

WALDO NEWSLETTER



March 2019

- 📍 18 Merriam Road, Belfast 04915
- ☎ (207) 338-1190 or [TTY] 1.800.464.8703
- 🕒 Monday-Friday, 9:00 a.m. — 1:00 p.m.



Message from the Center

Join us to feed seniors!



For more than 45 years, critical programs like **Meals on Wheels** have delivered more than nutritious meals to homebound seniors in virtually every community across the country. At Spectrum Generations, we are **currently serving 1,104 people** through this program and we could not do it without the dedicated staff and volunteers who prepare, pack, and deliver these meals each week. Meals on Wheels provides a vital lifeline and connection for recipients to their community, which is sometimes all it takes to keep them at home, where they want to be.

Join us as we **March for Meals** all month-long, and celebrate the program that sustains millions of Americans nationwide. It takes the collaboration of local community organizations, businesses, all levels of government, and **most importantly, compassionate individuals** to ensure that our seniors are not forgotten. Help us raise awareness and funds – to support this program, make a donation at your local center this month!

We also are urging all members of the public to look at LD472 – a proposed bill currently making its way through the Maine legislature that could infuse much-needed financial support to the Meals on Wheels program, statewide. If you, or someone you know has benefitted from this program, or you simply believe in its importance, your voice can make a difference!

Upcoming Events

Sunday, March 10



**Daylight Saving Time Begins.
Turn Your Clock Forward!**

We Respect Your Abilities

March is National Intellectual Disabilities Month! Spectrum Generations would like to introduce you to our Case Management Team. Our team consist of **9 highly qualified** and experienced case managers serving **7 counties**. Our team is here to help consumers and their families navigate a complex and critically underfunded service system. With effective and responsive coordination, case managers are able to link consumers to much needed resources to enhance the quality of life, and inclusiveness in their communities.

We are here to help design, coordinate, and monitor supports and services.

- 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.



We want to hear from you! If you have questions or would like more information about the services we offer, call our consumer helpline at 1.800.639.1553.

 Spectrum Generations is an Equal Opportunity Provider. Please let us know if you require special accommodations at least two weeks prior to the event.

LIVE AUCTION

BENEFITING SPECTRUM GENERATIONS
MEALS ON WHEELS PROGRAM

spectrum
generations



ANNUAL AUCTION

hosted by the Local Advisory Committee

April 5, 2019
Redman Hall
Main Street, Belfast

View Auction Items: 5:00 p.m. ● Auction Begins: 6:00 p.m.

Questions contact Beth 930-8090.

17th Annual Golf Fore a Cause

What better way to take advantage of Summer Solstice, the longest day of the year, than at one of Spectrum Generations' biggest fundraising events! Our 17th Annual Golf Fore a Cause tournament, benefiting our programs and services, will take place on Friday, June 21, at the Brunswick Golf Club. Spend the day on the course and transition into the evening with a homestyle BBQ and live music around the fire pit.



The cost is \$125 /individual, \$450/team and includes 18 holes with cart, bagged lunch (catered by Cohen on the Meadows), homestyle BBQ, awards, and much more! Want to join us just for a homestyle BBQ? Purchase a dinner ticket for \$25 each!

There are also various sponsorship levels available and offer a great way for businesses or individuals to generate positive publicity from their association with our tournament.

Please contact Sarah at
sbrown@spectrumgenerations.org
or 620-1677 for more information.

Spectrum Generations is the Central Maine Area Agency on Aging. Our mission is to promote the life-long learning, health, wellness, nutrition, community engagement, and social well-being of all older and disabled adults. We actively engage the people of central Maine, across the entire generational spectrum, in redefining how older and disabled adults live healthy, socially enjoyable and independent lives. We invite you to connect with us in various ways:



spectrumgenerations



@SpectrumGen



www.SpectrumGenerations.org



1-800-639-1553