

All Spectrum Generations locations will be closed on Monday, January 1st and Monday, January 15th in observance of New Year's Day and Martin Luther King Jr. Day.



Thank You For Being A Friend!



We all know that the holidays and New Year can be a tough time for many - especially for those who are homebound and may find themselves away from family and friends. The team at Spectrum Generations' Southern Midcoast Aging and Disability Resource Center would like to thank everyone in the community who supports our



mission of promoting life-long learning, health, wellness, nutrition, community engagement, and social well-being of all older and disabled adults.

Emma Hughes, a senior at Brunswick High School, delivers a carload of poinsettias that were donated to Spectrum Generations as part of a fundraiser for the music department (top left picture). While Mt. Ararat Middle Schoolers Nadia Rosenberg, Olivia Cox, and Shea Farrell load up another car full of donated plants to be delivered to homebound Meals on Wheels consumers (top right picture). Thank you to everyone who helped brighten the day of a MOW recipient by purchasing and donating a beautiful poinsettia plant!

And we can't forget about the volunteers who take time all year round to help deliver a nutritious meal and friendly smile to our homebound neighbors twice a week! Did you know that over 30,000 meals came through the People Plus building last year alone and were delivered to over 130 homebound seniors and disabled adults by our dedicated volunteers! The volunteers gathered last month and were treated to a home-cooked breakfast and Yankee Swap (pictured on right) to thank them for a year of hard work and dedication.



Thank you again, to all of those in the community who come together every year to make sure that the most vulnerable in our communities are not forgotten! Would you or your organization like to help support Meals on Wheels or any of the other programs that Spectrum Generations provides? Contact Casey at 607-4406 to learn more about our volunteer opportunities.

SCAM ALERT BULLETIN BOARD

Thanks to the Internet, researching your family tree is easier than ever. But since these sites are a goldmine of personal information, scammers are trying to trick people with lookalike pages or legitimate-looking free sites. Be

wary of sponsored ads that appear to feature well-known genealogy websites - even if the advertised link looks legitimate. It is very easy to change the name of links to appear that they are coming from a reputable source.

Before signing up to find out about your ancestors, search for the name of the company, and verify its reputation on genealogy forums and Facebook groups.

Be a fraud fighter! If you can spot a scam, you can stop a scam. Contact local law enforcement or the AARP Fraud Watch Network www.aarp.org/fraudwatchnetwork or 1-877-908-3360 to report a scam or FMI on scam and fraud prevention.



LEGACY CORPS

Companionship Respite for Veterans and Military Family Caregivers

"To provide caregiver support services by and for veterans and military members in order to decrease caregiver burden and stress and increase the potential of the caregiver to sustain loved ones at home."

What is Legacy Corps?

Legacy Corps is a national AmeriCorps project that focuses on veterans and military families serving other veterans and military families. The program provides veteran and military family caregivers relief through respite services, provides information and resources to caregivers regarding common veteran conditions, and it allows the caregivers of veterans and military families to support each other.

Become a Member Volunteer!

- Serve 10-12 hours a week for one year
- Become a member of a cohesive team of highly-trained, dedicated volunteers who assist with friendly visiting, recreational activities, errands, transportation and/or light meal preparation
 - Receive a monthly taxable living allowance of \$160
- Opportunity to earn an educational award of approx. \$1,115 (volunteers age 55+ may gift award to a child or grandchild)

Volunteer needed in Brunswick!

We are currently looking for a Legacy Member (volunteer) who would like to work with the daughter of a retired Navy Captain, a young woman in her twenties with Cerebral Palsy. Time with her could be spent assisting with a book she would like to write, going to a museum, or going shopping.

FMI contact Katie Carlson at kcarlson@spectrumgenerations.org or call 1-800-639-1553 and ask for Katie.



Have you "liked" Spectrum Generations yet? Search **Spectrum Generations** on Facebook and like our page to stay up to date with all that we have offer in your community!



Spectrum Generations is an equal opportunity provider.

PROUD TO PARTNER WITH PEOPLE PLUS