

spectrum
generations

1.800.639.1553
spectrumgenerations.org



FREE
**COOKING
MATTERS**
WORKSHOP

Join us starting on Tuesday, Jan. 16, from 11 a.m. - 1 p.m. for **Share Our Strength's — Cooking Matters for Adults** class, a **free** Nutrition Education series at Spectrum Generations' Waldo Community Center (18 Merriam Rd., Belfast).

Instructors Georgia Parker and Michaela LeVine, SNAP-Ed Nutrition Educators, will take you through this six-class series that includes hands-on learning where recipes are prepared and enjoyed in class. Groceries are provided to create the recipes at home. You will also receive a workbook with recipes included!



Spectrum Generations' Waldo Community Center,
18 Merriam Rd, Belfast

Class dates are: Jan. 16, Feb. 20, April 16, May 28, June 18, and July 9.
To register, visit the front desk receptionist at the Waldo Community Center or call **(207) 338-1190.**

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)

Spectrum Generations supported 10,271 people – our friends, family members, and neighbors throughout Central and Midcoast Maine communities and in some cases statewide.

An impressive **318,906 Meals on Wheels (MOW)**, meals were prepared and delivered to **2,133 people**, while **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** began over a decade ago when we learned that some Meals on Wheels recipients did not have enough money to feed their pets and were sharing home delivered meals with their furry companions. **264 MOW recipients received 12,893 bags of pet food** as part of their owners' regular Meals on Wheels deliveries.

And **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 through programs located at our community centers, in the community, or in the consumer's home. Spectrum Generations provided **27,588 hours of Targeted Case Management services to 337 people in need**. All Home and Community Based Services were provided by more than **200 Spectrum Generations and Bridges Home Services direct care workers!**

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 such as: A Matter of Balance, EnhanceFitness, Living Well for Better Health, Tai Chi for Health and Balance, and many other opportunities to 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!

Weather Closings & Delays

In the event of inclement weather, please call 1-800-639-1553 before heading to Spectrum Generations.

You can also watch or listen to:

TV channels 2, 5, 6, 8, or 13

FM radio stations 92.3, 93.5, 96.7, 97.1, 97.5, 98.5, 101.3, 102.5, 103.3, 104.3, 105.1, 107.9

AM radio station 1160





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

- Breath Focus.** Practice taking long, slow, deep breaths. (Belly breathing) Focus on your breathing and distract yourself from your negative thinking.
- 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.
- 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.
- 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.
- 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.
- 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.



CONGRATULATIONS to Ericka Melanson from our Cohen Community Center for winning the \$100 Visa Gift Card drawing as part of this year's United Way campaign efforts. Thank you so much to all who are participating in United Way giving in 2024 – **YOUR SUPPORT IS GREATLY APPRECIATED!**

Lunch-and-Conversation WE WANT TO HEAR FROM YOU!

Recently, Gerard Queally, President and 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!



Join us **Tuesday, Jan. 16, from 11 a.m. to 12:30 p.m., at the Muskie Community Center, 38 Gold Street, Waterville, for the next "Lunch-and-Conversation" session.**
For more information, call 207-873-4745.

Free Hearing Tests!

Thursday, January 18
11:30 a.m. - 3:30 p.m.

Muskie Community Center,
Waterville

Join us as we welcome **Always Listening Hearing Aid Center** at Spectrum Generations' Muskie Community Center in Waterville. Hearing Care Practitioner, Felicia Curtis, will be performing free hearing tests, ear wax checks, and basic cleaning of your hearing aids.

Pre-registration is required for your private appointment! To register, visit the Muskie Center front desk receptionist or call

(207) 873-4745.



Logging in West Forks, Maine A View from the 1950s

Wednesday, January 10
Noon to 1 p.m.

Join us at Spectrum Generations' Muskie Community Center on Wednesday, Jan. 10, for a journey to the forests of West Forks, Maine in the 1950s. See and hear how logging camp life was for workers in the 1950s. This free presentation takes you along with workers as they remove logs from the forest by way of stream. Watch as trucks are loaded for distant places or to a nearby processing center.

Pre-registration is required by calling, (207) 873-4745 or stop by the Muskie Community Center reception desk.

Snow Date: Friday, January 12 | Noon to 1 p.m.

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. We would be happy to share the knowledge of these evidence-based programs with you. Be well.





SPECTRUM GENERATIONS' HOLIDAY PARTY
FRIDAY, DECEMBER 1, 2023
THE COHEN COMMUNITY CENTER



Our Locations:

Home Office:

One Weston Court, Suite 109
Augusta
1-800-639-1553

Community Centers:

Lincoln County Regional Ctr.
767 Main Street, Suite 3
Damariscotta
(207) 563-1363

Cohen Community Center
22 Town Farm Road
Hallowell
(207) 626-7777

Muskie Community Center
38 Gold Street
Waterville
(207) 873-4745

Somerset Community Center
30 Leavitt Street
Skowhegan
(207) 474-8552

Waldo Community Center
18 Merriam Road
Belfast
(207) 338-1190

Aging and Disability Resource Centers:

Midcoast Regional Center
(co-located with People Plus)
35 Union Street
Brunswick
(207) 729-0475

Knox Resource Office
87 Elm Street, Suite 204A
Camden
(207) 596-0339

Interested in receiving our monthly newsletter?
Visit, spectrumgenerations.org/contact.

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.**

Searching for Meals on Wheels VOLUNTEER DRIVERS



We could not do what we do without our volunteers and new volunteers are always needed. Currently we are searching for Meals on Wheels drivers for all six of our community centers and van/donation drivers at the Muskie and Cohen Community Centers.

Additionally, the Muskie Community Center in Waterville is looking for early morning milk bag packers on Thursdays and at the Cohen Community Center in Hallowell on Wednesdays and Fridays.

If interested, call our Volunteer Coordinator, Stacey Forkey, at (207) 620-1684 or email, volunteer@spectrumgenerations.org.



THE
AgeWise
Maine
INITIATIVE

VACCINATION CLINIC

**Thursday, January 18
from 9-11 a.m.**
(snow date Thursday, Jan. 25, 9-11 a.m.),
at the Muskie Community Center,
38 Gold Street, Waterville.

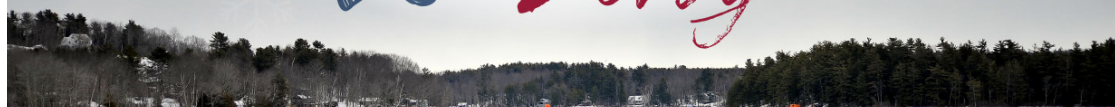
Spectrum Generations will be hosting a Flu and COVID-19 vaccination clinic January 18 at the Muskie Center in Waterville. Bring your card - uninsured will be covered under a grant through AgeWise. Walk-ins welcomed but reservations are encouraged. Also available are in-home vaccinations for those unable to attend a clinic on account of a disability or homebound status. Visit agewisemaine.org or call **1-800-639-1553** for more information.

SAVE THE DATE



26TH ANNUAL
Gene & Lucille Letourneau

ICE FISHING Derby



Benefiting Spectrum Generations' programs and activities.

Sunday, February 18, 2024 | Muskie Community Center | 38 Gold Street, Waterville

Official weigh-in: 2- 5 p.m.



For more information or to purchase tickets, scan here

