spectrum generations
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spectrumgenerations.org

The Central Maine Area Agency on Aging & The Aging and Disability Resource Center

WICKED Aging

THIS ISSUE

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Join us!

22nd Annual
Gene & Lucille Letourneau
Ice Fishing Derby

Sunday, February 16, 2020

Weigh-in between 2:00 - 5:00 p.m.

Spectrum Generations' Muskie Community Center
38 Gold Street
Waterville

The derby promotes outdoor sports and helps raise funds for our Muskie Community Center

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Visit spectrumgenerations.org to find more events near you!

2019 Year in Review

At Spectrum Generations, we work strategically throughout the year to help serve a community where adults with disabilities and older adults are valued, engaged, and living with dignity. In this first *Wicked Aging* of the year, we would like to share some of our achievements in FY19*.

Spectrum Generations served **43,694 people** throughout our area – many of whom are your friends, family, and neighbors. We are proud of the many people whose lives our services change and that we are able to aid so many in their desire to age in place!

1,332 people received **218,005** meals through Meals on Wheels, and **2,141 people** enjoyed the socialization and nutrition that congregate dining offers.

We provided **480 people** and their families with caregiver support, training, counseling, and respite. We know the importance of educating caregivers in what can be a difficult role, as well as promoting self-care for the caregiver.

This also represents **19,928 hours** of respite care, which provides care for a homebound loved one while the caregiver can leave the home to take care of other matters. In addition, we increased access to needed services and supplies by providing **13 assistive devices** (such as medication dispensers and falls detection devices) to **5 families** in need, as well as **3 in-home assessments**.

We also provided **11,825** Information and Assistance contacts to **5,297 people** seeking resources to care for a loved one.

Our Bridges Home Services division provided **35,589 hours** of care to adults with memory diagnoses or intellectually and/or developmentally disabled adults through the Adult Day program.

We are grateful to the many volunteers and supporters who help us fulfill our mission. Thank you for trusting us to provide the care you need!

* Services were delivered between 9/1/18 – 8/30/19

Who we are

spectrum generations

Our Mission:
Promoting life-long learning, health, wellness, nutrition, community engagement, and social well-being of all older and disabled adults.

Our Locations:

Home Office:
One Weston Court
Suite 109
Augusta

Community Centers:

Lincoln County Regional Ctr.
(co-located with CLC YMCA)
525 Main Street
PO Box 474
Damariscotta

Cohen Community Center
22 Town Farm Road
Hallowell

Muskie Community Center
38 Gold Street
Waterville

Somerset Community Center
30 Leavitt Street
Skowhegan

Waldo Community Center
18 Merriam Road
Belfast

Aging and Disability Resource Centers:

Midcoast Regional Center
(co-located with People Plus)
35 Union Street
Brunswick

Knox Resource Office
87 Elm Street
Suite 204A
Camden

We are here to help!

Message from CEO

One of the privileges of being the President and CEO of Spectrum Generations is to work alongside our caring and dedicated staff. The work they do, each day, assisting older and disabled adults live a quality of life in central Maine's community is nothing short of amazing. But as CEO I can also be biased, so I would like to share some words I have received recently in "Thank You" letters from caregivers of those we serve, describing the impact a Spectrum Generation's staff member had on their lives:

> *"I want to thank you so much for being there for me when I didn't know who to turn to for help with my elderly mother-in-law…who passed away on October 7, 2019 at the young age of 74. This was such a painful time for my husband and I, and I am not sure what I would have done without you. Just knowing you were there should I have any questions or needed any contact information was such an extreme weight off my shoulders. You are very knowledgeable, extremely kind, and a Godsend to those of us in need. I will forever hold a special place for you within my heart. You are an Angel."*
> *- A Life Care Consulting Client*

> *"I want to thank Bridges Home Services staff for suggesting the egg crate mattress for our father's bed. He has awoken pain free since placed on his bed. This in turn means he does not need Tylenol or pain medications. As suggested, we checked with Togus, VA regarding incontinent supplies. We have just received all the supplies need via UPS. This cuts my travel time to purchase, along with saving money. My dad enjoys doing the activities with his Personal Support Service worker…and enjoys his time at the Cohen Adult Day program!" - Bridges Home Services Client*

These are but two of many letters I receive routinely about the staff at Spectrum Generations. As this issue of "Wicked Aging" attests, we are mission focused and, along with your amazing support, continue to make a positive impact on the lives of older and disabled adults.

Thank you for all your support!

Gerard L. Queally
President & CEO

"The people who I help and the difference I make in their lives is reward enough for me." - Spectrum Generations Volunteer, Dan Veilleux.

Volunteer spotlight: Dan Veilleux

"It is better to give than receive." These are the words Spectrum Generations' volunteer Dan Veilleux lives by. Dan started volunteering with Spectrum Generations in January 2011. He first learned about our organization when his mother-in-law needed nutrition services and was added to the Meals on Wheels program many years ago.

After being in the food service industry for 35 years, Dan retired and was looking to make a difference. What started out as a once per week volunteer commitment, quickly turned into three times a week. Not only has Dan volunteered the past eight years as a Meals on Wheels driver for our Muskie Community Center in Waterville, but he also packs meals in the kitchen, helps prepare and coordinate pick-ups for the USDA Commodity Supplemental Food Program monthly, and helps consumers once a month with their finances through the Money Minders program. When asked about what drives his passion for volunteering Dan says, "The people who I help and the difference I make in their lives is reward enough for me. It's the little things – like helping make breakfast for an older gentleman who cannot move around so much or talking with someone whose only visitor is me that day."

"I remember one woman, in her 90's," recalls Dan, who was worried about being placed in a nursing home, but because of Meals on Wheels, she was able to live the rest of her life at home. As a volunteer driver, these are the kinds of stories that stick with you – I'll always remember the expression on her face every time I made my delivery; she was so happy because the meals assured her she would be able to stay at home." Dan has even made volunteering at Spectrum Generations a family affair – he believes in spreading the word about our programs and services and has recruited both his sister and grandson as Meals on Wheels volunteers.

We are always looking for more volunteers like Dan! If you have any interest in volunteering for any of our programs, please contact our volunteer coordinator, Jessica Bucklin at 207-620-1684 or by email at jbucklin@spectrumgenerations.org for more information.

Sukeforth Family Festival of Trees

The 5th Annual Sukeforth Family Festival of Trees

was a big hit in the central Maine community. Thousands came out to look at the 60 decorated trees donated by local businesses. Organizations benefiting from this event include Hospice Volunteers of Waterville Area, Shriner's Hospitals, and Spectrum Generations' Meals on Wheels.

Thank you to the following businesses who donated a tree...

12 District Masons Siloam Lodge
Arbo's Towing and Repair
Attitudes
Bangor Savings Bank
Cappza's Pizza
Casella Waste
Central Maine Motors Auto Group
Century 21 Surette Real Estate
Chase Toys
Choice Wealth Advisors
Coldwell Banker Plourde Real Estate
Diesel Dan's Repairs
Dixon's Country Market
Doug's Garage
Educare Central Maine
Elanco
Evolution
Fortin's Home Furnishings
Frank Webb Home
G.V. Builders
GHM Insurance
Golden Pond Wealth Management
H & R Block
H.T. Winters Flooring
Hammond Lumber Company
Hammond Tractor
Hannaford
IBEW lu 1254
Johnny's Selected Seeds
Kennebec Savings Bank
Key Bank
KV Federal Credit Union
Lakeside Landscape
Lakewood Continuing Care
Literacy Volunteers of Waterville
Loon Ridge
Maine State Credit Union
Mainely Handrails, LLC
McDonald's
Mount Merici Academy
Mount St. Joseph
New Dimensions Federal Credit Union
Northeast Laboratory Services
Northern Light Inland Hospital
People's Salon & Spa
Ray Haskell Ford Lincoln
Selah Tea Café
Sheridan Corporation
Strictly Roofing
Teague Distributors Inc.
The Maine Children's Home
Townsquare Media
Ware-Butler, Inc.
Water's Edge Therapy
Waterville Area Womens Club
Waterville Opera House
Whittemore & Sons
Wireless Technology Solutions
Zimba Co.

Gleaning brings community farming to Meals on Wheels

Gleaning refers to the ancient practice of collecting unharvested produce from farms, and it has been growing steadily in popularity. If you've ever wondered what happens with all that extra produce from farms in our service area – in many cases the answer is gleaning.

Commercial farmers can often have thousands of pounds of produce that they can't sell, or consumer tastes have tired of. Enter gleaning, and partnerships with local farmers to assist in bolstering the fresh vegetables and nutritional variety we incorporate into our Meals on Wheels.

In the midcoast Maine area, much of the produce is gleaned by groups including Lincoln County Gleaners and Merrymeeting Gleaners, who have both coordinated significant amounts of produce donations to our nutrition program.

Earlier this year, Lincoln County Gleaners donated thousands of pounds of freshly gleaned vegetables, including zucchini, summer squash, Swiss chard, cabbage, and herbs including parsley through Brown's Farm (Nobleboro), Goranson Farm (Dresden), and Veggies to Table on the Oui Farm (Newcastle). They were also able to coordinate the donation of over 1,000 pounds of fresh corn. When asked if Spectrum Generations could use it, chef Jurgen Wurth said, "Absolutely, we can!" and immediately some was flash frozen for use in later meals, more was used in corn salsa and corn chowder. Wurth went on to share, "With our kitchen and storage facilities, we really have the opportunity to use every bit of gleaned produce and maximize its value for our consumers."

Sally Ingraham, a longtime advocate for ending food insecurity, and project coordinator with Lincoln County Gleaners believes, "When we are able to connect people who need food to the immediate source, it feels good for everyone – the person receiving it and the farmers growing it, but also the people in between who are helping both the farmer and the consumer out. It ultimately ends up strengthening our community and that feels good."

With Meals on Wheels waitlist at an all-time high throughout Maine, gleaning ensures we are able to continue our We Sustain Maine promise – to incorporate at least 30% of locally sourced food in every single meal – while helping keep costs down and ultimately feed more people.

Gleaning may only save a tiny portion of food waste nationally to date, but it accomplishes so much more — bringing communities together by connecting them with their local farmers and providing diverse nutrition for recipients. To find out more, follow Lincoln County Gleaners on Facebook @LCGleanersME.

Spectrum Generations' Nutrition Team (L to R) Paige Collier, Jurgen Wurth, and Ashley Ladd) at the Cohen Community Center was all smiles in receipt of a donation of beautiful corn and chard, courtesy of our friends at Lincoln County Gleaners! The food was added to meals going out to consumers.

Spectrum Generations' CEO, Gerard Queally (L), pictured with Vladimir Reneskye (R).

Everyone's a Winner

We are always grateful for food donations received at our centers but imagine if several bushels of apples suddenly appeared on your doorstep! What would you do with them? This is the exact question Jurgen Wurth, culinary and catering manager for Cohen on the Meadows, wondered when Spectrum Generations' Cohen Community Center was gifted with bushels of apples. Not wanting to turn this generous donation down, Jurgen had to think about the best use for the apples; it was only through a simple conversation between himself and Vladimir Reneskye, apple grower/donor, and a regular congregate dining customer, that a perfect plan fell into place.

"We discussed activities our parents used to do with us when we were younger, like making apple cider and wine," said Jurgen. "We also talked about how Vladimir has an apple orchard but is unable to maintain it. Vladimir fondly remembered how apple cider always seems to be a staple in many households during the holiday season and that is how we figured out what to do." Vladimir expressed to Jurgen how he wanted his apples to go someplace that would use them and thought making apple cider would be the perfect way to do just that.

This was a match made in heaven, as Jurgen owns a homemade press to make the cider, so they had all the tools needed. Shortly after their conversation, Vladimir delivered eight more bushels of apples to the center. With the help of Todd Ouellette, facilities manager at the Cohen Community Center, Jurgen and Todd were able to ground and press all eight bushels – making almost 20 gallons of apple cider, which was enjoyed by congregate diners at the Cohen Community Center.

It truly takes the work of staff, consumers, donors, and kitchen volunteers to make the most out of the generous donations received. This type of teamwork is only possible when everyone in the community works together and we could not serve the needs of as many older and disabled adults possible without this type of collaboration.

17th Annual Golf Fore a Cause

The 17th Annual Golf Fore a Cause raised money for Spectrum Generations Meals on Wheels waitlist. This year, 15 teams joined staff and volunteers for an exceptional day on the links, held at the Brunswick Golf Club.

Congratulations to the 2019 tournament winners!

1st place (Gross)
Labun's Flooring

1st place (Net)
Royale Construction

Team Spirit Award
Dana Lawrence Tree Service

Longest Drive (female)
Claire Jackson

Longest Drive (male)
Elijah Arnold

Join us June 26, 2020 for the 18th Annual Golf Fore a Cause Tournament

Healthy Living for ME

"I loved this Matter of Balance class. I would take it again for sure! This class has given me my confidence back and I am exercising more than I have in a long time. I have lost weight and am eating healthy foods. I think this class has changed me a lot...for the better."
- Butler School class participant

Healthy Living for ME (HL4ME) held A Matter of Balance: Managing Concerns About Falls (AMOB) at Butler School Apartments in Portland this fall. The eight-session program is delivered twice a week and is designed to help participants reduce their fear of falling, change their environment to reduce falls risks, and increase activity levels. Our HL4ME team provided a balance screening, utilizing BTrackS™ (a portable Force Plate that measures balance deficits and fall risks), to participants before and after the program's completion.

During the balance screening, a computer measures the participants sway and movement over the course of three, thirty-second intervals. At the end of the screening, the participant is given a score based on their gender and age and put into one of three categories: low, medium, or high risk.

Our AMOB participants showed a significant falls-risk decline on average by participating in our evidence-based falls prevention programs. Similar studies are also being conducted with our Tai Chi for Health and Balance program.

The power of Tai Ji Quan: Moving for Better Balance

Spectrum Generations' Tai Ji Quan instructors Theresa Gogan (back) and Connie Breger (front)

Spectrum Generations partnered with Maine-Dartmouth Family Medicine Residency on an innovative pilot study in order to provide evidence-based interventions for a growing number of vulnerable older adults at risk for functional decline. Older adults with functional limitations experience disproportionately high health care costs and increased morbidity and mortality. Cognitive impairment, depression, and mobility loss are three common, often co-occurring conditions contributing to functional decline and loss of independence among older adults.

Spectrum Generations is the first organization in the nation to provide Tai Ji Quan: Moving for Better Balance (TJQMBB) in conjunction with home-based behavior activation (BA). The concept behind the project is that a person's functional status is directly supported by their cognition, mood, and mobility. TJQMBB is proven to slow the decline in cognition and mobility, and BA is known to improve a person's mood. By tackling all three supporting factors, a person is more likely to experience improvements in their functional status and quality of life.

There are only three people in the state of Maine who are trained to facilitate Tai Ji Quan, Spectrum Generations' employees (L to R) Jennifer Fortin, Theresa Gogan, and Connie Breger.

Healthy Living for ME

If you would like to learn more or register for one of our classes, please contact HL4ME at 1-800-620-6036 or email us at info@helathylivingforme.org. You can also see our list of comprehensive statewide offerings by visiting healthylivingforme.org.

bridges HOME SERVICES
a division of Spectrum Generations

ADULT DAY AND COMMUNITY SUPPORT SERVICES

Mid-State Foundation grant awarded

In the last edition of Wicked Aging, we were proud to show how Spectrum Generations supports community-based recreation that helps older and disabled adults get out into the community, stay active, and have fun by attending boxing classes at O'Leary's Fitness in Waterville.

We are happy to announce that our Bridges Adult Day and Community Support Services program has been awarded a $2,500 grant from the Mid-State Foundation to continue our partnership with O'Leary's Fitness. With the funds awarded, 10 Adult Day consumers will be able to attend gym classes once a week for an entire year.

Nichole, who recently attended her first class at O'Leary's, is already eager to come back. "I really enjoy coming here," says Nichole, "it helps me burn off any extra energy I have, and best of all I get to be with my friends. I am sure that as long as the classes are offered, I will be back."

Michael O'Leary, the owner of the gym, is an avid advocate for individuals with disabilities and says, "Fitness centers should be working with organizations to support individuals with disabilities. The positive effect I see on their physical health and social engagement is amazing and I support it 100%."

Attending boxing classes is just one activity that Adult Day participants enjoy. Depending on the center, activities for consumers include outings to the Redington-Fairview General Hospital in Skowhegan to swim, a public library, college museums, and school events at Mount Merici Academy in Waterville.

If you are interested in learning more about Bridges Adult Day and Community Support Services, please contact Christie Quincey at 207.620.4917 for more information.

Midcoast Tree Festival

Thank you to all those who participated in the inaugural Midcoast Tree Festival in Brunswick. Proceeds from this event supported All Saints Parish (St. John's School), Spectrum Generations' Meals on Wheels, and the Southern Midcoast Maine Chamber

Wreath Benefactors

All Saints Parish * Big Brothers Big Sisters of Bath/Brunswick * Bowdoinham Public Library
Brunswick Area Teen Center * Brunswick Downtown Association * Harpswell Radio Project
People Plus * Sexual Assault Support Services of Midcoast Maine * Spectrum Generations
Spindleworks of Independence Association * St. John's Catholic School * Sweetser

Tree Benefactors

Amtrak Downeaster
Avita of Brunswick/Sunnybrook
Bar Harbor Bank & Trust
Bath Savings Institution
Bolos, Portland Pie & Kamasouptra
Brunswick Business Center/All Saints Parish
Building Blocks Childcare Center
Coastal Maine Botanical Gardens
Crooker Construction
Dead River Company
Destinations to Travel
FIORE Artisan Olive Oils & Vinegars
Knickerbocker Group
Mainely Chiropractic
Maine State Music Theater
Management Accounting
Mechanical Services
Mechanics Savings Bank
Midcoast Federal Credit Union
Midcoast Orthodontics
Millstone Apartments
One River CPAs
Ouellet Construction
Owen Haskell
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Two great events, one great cause!

Join us in 2020

Spectrum Generations has two major fundraising events that you won't want to miss. Enjoy an afternoon playing 18 holes of golf, feast on a homestyle BBQ, and listen to live music at our golf tournament, or spend an evening experiencing the culinary delights from well-known chefs using local ingredients and following Meals on Wheels guidelines. All of Spectrum Generations' fundraisers support our programs, services, and help address our Meals on Wheels waitlist.

18th Annual Golf Fore A Cause
June 26, 2020
Brunswick Golf Club

8th Annual Celebrity Chef Challenge

Join us next year for the
8th Annual Celebrity Chef Challenge
on Monday, August 17, 2020.

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