

We Respect Your Abilities!



March is National Intellectual and Developmental Disabilities Month, and we're taking the opportunity to introduce you to our Case Management Team who serve these members of our communities. Spectrum Generations has 9 case managers serving 7 counties; we're here to help you and your family navigate the many complexities of available resources.

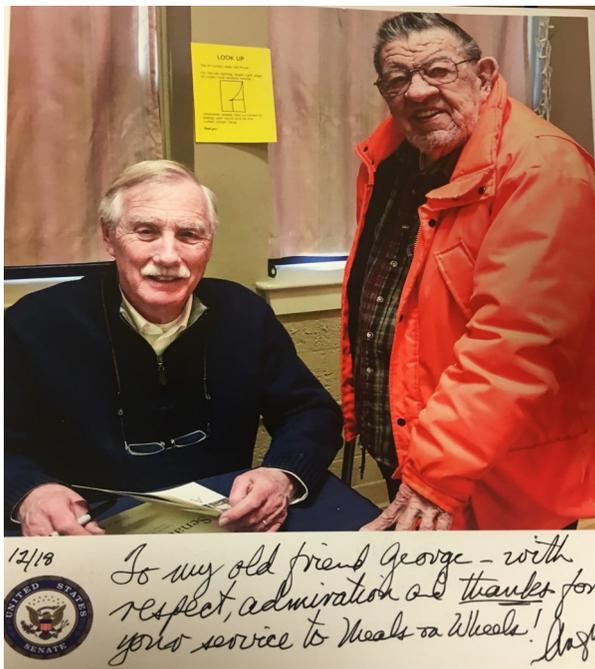
The term "intellectual and developmental disability" may refer to a broad range of characteristics or conditions. An intellectual disability is characterized by limitations in functioning and difficulties exhibited in social and practical skills. A developmental disability is attributed to a cognitive or physical impairment that results in limitations such as self-care, language, and mobility. These conditions are often misunderstood, but what should never be

in doubt is that all people have the fundamental and inherent right to be respected, valued, and accepted for the contributions they make to their families, their relationships, and their communities.

With effective and responsive coordination, Spectrum Generations' case managers link consumers to resources, enhancing their quality of life and inclusiveness in their communities. We are here to help:

- Follow the wishes and needs of each individual through a person-centered planning process
- Enable people to explore a full range of options
- Develop formal and informal supports
- Advocate for the interests, preferences, and dreams of the individual
- Assist individuals and families in independently coordinating their own supports and services if they so desire
- Be free from conflict of interest
- Support the development and expression of self-determination and self-advocacy
- Provide a wide range of available resources

When we focus on monthly health topics, it gives us an opportunity to educate our communities and advocate for needed services. If you have questions or would like more information about case management from Spectrum Generations, call us at 1.800.639.1553.



One of our longtime Meals on Wheels volunteers, George Moore, enjoyed a book signing with Senator Angus King hosted by People Plus.

Pictured at left, George receives a copy of *A Senator's Eye* from the Senator himself, a friend of George's for many years.

The inscription reads:
 "To my old friend George—with respect, admiration and thanks for your service to Meals on Wheels!" - Angus



The Wedding is back on!

Spectrum Generations' Cohen Community Center presents a Murder Mystery Dinner:

"Marriage can be a Mystery"
Saturday, April 27, 2019
Reception starts at 6:00 p.m.

Come find out why the wedding was postponed.
Was it the bride?
Was it the groom?
Is it the same bride and groom?

The event, which will be modeled after a real wedding reception party, will take place at Spectrum Generations' Cohen Community Center 22 Town Farm Road, Hallowell.

You will enjoy all of the craziness that takes place at a wedding while enjoying a gourmet meal with the show. Tickets are available for purchase at the Cohen Center by stopping in or calling us at 626-7777. Cost is \$45 a ticket or \$240 for a table of six. RSVP for yourself and your "plus one," soon.

SAVE THE DATE Golf Fore a Cause

Returning to the Brunswick Golf Club for the second year in a row, **Golf Fore a Cause** will raise funds for Spectrum Generations' programs and services so mark your calendar for **Friday, June 21, 1:00 p.m.** tee time, and celebrate the arrival of summer with us!

FMI: spectrumgenerations.org/golf or call Sarah Brown at 620-1677

Spectrum Generations is an equal opportunity provider.

PROUD TO PARTNER WITH PEOPLE PLUS