

Co-located at People Plus 35 Union Street, Suite 1 Brunswick, ME 04011 729-0475

www.spectrumgenerations.org



Six Self-Management Tools for Relaxation and Stress Management. Start the New Year out right.

- 1. **Breath Focus.** Practice taking long, slow, deep breaths. (Belly breathing) Focus on your breathing and distract yourself from your negative thinking.
- 2. Body Scan. The "Relaxation Body" can be done in just a few minutes with deep breathing and focusing on each individual part of your body. Learn more about the "Relaxation Body Scan" and the next tool "Guided Imagery" in one of our Living Well workshops.
- **3. Guided Imagery.** A technique for allowing your mind to relax and focus on soothing scenes, places, or experiences that can help to reinforce a positive vision of yourself.
- 4. Mindfulness Meditation. Focus on your breathing and bring your mind's attention to the present moment preventing yourself from drifting to alternative thoughts of the past, future, or negative thoughts.
- 5. Tai Chi. This includes a series of postures or flowing movements and rhythmic breathing. It offers mental focus and a beneficial distraction from racing thoughts. Tai Chi also enhances your balance and flexibility. In our Tai Chi workshops, we offer modifications for those who struggle with health problems, pain, or disabling conditions.
- 6. Action Planning. When things seem to be overwhelming break things down into smaller more manageable steps. Our "Living Well" workshops help support you in learning how to create action plans for success as you accomplish your goals.

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

## Monthly Update

for New Year's Day, and Monday, January 15, for Dr. Martin Luther King Jr. Day.

All Spectrum Generations' locations will be closed on Monday, January 1,

A 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. 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



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

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!

## 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.

If you are interested in hosting a

www.healthylivingforme.org.

We would be happy to share the knowledge of these evidence-based

programs with you. Be well.

our offerings on,



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.



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