



Co-located at People Plus  
35 Union Street, Suite 1  
Brunswick, ME 04011  
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[www.spectrumgenerations.org](http://www.spectrumgenerations.org)

Central Maine Area Agency on Aging  
Southern Midcoast Aging and Disability Resource Center

# Monthly Update

January 2024

All Spectrum Generations' locations will be closed on Monday, January 1, for New Year's Day, and Monday, January 15, for Dr. Martin Luther King Jr. Day.



## A Year in Review 2023

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. It is our honor to do this work, and we are pleased to share the following achievements for FY23. (Services were delivered between 10/1/22 – 9/30/23)

- In all, Spectrum Generations supported **10,271** people with an array of services this past year.
- **318,906 Meals on Wheels (MOW)**, meals were prepared and delivered to **2,133** people.
- **2,194** people attended social dining at our Cohen Community Center (Hallowell) and Muskie Community Center (Waterville) where **34,229** meals were prepared and served.
- Our **AniMeals** program provided **264** MOW recipients with **12,893** bags of pet food as part of their owners' regular MOW deliveries.
- **802** people received just under **5,000** USDA Supplemental Food Boxes distributed through our community centers to further combat food insecurity.
- Through our certified direct care staff, **Bridges Home Services** provided **131,733** hours of invaluable personal support including, but not limited to: daily tasks, gentle guidance, transportation, bed-bound patient care, and overnight care.

- **Bridges Adult Day and Community Support Services** provided **64,169** hours of support to **135** adults with memory diagnoses or intellectually and/or developmentally disabled adults.
- Spectrum Generations provided **27,588** hours of Targeted Case Management services to **337** people in need.
- We provided **614** people and their families with caregiver support services such as respite, education, training, and counseling.
- **5,682** people utilized our access services, which includes options counseling, assessment, information, and assistance.
- **Healthy Living for ME (HL4ME)** offered **100** workshops which included **66** in-person and **34** remote sessions, and provided **332** independent study health promotion kits to individuals and network partners.
- Throughout the year, a total of **1,490** people participated in classes that support positive health outcomes for Mainers.

These are just a few of the ways we help our communities, and 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!

## Lunch-and-Conversation

Recently, Gerard Queally, President & CEO of Spectrum Generations, co-hosted "Lunch-and-Conversation" sessions in partnership with People Plus in Brunswick, and at the Cohen Community Center (Hallowell) and Muskie Community Center (Waterville). The purpose of these community connections was to learn from our constituents what their biggest challenges and concerns are, what is working well in their community, and how we can best innovate our services to meet community needs over the next four years. Thank you so much to all who participated in one of the three sessions. Your input is very important to us!



Lunch-and-Conversation at People Plus Nov. 16.

## Care Partner Supports

COLD MAINE WINTERS A CONCERN?



Maine's winters bring in freezing weather, and losing electricity can turn our homes into an unsafe environment for our care recipients.

The purchase or repair of a generator is a covered service for those who qualify for the Respite for ME program in order to increase, maintain, or improve an individual's functional capabilities.

Respite for ME Grants, funded by the Maine Jobs and Recovery Plan, will allow non-paid caregivers to access respite care as well as other services not currently covered by existing programs. Eligible Caregivers may receive funds, in the form of a reimbursement, in order to access needed services.

Call Spectrum Generations at  
**1.800.639.1553**  
for more information.

## UPCOMING WORKSHOPS:

**Tai Chi – Spectrum Generations' Lincoln Center (Damariscotta)**  
Mondays and Wednesdays  
Starting 1/17 - 3/18/2024; 12:30 - 1:30 p.m.

**Bingocize® – Cohen Center (Hallowell) and Lincoln Center (Damariscotta)**  
Mondays and Wednesdays  
Starting 1/17 - 3/27/2024; 10 - 11 a.m.

**EnhanceFitness – Hermon Volunteer Rescue and Fire Aid Squad LLC, (Hermon)**  
Monday, Wednesday, and Friday  
Starting 1/3 - 6/7/2024; 10 - 11 a.m.

If you are interested in hosting a Healthy Living Program, check out our offerings on, [www.healthylivingforme.org](http://www.healthylivingforme.org). We would be happy to share the knowledge of these evidence-based programs with you. Be well.



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

Proud to partner with People Plus