

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

spectrum generations

A Community Report of Spectrum Generations

*The Central Maine Area
Agency on Aging*

*The Aging and Disability
Resource Center*

Fiscal Year 2012

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Spectrum Generations Celebrates 40 Years of Helping

For 40 years Spectrum Generations has been serving older and disabled adults across central Maine, from individual homes to government offices and the halls of the State legislature always seeking ways to better serve and advocate on their behalf.

- 1965** Older Americans Act passed by Congress.
- 1972** Five Area Agencies on Aging designated by Governor. We began as Central Senior Citizens' Association offering transportation and congregate meals.
- 1979** The Muskie Center in Waterville was developed with an emphasis on Adult Day Care.
- 1981** Advocacy efforts on the part of the Aging Network and 1,000 older adults resulted in support for Home Based Care and later the Medicaid Waiver Program.
- 1982** Our name was changed to Central Maine Area Agency on Aging to reflect the increased visibility of Area Agencies both nationally and statewide.
- 1987** Strategic Planning efforts resulted in a decentralized model and center development.
- 1987** Muriel Scott becomes Executive Director of Central Maine Area Agency on Aging.
- 1988** We changed our name to Senior Spectrum.
- 1989** Construction begins on our new Waldo Center in Belfast.
- 1995** Major policy shift of dollars from Nursing Home Care to Home Based Care. Senior Spectrum's role as Home Based Care provider ended.
- 1996** Won bid on DHS Assessment project – ultimately resulted in being asked to do this statewide.
- 1996** William S. Cohen Center opened in Hallowell.
- 1997** Began Senior Connections d/b/a Bridges, offering services for a fee.
- 1998** Assessment Project ends. Benefactor's generous gift assists in the purchase of One Weston Court as permanent site for the home office.
- 1999** Launched Maine's most prestigious senior show – The Mature Lifestyle EXPO.
- 2000** Developed Housing Referrals of Maine under Spectrum Housing.
- 2001** Development of the federally mandated Family Caregiver Support Program.
- 2003** Bridges merges with Senior Spectrum.
- 2006** The Muskie Center building is donated to the organization.
- 2007** The Knox Community Center in Rockland was purchased.
- 2007** Identified by the Federal Government as an Aging and Disability Resource Center (ADRC).
- 2008** The Coastal Community Center in Damariscotta was purchased.
- 2008** Changed our name to Spectrum Generations to reflect our work with adults of all ages.
- 2010** The Southern Midcoast Community Center was opened in Topsham.
- 2011** Gerard Queally is named our new President and CEO.
- 2011** Our growing involvement with the medical community helps insure their patients a smooth and safe transition from hospital to home.
- 2012** We Sustain Maine, our award winning senior nutrition program using local food products from Maine farms, completed its kitchen upgrades insuring we had the storage and equipment to offer healthier meals year round.

Without your concern, support, and active participation, none of this would have been possible. We thank our valued staff, dedicated volunteers, generous donors, and community partners for our many successes.

TTY 1.800.464.7857



Older and Disabled Adults



When you are young you envision yourself living in your home until the last possible second, surrounded by family and loved ones until the last possible second, making your own choices until the last possible second. Unfortunately, when reality comes into play, that outcome does not happen for everyone. In fact, it happens for too few. The purpose of Spectrum

Generations is to make that reality more possible for central Maine's seniors and disabled adults. That is why we exist. And influencing how to make that reality more likely is what makes this work so important and rewarding.

Fiscal Year '12 was an incredible year at Spectrum Generations. We served more meals, provided more information and referrals to consumers, began counseling seniors and the disabled on options for aging in place, assisted more caregivers, and enrolled more people into Medicare Part D than ever before. Our fee for service programs and services hit high water marks in revenue and quality and We Sustain Maine, our innovative nutrition program, was a resounding success with Maine farmers, funders, and most importantly those we help feed. But that is only part of this past year's story.

The swell of baby boomers is bringing more and more people to our door seeking our help and that wave is only going to get bigger in future years. We realized we needed to have a plan to adequately deal with this emerging volume of need. This past year we also spent a considerable amount of time planning the next four years. We held focus groups, met with community partners, commissioned surveys, and analyzed reams of data. But most importantly, we just listened to the wonderful regular people who visit our seven community centers each day. We asked them to tell us how we can help them realize their dreams of aging in place. And tell us they did.

We took much of their advice and guidance and developed a strategic roadmap to guide our operations up through Fiscal Year '16. This roadmap incorporates a detail review of all our operations and identifies specific goals and objectives that will help ensure we sustain and adapt our current programs and grow new services where emerging opportunities are presenting themselves such as in community healthcare wellness and prevention.

But every goal and objective can trace its origin to one specific question:

What systems of support does the aging and disabled population, and central Maine community as a whole, need to enable persons to age in place with both freedom of choice and the dignity of life? The answer to this question is Spectrum Generations' focus; it is why we exist.

Thank you for sharing this vision and passion with Spectrum Generations. We could not do it without your help and support.

A handwritten signature in black ink that reads "Gerard Queally". The signature is fluid and cursive.

Gerard Queally
President/CEO
Spectrum Generations

www.spectrumgenerations.org

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The Many Options for Aging in Place

When physical or mental disabilities arise that present obstacles to older and disabled adults staying at home, Spectrum Generations offers an array of options for aging in place. A lot of seniors are either unaware of these options, or won't ask for help because they're afraid that somehow they'll end up in a nursing home. The following options are among many available through Spectrum Generations.

The Adult DayBreak Program is an affordable and quality program that serves adults aged 60 and over, and disabled adults age 19 and over, in a safe social environment at its Hallowell, Waterville, Skowhegan and Belfast community centers. Daybreak focuses on buffering family caregivers from daytime safety worries about their loved ones – a home away from home.

The Family Caregiver Program offers support to caregivers in the community on how to better care for themselves, as well as their loved ones. Caregiving can be a lonely, challenging road. Support may come in the form of new ideas on how to manage care, links to community resources, support groups, classes, or funds to cover a brief respite from caregiving for qualified applicants. For caregivers unable to attend classes or support groups, the Caregivers Care Line, a chat line staffed by experienced caregivers, can be accessed through a Family Caregiver Support Specialist.

"Before your program, my mother had nothing to talk about when I got home from work. Now she talks about what she did all day. This is the mother that I once knew."

~ Caregiver of Adult DayBreak participant, Waldo County

Bridges Home Care is a state-registered home care agency offering non-clinical care in three ways: home care, product sales and geriatric care management.

Certified personal support specialists provide personalized care in the home with assistance in bathing, dressing, toileting, mobility, dementia cueing, meal preparation, housekeeping, grocery shopping, errands, transportation, pet care and more. Home care fees are covered for MaineCare recipients and veterans qualified by the VA's Togus branch, plus many long term care insurance policies also cover the cost of home care. For those who are not covered by these options, private pay rates are available.

Bridges also offers LifeAid products that help ensure safety in the home. A Medical Alert System provides consumers the peace of mind of knowing that help is on the way with the press of a button. The Medication Station is a medication dispenser unit that signals when it's time to take a medication. Both of these services are well worth the monthly fee to know your loved one is safe.

Geriatric Care Management is a little known service that can provide a world of change to a person seeking assistance and to caregivers living near or far away. A geriatric care manager assesses the home environment and the cognitive and physical capabilities of the person seeking assistance and works up a plan of action based on the consumer's goals. If circumstances warrant, care managers will liaison with family members to coordinate needed services for their loved one.

Geriatric Care Managers also conduct home safety inspections that might include recommendations for installing grab bars, replacing kitchen and bathroom electrical outlets, or moving furniture to enable a safe, speedy exit in case of emergency.

These are just a few of the options available for quality, flexible care at home – when home is where you want to be.

TTY 1.800.464.7857



What Is Spectrum Generations?

As the Central Maine Area Agency on Aging (CMAAA), plus Aging and Disability Resource Center (ADRC) we are the experts in community services and resources for the aging, the disabled, and caregivers. We are here to help all generations of adults and their families – someone to turn to who will care, who will listen, who will help – specialists in the services and resources that help individuals remain at home to live a complete and healthy life.

Our services match the need of those needing a helping hand and we give a voice to individuals expressing their specific needs in order to provide them with dignity as they age in place. These services include adult day care, Bridges Help at Home, community case management, consumer information services, options counseling, family caregiver support and respite, as well as nutrition services such as Meals on Wheels and community dining at our seven community centers. Our centers also offer lifelong learning, fitness classes, socialization and opportunities for community engagement. Spectrum Generations is your go-to advisor for aging adults and their families as they consider their future needs. Some of these services are free, and some can be purchased.

“Words cannot express enough my gratitude for all I received from you and the agency over the past few years”

~ Retiree, Somerset County

Spectrum also offers health education and prevention workshops to inform and motivate adults to live healthier lives. Three workshops currently available are A Matter of Balance: Managing Concerns About Falling, Living Well for Better Health, and Chronic Pain Workshop.

Community outreach information programs work to extend Spectrum Generations reach beyond the one-on-one individual consultations with people needing help. Businesses and seniors groups may request presentations on subjects such as possible regulatory changes and available Spectrum Generations services.

Simply put, Spectrum Generations offers a wide array of opportunities useful in navigating services that can help people age in place – in their homes where they want to be – offering answers that can help with the challenges they are having either as a caregiver or as an aging or disabled person.

Our Consumer Information Help Line is just a phone call away – 1-800-639-1553.

People Impact

We prepared and delivered 200,524 Meals on Wheels to 1,640 homebound seniors and disabled adults.

We answered 2,093 requests for much needed assistance and support with the challenges of dementia and disabilities

70,511 community dining meals were served.

Our professionally trained staff responded to 11,675 requests for help with Medicare, insurance, prescription drugs, reverse mortgages, money management and other topics of importance.

101,658 hours of personal care delivered at home.

Economic Impact

We reinvested \$6,672,500 into six counties in central Maine.

We expended \$2,522,500 with Maine businesses.

We coordinated a volunteer labor force of over 768 men and women who generously donated 42,220 hours of service at a value determined by the IRS of \$919,974

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FY12 Treasurer's Report

Spectrum Generations proudly ends FY12 financially strong and stable as we celebrate our 40th anniversary. Our revenues will cross the \$7 million mark, more than 14% above our last fiscal year. Quite an accomplishment in these challenging times!

Although the demand for our services continues to grow as Maine's population ages, Spectrum Generation's federal and state funding for core services remains flat and only comprises 35% of Spectrum's total revenues. Spectrum Generation's financial strengths lie within its diversification and fee-for-service initiatives.

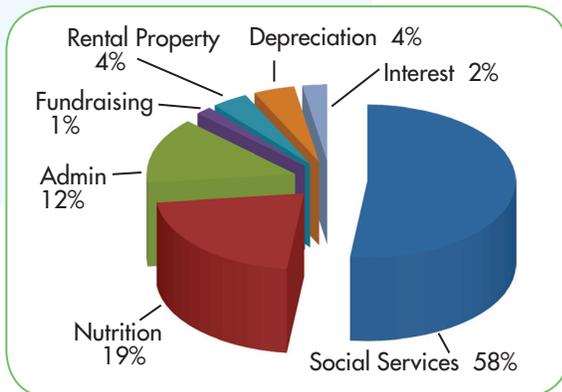
The most successful fee-for-service program in the Spectrum Generations portfolio is Bridges Help at Home. This program did incredibly well in FY12 with a 55% increase over the prior year. Bringing in almost \$1.9 million of revenue and having a year-end profit close to \$300,000, Bridges' FY12 success greatly contributed to Spectrum Generation's financial health.

Spectrum Generations' Catering program increased its revenues by 35% in FY12 by adding a "Deli to Your Door" component that brought Cohen on the Meadows Catering to area businesses. The Community Case Management program, which provides services to those living with intellectual disabilities, continues to thrive and increased revenues by \$18,500. Spectrum Generation's Adult DayBreak program cut their FY12 expenses by more than \$68,000 to also contribute to Spectrum Generation's bottom line.

In FY12 Spectrum Generations embarked on the new Nutrition program, "We Sustain Maine". We successfully raised over \$325,000 in grants and donations in FY12 allowing us to install new freezers and completely renovate the kitchens at Cohen and Muskie centers. This groundbreaking approach to senior nutrition puts Spectrum Generations on the national map, as well as puts the topics of nutrition and senior hunger in the forefront of philanthropic foundations and donors.

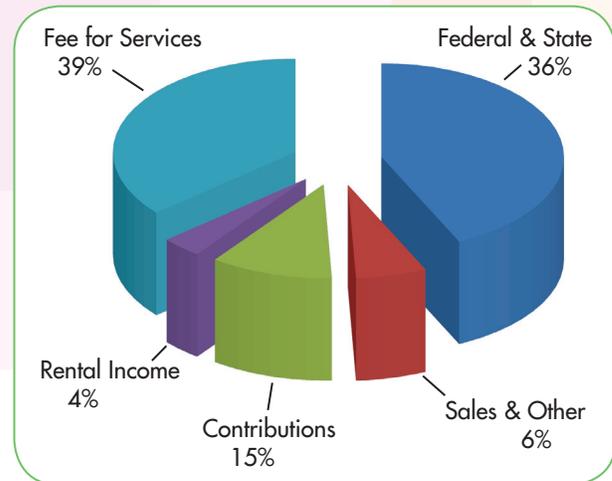
The Spectrum Generations' Endowment fund recognized an almost \$100,000 gain in FY12 – much better than the \$10,400 loss in FY11! With this Endowment fund increase, Spectrum Generations ended the fiscal year with a financial surplus of over \$400,000. This is a fantastic way to begin another decade of serving Maine's seniors and those with disabilities. Here's to an equally successful FY13!

EXPENSES



Social Services	3,895,683
Nutrition	1,251,200
Admin	821,087
Depreciation	275,000
Rental Property	238,800
Interest	137,880
Fundraising	73,600
	<hr/>
	6,693,250

REVENUES



Federal & State	\$2,569,785
Fee for Services	2,724,600
Contributions	1,096,600
Sales & Other	454,675
Rental Income	305,000
	<hr/>
	7,150,660

Unaudited data

TTY 1.800.464.7857



We Sustain Maine

We Sustain Maine

the Senior
Nutrition Program of
Spectrum Generations

Beneficiaries of We Sustain Maine

This year, We Sustain Maine, our award winning initiative to radically improve our senior nutrition program and end senior hunger in central Maine was successfully launched and implemented. At the heart of our mission of improving the health of disadvantaged seniors and disabled adults, we began improving the taste and nutritional value of all our meals by using fresh Maine-grown food products purchased from local farms.

With a \$50,000 "Vision Grant" awarded by the Meals on Wheels Association of America/Wal Mart Foundation and a lead gift from philanthropist Elsie Viles, we updated the infrastructure of our commercial kitchens in Waterville and Hallowell to maximize seasonal purchasing efficiencies and, this year alone, incorporated 23% Maine food into our meals.

We Sustain Maine has proven to be a win-win program that touches many.

"The Meals on Wheels program is heaven sent. My father-in-law lived alone and needed assistance. The staff and volunteers were wonderful with him. They even looked out for him if they felt he was in a dangerous situation"

~ Family of Meals on Wheels recipient, Sagadahoc County

Spectrum Generations Board of Directors

By Dick Colburn, Board Chair

I'm sure you all know that the staff of Spectrum Generations, the Central Maine Area Agency on Aging works for the President & CEO, Gerry Queally, but do you know who he works for? Well, it's us, the Board of Directors!

The Board comprises 15 individual volunteers who come from lots of different personal backgrounds, representing the six counties in central Maine. Frequently, new Board members are people who learn about Spectrum and offer to serve, while others are recruited to provide

Maine's seniors and disabled adults receive healthy meals prepared and packaged in our own kitchens Maine's farmers benefit from a high-volume, reliable customer for their product.

Maine's environment is less stressed with long distance, out-of-state trucking and shipping.

Maine's economy benefits from local dollars directly reinvested into local economies.

Maine's reputation as a regional and national leader in sustainable agriculture and food security is enhanced.

Spectrum Generations would like to thank all our community partners for their support in this innovative program. Meals on Wheels Association of America/Wal Mart Foundation, Elsie Viles, the Waterville Rotary Club, Central Maine Motors, Inc., Toyota Dealer Match Program, Coca Cola of Southern Maine, Jane's Trust, the Sewall Foundation, Stephen and Tabitha King Foundation, Maine Community Foundation, and all the concerned individuals who sent in donations from \$2.00 to \$10,000. We could not have done this without you – our consumers are healthier because of you!

special insights to the Board, such as financial and legal experience.

At the highest level, the Board defines and approves Spectrum's mission, strategic plan and annual budget. Meetings are held every other month to discuss the operational and financial conditions of the organization and to respond to requests for advice and guidance. Board members also participate in standing committees that focus on broad Spectrum functions such as finance, programs and human resources.

Board members are considered to be Spectrum ambassadors to the community. Is there someone you would like to recommend for a Spectrum Board position?

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Thanks for your support!

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Mr. and Mrs. Larry Walters
Ms. Julie Waltz
Waterville Elks Lodge 905
Waterville Rotary Club
Waterville Women's Club
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Mr. Ronald Webber
Mr. Arthur Wells
Mr. and Mrs. Michael Westcott
Mr. Ernest White, Jr
Whitefield Lions Club
Mr. Herbert Whittier
Ms. Dorothy Wilbur
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