

Monthly Update

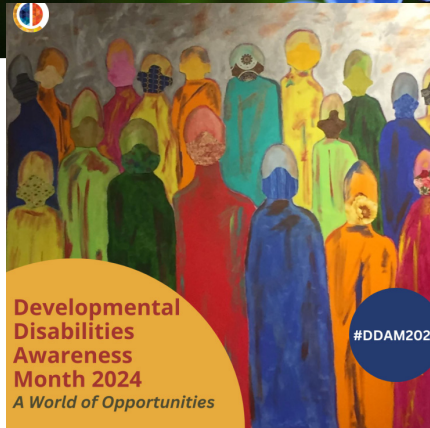
March 2024

Developmental Disabilities Awareness Month 2024

Every March, the National Association of Councils on Developmental Disabilities (NACDD) raises awareness about the inclusion of people with developmental disabilities in all facets of community life. NACDD also shines a light on the barriers that people with disabilities still sometimes face in connecting to the communities in which they live.

We would like to take the opportunity to introduce you to our Case Management team, who serve these members of our communities. Spectrum Generations serves six counties and the towns of Brunswick and Harpswell; we're here to help you and your family navigate the complexities of available funding resources. With effective and responsive coordination, Spectrum Generations' case managers link people to resources, enhancing their quality of life and inclusiveness in their communities.

For more information on resources that are available, contact Sandra Labelle at 207.620.1667 or slabelle@spectrumgenerations.org.



WE ARE HERE TO HELP:

- Follow the wishes and needs of each individual through a person-centered planning process
- Enable people to explore a full range of options
- Develop formal and informal supports
- Advocate for the interests, preferences, and dreams of the individual
- Assist individuals and families in independently coordinating their own supports and services if they so desire
- Support the development and expression of self-determination and self-advocacy; and provide a wide range of available resources

SPRING FORWARD!



SUNDAY, MARCH 10

DAYLIGHT SAVING TIME starts on Sunday, March 10, 2024, at 2 a.m. local time, when clocks move forward one hour. This change means we lose an hour of sleep that night, but we will get it back on the first Sunday in November.

Interestingly, Arizona and Hawaii abstain from observing daylight saving time, refusing to roll their clocks forward and backward every year.

Introduced in 1918, daylight saving time is followed by 70 countries including the U.S., to conserve energy and maximize daylight hours.



"A light exists in Spring, not present in the year at any other period, when March is scarcely here."

– EMILY DICKINSON

Every March, Meals on Wheels commemorates the significant milestone in 1972 when a national nutrition program for older adults was added to the Older Americans Act. This law facilitated the expansion of the Meals on Wheels network, which currently provides meals to 2.8 million older adults annually.

Eight out of ten local Meals on Wheels programs are still delivering meals to more older adults than they were before the pandemic, and operational and food costs are still soaring even while inflation slows.

Now is a critical time for you to support your local Meals on Wheels and urge Congress to protect, strengthen, and invest in these proven and effective programs by increasing federal funding so that it is available to every older adult in need for decades to come.

To send a message to Congress through the Meals on Wheels America portal, visit

www.mealsonwheelsamerica.org/take-action/advocate

Thank you for your time and support.



Have you or someone you love been diagnosed with MS or a similar condition? Sometimes, symptoms can become overwhelming or debilitating as you may feel limited in what you can do. Finding the support you need or the right programs that meet your needs are often hard to come by. Healthy Living for ME has numerous programs that can help!

According to the Multiple Sclerosis Association of America Tai Chi is one of many great exercise options that has a positive effect on an individual with MS. Many benefits can be found in our Living Well Series including – Living well with Chronic Conditions and Living well with Chronic Pain. These programs discuss the importance of managing your symptoms or pain cycle, communicating effectively with providers and family, and creating action plans to help accomplish achievable goals and more.

Check out our available workshops below or contact us at **1-800-620-6036** for more information.

TAI CHI FOR HEALTH AND BALANCE
Tuesdays and Thursday, March 12 - May 16
3:30 - 4:30 p.m.
Cohen Community Center, Hallowell
\$20 suggested donation

A MATTER OF BALANCE
Tuesdays and Thursdays, April 2 - 25
9 - 11 a.m.
Muskie Community Center, Waterville
\$20 suggested donation

TAI CHI FOR HEALTH AND BALANCE
Mondays and Wednesdays,
April 29 - June 19, 11 a.m. - Noon
1211 Main Street, Olde Mill Park, Clinton
\$20 suggested donation



Meet & Greet
Waterville's City Manager
Monday, March 18 | 11 a.m. to 12:30 p.m.

Please join us on Monday, March 18, from 11 a.m. to 12:30 p.m., as we welcome Waterville's City Manager, **Bryan Kaenrath** to the Muskie Community Center.

Bryan will be holding his open office hours in the dining room during lunchtime for those who would like to share their views, thoughts, concerns, or complaints in regards to the City of Waterville.

All are welcomed and no registration is required!
For more information, visit the front desk receptionist or call the **Muskie Community Center at (207) 873-4745.**



Botanical Gardens Presentation
Thursday, March 14 | Noon - 1 p.m.

Join us at the Muskie Community Center on Thursday, March 14, for a free viewing of "Tough Natives for the Northeast - Coastal Maine Botanical Gardens Highlights Plants for Our Gardens."

Learn about many tough and beautiful plants for your garden! Andy Brand, Director of Horticulture at Coastal Maine Botanical Gardens discusses an array of plants that attract pollinators and are suitable for many garden situations.

Pre-register by calling (207) 873-4745 or stop by the reception desk at the Muskie Community Center.



Foot Care Clinic
Wednesday, March 13 from 8 a.m. - 2 p.m.
at the Waldo Community Center in Belfast



Join us at the Belfast Community Center on Wednesday, March 13 from 8 a.m. - 2 p.m. as we welcome Stephanie Wagner RN, NP, CFCS, certified foot specialist to the Waldo Center, 18 Merriam Road, Belfast.

Stephanie will provide you with skilled foot care. During your private appointment, she will perform a general assessment of your feet and address your individual needs. Stephanie can clip your toenails, assist you with any callouses and/or corns, and provide a soothing massage with lotion.

Pre-registration is required for your private appointment by calling (207) 338-1190. There is a \$45 charge per session. Snow date is Wednesday, March 20.

Congratulations Trainers!

Dealing with Dementia is a four-hour program of the Rosalynn Carter Institute for Caregivers. The Dealing with Dementia workshop provides caregivers with tips and strategies for caring for their loved ones and themselves, based on an evidence-informed approach. Spectrum Generations now has four trainers who have completed the training and are now certified to facilitate the class.

Congratulations to David Cornforth, James Shaw, Monica Hawk, and Rita Fraser for becoming Dealing with Dementia trainers!



Sara Lozefski presents Samantha Cottle, winner of 2024 Soup-er-Bowl "People's Choice," with her award.

Soup-er-Bowl Potluck Winner!

Spectrum Generations' Soup-er-Bowl Potluck event held on Friday, February 9, brought out a hardy crew of tailgating, football-loving, aficianados. While there were many deserving snacks enjoyed that day, congratulations to Samantha Cottle and her Cowboy Baked Beans, winner of the 2024 Soup-er-Bowl "People's Choice" award.



Respite for ME grants aimed to reimburse and support Caregivers

Wearable Reading Technology may be Reimbursable through Respite for ME Grants



A wearable reader device with visual recognition that helps read text, identify products and recognize faces (costing \$4,250), is an approved assistive technology device that is covered under the Respite for ME pilot grant. As a caregiver, you may qualify to participate in a pilot respite program designed to reduce stress levels for caregivers through the reimbursement of services. Some examples include in-home care, adult day break, chores, yardwork, self-care, and assistive technology.



Elder Law Attorney Fees may be Reimbursable through Respite for ME Grants

Caregivers and care partners need to ensure they plan for the future needs and care of the individual(s) they are assisting. Many families avoid taking these necessary steps because legal fees can be costly. Respite for ME may reimburse attorney fees associated with estate planning, advance directives, durable medical power of attorney, durable financial power of attorney, and wills to eligible caregivers.

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 US AT 1.800.639.1553 FOR MORE INFORMATION.



WHEN: Thursday, March 14, 10:30 a.m. to 12:30 p.m.
WHERE: Cohen Community Center, Hallowell

Join LGBTQ+ older adults in the Augusta area for lunch at the Cohen Community Center, 22 Town Farm Rd, Hallowell, ME 04347. This luncheon is hosted and run by other LGBTQ+ older adults and occurs monthly on the second Thursday of each month. Folks meet at 10:30 a.m. and lunch is served at 11 a.m. The meal is free to those 60 and older; there is a \$7.50 charge for anyone under 60. All older LGBTQ+ adults are welcome to attend! Email Chuck Randall at europabear@aol.com or Izzy Ostrowski at izzy@equalitymaine.org for more information.

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.

Perfect day all around for Spectrum Generations' 26th Annual

GENE & LUCILLE LETOURNEAU ICE FISHING DERBY

We would like to thank everyone that attended and helped support our nutrition programs and services with the funds raised through this wonderful event.

Thank you to our major sponsors:

Bangor Savings Bank, Sukeforth Family Foundation, Nale Law Offices, Waterville Masonic Lodge, Kennebec Savings Bank, Waterville Housing Authority, Damon's Beverage & Redemption, Central Maine Power, Performance Foodservice - NorthCenter, and Central Maine Motors!

Thank you to all the local businesses that donated items for the silent auction!

Thank you to our celebrity guests - **Tom Welch** from **Mainely Handrails LLC**, **The Magic of Conjuring Carroll**, young adult book author **Laurie Graves** and **Caitlin Walker** from the **Children's Discovery Museum** - for adding a sparkle to our event!

Thank you to **Maine Pine Catering** for taking the time to be at our event and serve up delicious food options to attendees!

