

The Community Report  
of Senior Spectrum,  
The Central Maine  
Area Agency on Aging.



**Mission**

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

**FY07  
Board of Directors**

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SENIOR  
**Spectrum**  
Your path to living well

## A Joint Message from the Chair, Board of Directors and President, CEO

As Senior Spectrum celebrates its 35th anniversary it is embarking on an exciting path for the next 35 years and beyond. Our core mission of serving older adults and their families remains the same. However, times and people are changing. The growing population of healthy active young-old adults constitutes a new generation. This generation is finding opportunities for rich life experiences that outweigh the challenges of decline that are normally associated with advancing years.

Not content with sedentary activities and rejecting a “stay-at-home” attitude, these active agers seek physical and intellectual challenges; pursue personally rewarding activities; enjoy the company of like-minded folks; take pleasure in cross generational activities; embrace new learning experiences; and pursue cultural interests.

Senior Spectrum is committed to providing an environment of renewal potential and support that will create **vital connections, extraordinary experiences, and exciting possibilities** for Central Maine citizens.

Our accomplishments for the past year have been many. We have created **Spectrum Link**, an Aging and Disability Resource Center, that assists consumers in making connections.

Our new **Bridges to Home** service provides a safe, caring transition to and from home for those planning a day surgery or medical procedural exam when family and friends are not available for transportation and other concerns.



The prevention of financial exploitation and assistance with financial concerns is the focus of our new **Money Management Program**. This service ensures peace of mind and independence to many who struggle with

banking and bill paying issues.

**Chronic Disease Self-Management**, a new and important direction for improving the quality of one’s life, is now being offered at our community centers.

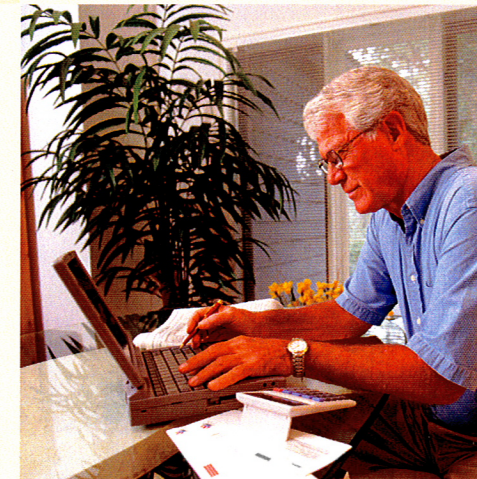
This program is part of the overall wellness focus that was identified as a core need by our recent strategic planning initiative. Additionally, we have increased trainings in the **Matter of Balance Program** so that this

important initiative can be offered at more venues and more often.

We moved our Brunswick office to the PeoplePlus site. This is a significant step allowing two similar agencies to partner and better serve Brunswick/Bath consumers and their families.

Our web site has been improved and expanded to meet the informational needs of consumers throughout our six-county service area.

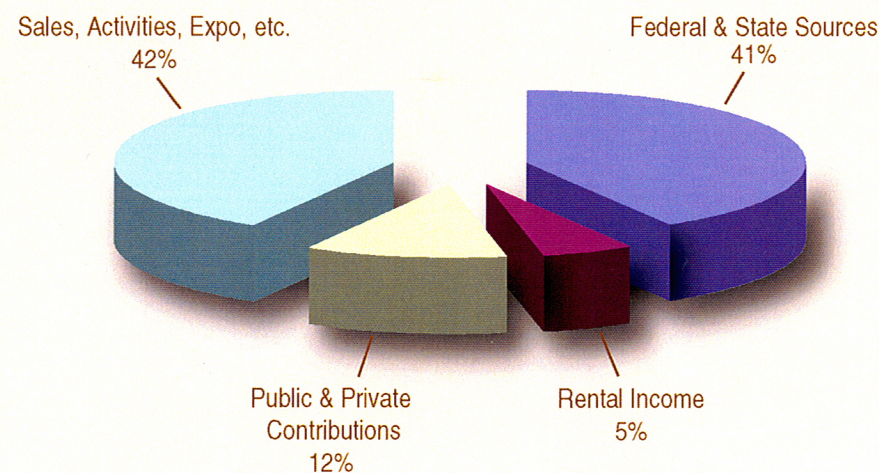
All in all, this past year has been one of innovation and new initiatives as well as the continuation of the signature programs and services that have made this agency a vital part of the aging community: Meals on Wheels, Adult DayBreak, Wellness Programs, Bridges Home Health Care, Family Caregiver Support, and our staff of Information and Outreach Specialists.



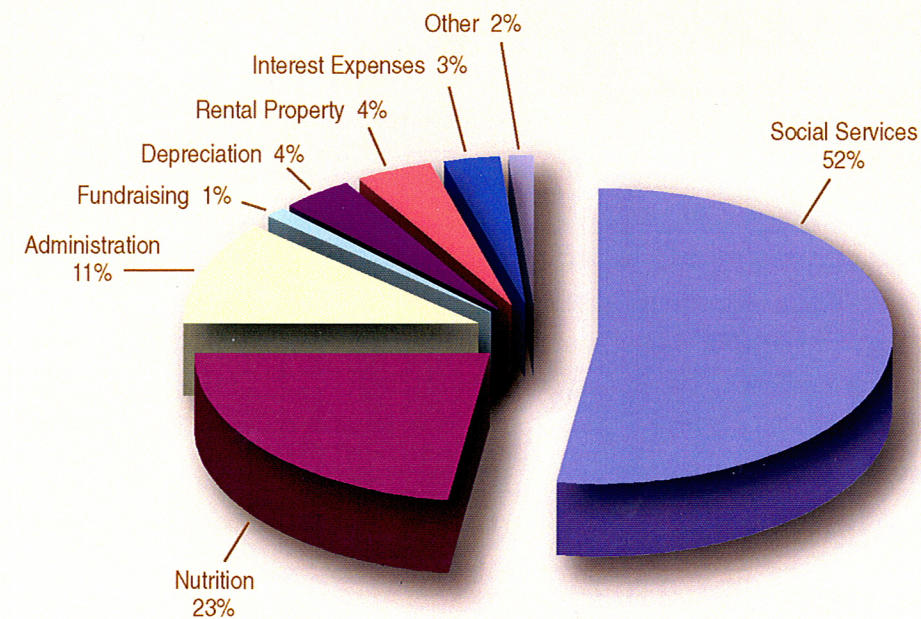
“Thanks so much for all your help. You are the first people who have given me hope in facing my problems.”

### Financial Overview

REVENUES	100.00%	\$ 5,380,766
Federal & state sources	41.37%	\$ 2,226,199
Public & private contributions	11.59%	\$ 623,746
Sales, activities, Expo, misc.	41.79%	\$ 2,248,391
Rental income	5.25%	\$ 282,430
EXPENSES	100.00%	\$ 5,545,993
Social services	52.32%	\$ 2,901,458
Nutrition	22.68%	\$ 1,257,648
Administration	11.30%	\$ 626,924
Fundraising	1.12%	\$ 62,133
Depreciation & amortization	4.06%	\$ 225,164
Rental property	4.02%	\$ 222,930
Interest expense	3.00%	\$ 166,257
Non-recurring item	1.50%	\$ 83,479



FY2007 Revenue



FY2007 Expenses

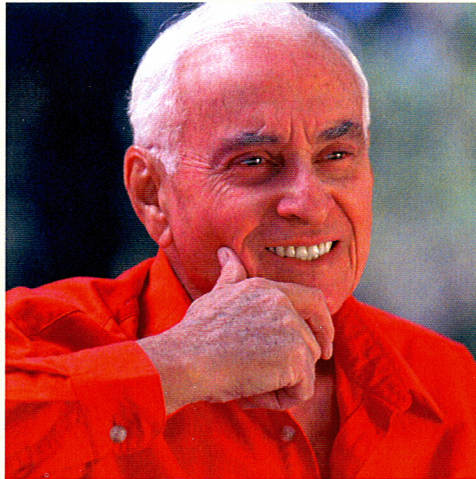


*Sam Birch*  
Herbert “Sam” Birch  
Chair, Board of Directors

*Muriel Scott*

Muriel Scott  
President, CEO

“As you enter a center you realize that doors to many opportunities are opening...for service, for fellowship, for assistance, and for...new adventures in art, exercise, and writing. Opportunities to be excited about living in the NOW.”



### **Volunteer Corps**

The Senior Spectrum Volunteer Corps is the power that drives the success of our agency. For our past fiscal year 953 volunteers gifted a combined 45,584 hours serving the people in their communities and saving hundreds of thousands of dollars in wages.

This dedicated group of volunteers served as Meals on Wheels drivers, assisted in our Adult DayBreak Program, supported Outreach efforts spent many hours instructing our consumers in various crafts, computer skills, and wellness programs; and willingly put in thousands of hours in a variety of tasks at our community centers.

Because of their dedication, their compassion, and their sense of purpose, our volunteers allow us to assist more adults and their families in leading vibrant and independent lives.

We thank each and every one of our volunteers for sharing their expertise, their selfless enthusiasm, their readiness to tackle any task, and most of all their compassion and understanding in working with our consumers. Thank You! You are our one of our most valuable assets.

[www.seniorspectrum.com](http://www.seniorspectrum.com)

**1-800-639-1553**

**(TTY) 1-800-464-8703**

### **Our Greatest Asset**

Senior Spectrum's seven community and resource centers, located throughout Central Maine, take advantage of the local flavor of each area and have become focal points in their communities. Through our centers we have promoted wellness, activities, trips, social dining, and life-long learning opportunities.

Our centers provide a place for renewal potential and support that will create vital connections, extraordinary experiences, and exciting possibilities for Central Maine citizens.

**Cohen Community Center**  
22 Town Farm Road  
Hallowell, ME 04347

**Knox Community Center**  
61 Park Street  
Rockland, ME 04841

**Coastal Community Center**  
521 Main Street  
Damariscotta, ME 04543

**Muskie Community Center**  
38 Gold Street  
Waterville, ME 04901

**Somerset Community Center**  
30 Leavitt Street  
Skowhegan, ME 04976

**Waldo Community Center**  
18 Merriam Road  
Belfast, ME 04915

**Brunswick Resource Center**  
6 Noble Street  
Brunswick, ME. 04011