2018: The Year in Review

At Spectrum Generations, we often say that we serve thousands throughout central and midcoast Maine, and this first newsletter of the year offers the opportunity to share some of those statistics with you. The time period during which these services were delivered is 10/1/17 – 9/30/18.

Spectrum Generations served 43,694 people throughout our area – these people are you, your friends, and your neighbors. We are proud of the many people whose lives our services change and that we are able to aid so many in their desire to age in place!

1,603 people received 231,599 Meals on Wheels, and 2,189 people enjoyed the socialization and nutrition that congregate dining offers.

We provided 332 people and their families with caregiver support, training, counseling, and respite. We know the importance of educating caregivers in what can be a difficult role, as well as promoting self-care for the caregiver. This also represents 19,928 hours of respite care, which provides care for a homebound loved one while the caregiver can leave the home to take care of other matters.

We also provided 13,786 Information and Assistance contacts to 7,899 people seeking resources to care for a loved one.

Our Bridges Home Services division provided 35,689 hours of care to adults with memory diagnoses or intellectually and/or developmentally disabled adults through the Adult Day program.

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!
Spectrum Generations’ 21st Annual Gene and Lucille Letourneau Ice Fishing Derby will be held on Sunday, February 17, 2019, (weigh-in between 2-5 p.m.) at the Muskie Community Center located at 38 Gold Street in Waterville. 

The derby promotes outdoor sports and helps raise funds for the Center - a place where older adults and/or disabled adults can gather for socialization with friends, numerous activities to keep them engaged, and health and wellness classes to maintain vitality of mind and body!

Tickets are on sale now at the Center, and each ticket purchase allows you a fish entry and entry into the drawing for the door prize, a Yeti Tundra 65 cooler package, valued at $715.00, sponsored by Nale Law Offices.

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Maine-ly Delivered Meals are nutritious meals prepared by Spectrum Generations’ skilled chefs that can be delivered to your home, according to your individual needs. Prepared meals are easy to heat, nutritionally balanced, and delivered to your front door by our caring drivers, who also provide a safety check.

Are Maine-ly Delivered Meals right for you?
- Do you not qualify for Meals on Wheels but want a home-delivered meal?
- Are you currently on a Meals on Wheels waitlist?
- Have you been discharged from the hospital or a skilled nursing facility and need meal service to assist in your recovery while you maintain independence in your own home?

Maine-ly Delivered Meals ensures recipients have fresh, wholesome, delicious meals — free of preservatives and artificial ingredients, and naturally low in sodium, saturated fats and sugar — providing necessary calories, vitamins, minerals and other nutrients in proper portion sizes.

Call us at (207) 873-4745 to inquire about starting Maine-ly Delivered Meals today!

Health & Wellness

Richard Simmons Workout
Come join in on this upbeat and beneficial workout! Monday, Wednesday, and Friday, 9:00 - 10:00 a.m. Fee: $1.00
Call 873-4745 or stop by reception to register.

Yoga
Yoga is an ancient art based on a harmonizing system of development for the body, mind, and spirit. The purpose of yoga is to create strength, awareness and harmony in both the mind and body.
Join Kim Nashed, a Yoga Alliance Certified Instructor on Tuesdays and Thursdays from 8:30 - 9:30 a.m. Fee: $5.00 per class. Call 873-4745 or stop by the reception desk to register.

Enhance®Fitness
Enhance®Fitness was developed and created for older adults of all fitness levels which focuses on dynamic cardiovascular exercise, strength training, balance, and flexibility — everything to help you maintain health and function as you age. No special or expensive equipment is required for these classes.

Enhance®Fitness improves physical and mental well-being in older adults in a relaxed atmosphere. The program is led by a certified instructor trained in bringing out the physical best for those 65 and older. Classes are held at the YMCA of Greater Waterville, 126 North Street, Waterville on Mondays, Wednesdays, and Fridays from 10:00 - 11:00 a.m. To register or for questions, please call 873-0884.

Walking Program at Colby College
The HealthReach RSVP Walking Program at Colby College is for people aged 55 and older. The Walking Program runs Monday through Friday from 10:30 a.m. - 12:00 p.m. at Colby College Field House, 4000 Mayflower Hill Drive in Waterville.

Participants are asked to park in the lower parking lot of the Field House, and to enter and exit through the main lobby of the Field House. Outside footwear is not allowed on the new track, you will need to bring a separate pair of shoes to be worn on the track.

For more information, please call Community Health at (207) 872-4102.

Learn, Play & Socialize!

Hand and Foot Card Game
Tuesdays, 1:00 - 3:30 p.m. Cost: $1.00
Hand & Foot card game is related to Canasta. Each player is dealt 2 sets of cards, one as the "hand" and one as the "foot." You can either play as individuals or as teams.

Quilts
 Tuesdays, 9:45 - 11:00 a.m. Cost: $1.00

Computer Lessons
Tuesdays, 1:00 p.m. and 2:00 p.m.
Have basic knowledge of computers but need a little help? Our volunteer will help you with email, internet, Facebook, Kindle, iPad, and more! Cost $7.00. Call 873-4745 to schedule your personal 45 min appointment.

Notary Public
Tuesdays, 1:00 p.m. Cost: By donation Call 873-4745 to set up your appointment.

Speak French Social Hour
Wednesdays, 9:30 - 10:30 a.m. Cost: $3.00 Includes coffee and muffin. Speak French but only have a few people to converse with? If so, join our Speak French Social Hour. Call 873-4745 or stop by the reception desk to join!

Cribbage
Wednesdays, 12:30 - 3:00 p.m. Cost: $1.00

Bridge
Waterville Non-Sanctioned Duplicate Bridge meets each Thursday from 11:00 a.m. - 3:45 p.m. Cost $2.00 Please bring your own partner. Call 872-5932 FMI.

Remember Me Spiritual Readings
Medium Francine McEwen uses her clairvoyant abilities to connect with loved ones who have passed to spirit. Join Francine on January 18, from 12:30 - 2:45 p.m. Cost: $25.00 for each 1/2 hour. Call 873-4745 to schedule an appointment for your private reading.

Nintendo Wii Gaming Console
Have you ever played Wii? If not, would you like to try? We have a Nintendo Wii gaming console that can easily be set up and used in our front dining room area. Games that you can play for a small donation include bowling, tennis, golf, baseball, and boxing.

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