



spectrum generations



A Community Report of Spectrum Generations, The Central Maine Area Agency on Aging. FY08

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



spectrum

Our past year's accomplishments have been many....

We saw major developments on three of our community centers...

Last year was a seminal year for us that saw major changes in three of our community centers. We purchased the building in October of 2007 that houses our **Coastal Community Center** in Damariscotta, where we have been located for the past eight years. Plans are now being prepared for a renovation and upgrading of the facility so that the needs of the coastal community can be better met.

The **Cohen Community Center** in Hallowell attracts thousands of citizens from surrounding communities annually. Its success in meeting the needs of this growing and diverse adult population has resulted in the center outgrowing its space for the many programs and activities held at the facility. A combined \$200,000 Rural Development loan and a \$100,000 capital campaign are allowing us to increase space at the center, furnish the expanded areas, and replace the floor of the center's kitchen.

A \$350,000 Community Development Block Grant through support from the City of Waterville and a **\$12,592 gift from Dr. William Gerencer** is allowing a renovation of the **Muskie Community Center** in Waterville. Plans for work at the center, which was once an elementary school gymnasium, call for a complete remodeling of the bathroom facilities, installing automatic entrance

doors, upgrading the Adult Day Program rooms as well as putting in a safe, dedicated entrance for consumers in this program, and upgrading mechanical, electrical, and fire safety systems. These changes will allow us to enhance future services for residents of surrounding communities.

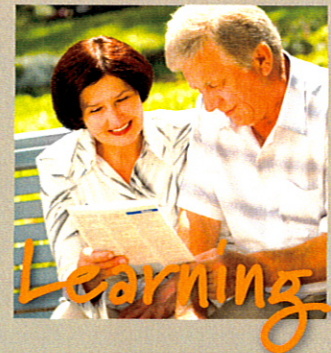
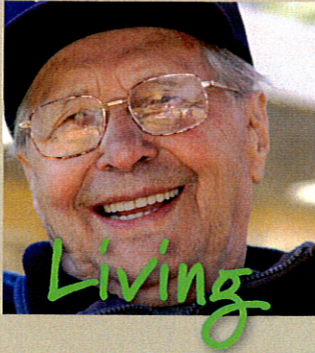
Our community centers are the heart of many of the operations of our agency. We are very pleased with the important improvements in these three facilities that have been put in place in the past year and are in progress at the present time.

New programming included the expansion of Money Management and the inauguration of the Isolated Seniors program...

There were also some major steps forward in our programming and services for adults and their families. Our fledgling Money Management program that was started in Brunswick with small grants from AARP and the State of Maine was increased to our entire six-county service area thanks to a \$50,000 grant from the Stephen and Tabitha King Foundation.

Last year also saw the inauguration of an exciting new program in Somerset County, the Isolated Seniors Program. Through grants from the JTG Foundation, the United Way of Mid-Maine, and the Plum Creek Foundation, we were able to hire

Generation



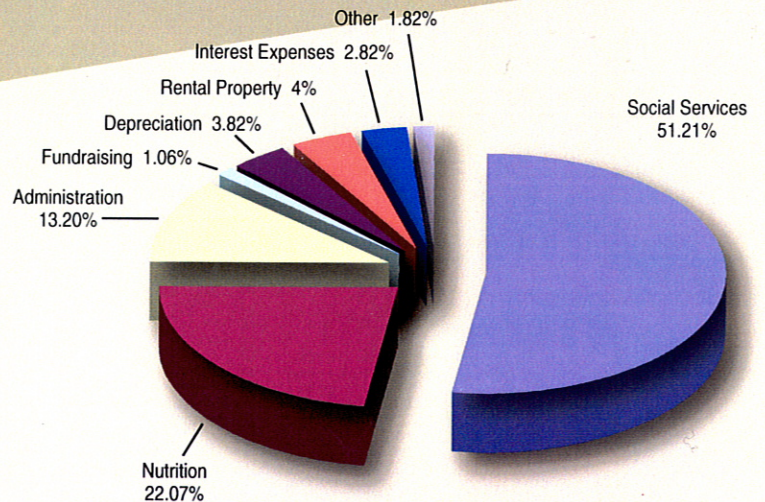
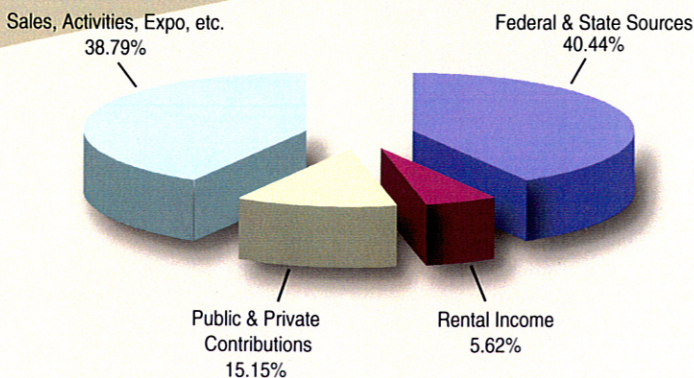
a staff person to work with communities throughout the county to identify and assist isolated seniors with a variety of programs to improve their quality of life and well-being.

Reverse mortgage counseling has grown...

At the same time we have also had some of our staff certified as Housing Counselors and expanded our Reverse Mortgage program, instituted a new Community Case Management service, and refocused our annual *Lifestyle Expo* as an interactive exposition with special events targeting people in their 40s and 50s. Additionally, we have integrated numerous programs under our Community Services umbrella with a noticeable increase in referrals and have initiated a concerted effort to increase our impact in underserved communities.

Expenses:	7,559,847.67	100%
Social Services	3,871,668.61	51.21%
Nutrition	1,668,403.56	22.07%
Administration	997,712.60	13.20%
Fundraising	80,051.31	1.06%
Depreciation	288,696.14	3.82%
Rental Property	302,196.32	4.00%
Interest Expense	213,124.56	2.82%
Other	138,030.57	1.82%

Revenue:	7,851,462.58	100%
Federal & State Sources	3,174,770.10	40.44%
Income Rental	441,303.03	5.62%
Contributions Public & Private	1,189,906.12	15.15%
Expo, Sales Activities	3,045,483.33	38.79%



15 Month Budget Preliminary Figures

and our future looks bright...

Changing a mindset, engaging in life and living...

An Annual Report by definition conveys an accounting of the past year's accomplishments, but also, we believe, should convey our plans for the future of the agency.

As we consider the future of Spectrum Generations we envision an agency that will be in the forefront in Maine in promoting wellness and an active aging lifestyle among our adult population. Maine statistics show that lack of physical activity, poor nutrition, and the use of tobacco are the leading causes of major chronic diseases, and thus major medical expenses, among our adult population. Spectrum Generations, in collaboration with other agencies, is in the process of designing evidence-based wellness programs and skill sets that will encourage individuals to commit to a sustainable lifestyle that encourages responsibility and self-management, and providing the impetus necessary to make behavioral changes directed at improving overall health and well-being.

Spectrum Generations emphasizes environmentally sound practices at all of our facilities. As we plan for capital projects at our community centers we make every effort to address environmental concerns and reduce our carbon footprint. In fact, as we proceed with the renovation plans at our Coastal Community Center, we are designing a facility that will be the "greenest" of all our buildings.

Spectrum Generations also is in the process of designing programs to allow adults of all ages to expand their horizons and enhance their lives, to embark on life-long learning opportunities, to cultivate adventure through a variety of initiatives, and of course, to improve personal health and well-being through our comprehensive wellness programs. All of these endeavors will be channeled through our vibrant and cutting-edge community centers located throughout our six-county service area.

In light of today's economic situation, we would like to assure you that the Board of Directors and staff are fiscally responsible and are doing everything possible to reduce expenses. We have used technology to significantly reduce our heating expenses at both the home office and our community centers and have implemented procedures to ensure that all expenditures are absolutely necessary for the efficient operation of the organization.

There will be many challenges for us in the future. To take one example, our Meals-On-Wheels program is faced with rapid cost increases in the food market and volatile fuel prices. We need to find more creative ways to sustain this most important program.

All in all, however, we feel confident in the future of Spectrum Generations. For over 36 years we have been assisting our adult population to live vibrant and independent lives, a mission we will continue in the years to come with constantly evolving programs and services.

Jonathan Huntington *Board Chair*
Muriel Scott *President/CEO*



FY08 GRANTS

Community Development Block Grant (City of Waterville),
Stephen & Tabitha King Foundation, JTG Foundation,
Bank of America Foundation, Maine Health Access Foundation,
Plum Creek Foundation, Bingham Program, Agnes M. Lindsay Trust

UNITED WAY ALLOCATIONS

United Way of Mid-Maine, United Way of Kennebec Valley, United Way of Mid-Coast

Thanks for your support

\$10,000 and Above

Mr. & Mrs. Doug Sukeforth
Mr. Marvin Berger

\$5,000 - \$9,999

Messrs. Roger, Frank, & Norman Pomerleau
Mr. & Mrs. Paul Anderson

\$1,000 - \$4,999

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Mrs. Phyllis Hartzler
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St. Mary's Center for Joint Replacement
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Mr. & Mrs. Albert Hague
Ms. Eleanor Webb
Mr. Robert Wilder
Mr. Herbert Birch
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Gardiner Savings Bank Of Maine
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Mister Market
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Mr. & Mrs. Richard Colburn
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Ms. Jean Murphy
Mr. & Mrs. Roger Pomerleau
Port Credit Union

\$250 - \$499

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Ms. Carolyn Bebee
EZ to Use Big Book
G&E Roofing Co.
Kennebec Valley Community College
Ms. Fran Wadleigh

Wiscasset Savings Bank of Maine

\$100 - \$250

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Zimba Corporation
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Edgecomb Thrift Shop
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Ms. Arlene Pomeroy
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Mr. & Mrs. Gary Burns
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Mr. C. Vernon Ziegler

Up to \$100

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Mr. Robert Murphy
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Acme Rebekah Lodge
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