729-0475 or email her at datwood@spectrumgenerations.org. The public is invited to call the Agency’s Consumer Helpline at 1-800-639-1553. The Agency’s web site is located at www.spectrumgenerations.org

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