



FOR IMMEDIATE RELEASE
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Meals on Wheels Coordinator
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***HELP KEEP MEALS ON WHEELS AFLOAT
BE A PART OF MOW'S SECOND ANNUAL HARBOR CRUISE***

Damariscotta, Maine – July 31, 2008: Volunteer drivers for the Meals on Wheels programs that originate from Spectrum Generations Coastal and Brunswick Community Centers deliver five meals a week to at least 160 homebound, elderly and disabled community members in Lincoln and Sagadahoc Counties. Show your support for this essential community service. Come on aboard the Harbor Princess (www.whaleme.com) on September 5 at 5:45 p.m. and join the MOW team on a cruise around the Boothbay peninsula's spectacular harbor and shoreline. Live music featuring "Cahoots" and dancing to classical oldies will add to the cruises ambiance.

MOW's Second Annual Harbor Cruise will once again be a great ending to a beautiful Maine summer while at the same time helping Spectrum Generations MOW's program continue to provide nutritious meals and a much-needed service to our mid-coast Maine communities. The September 5, 2008 cruise will depart from Pier One in Boothbay Harbor, Maine at 6:00 p.m. and return at 9:00 p.m. The cost is only \$25 per person. Boxed picnic style meals will be available for an additional cost.

***** MORE *****

Proceeds will help keep the Meals on Wheels programs in Sagadahoc and Lincoln Counties afloat. For more information and to make your reservation please call Robin in Damariscotta, 563-1363 or Debbie Atwood in Brunswick, 729-0475. If you are not able to come onboard, please send a donation made out to Spectrum Generations to: Spectrum Generations Coastal Community Center, 521 Main Street – Suite 8, Damariscotta, ME 04543 or Spectrum Generations Brunswick Resource Center, PO Box 547, Brunswick, ME 04011.

Spectrum Generations (www.spectrumgenerations.org), is a non-profit agency with community centers throughout Central Maine is the leader in innovative programs, services, and options that enrich the lives of all we serve. Our organization envisions healthy, successful and positive aging in current and for future generations. *Spectrum Generations promotes: life-long learning; health; wellness; nutrition; community engagement and; the social well-being of older Adults.*

END

If you'd like more information about Spectrum Generations or to schedule an interview with Robin or Debbie about the Meals on Wheels program please contact Marianne Pinkham at (207) 563-1363 or e-mail Marianne at mpinkham@spectrumgenerations.org.

The public is invited to call the Agency's Consumer Helpline at 1-800-639-1553 for more details; or to join the Spectrum Generations Volunteer Corps. The agency's website is located at: www.spectrumgenerations.org.

