The 14th annual March for Meals was a month-long, nationwide celebration of Meals on Wheels and the homebound and vulnerable seniors who rely on its vital safety net. Each month, Spectrum Generations serves over 17,600 meals to homebound seniors and disabled adults in our six-county service area. More than just a meal, Meals on Wheels also delivers wellness checks and friendly smiles so that seniors can continue to live independent, healthy lives.

SCAM ALERT BULLETIN BOARD

Every day, hundreds of Americans fall for a con known as the “grandparent scam”. This occurs when someone poses as a grandchild claiming to be in trouble and in need of money that must be wire-transferred immediately. Scammers will likely garner family details from social networking sites or online directories and may know names, travel plans, etc. If you get a call from you “grandchild,” ask them a question only the real grandchild would be able to answer. The fake grandchild will typically implore you to send them money in secret - another red flag. Hang up the phone and verify the whereabouts of your grandchild with another family member. Know the signs and keep your hard-earned money safe.

Be a fraud fighter! If you can spot a scam, you can stop a scam. Contact local law enforcement or the AARP Fraud Watch Network www.aarp.org/fraudwatchnetwork or 1-877-908-3360 to report a scam or FMI on scam and fraud prevention.

April is Volunteer Appreciation Month

Spectrum Generations relies on over 500 volunteers to bring a wide variety of vital services to communities across the counties of Kennebec, Lincoln, Sagadahoc, Knox, Waldo, and Somerset, plus the towns of Brunswick and Harpswell. Whether it be delivering Meals on Wheels, helping in the kitchen, sharing a talent or hobby, waiting tables, answering phones, helping a senior balance their checkbook or create a budget, or just brightening someone’s day, our volunteers are committed to our mission of promoting life-long learning, health, wellness, nutrition, community engagement and social well-being of all older and disabled adults.

Thank you for all that you do!

Spectrum Generations' Money Minders Program

Are you 55 or older and finding managing your finances is becoming difficult? Have you had to start paying bills for the first time ever, or paid a bill twice? Maybe you have started receiving late notices, spending more than you have, or are just feeling overwhelmed by bills. Spectrum Generations can help.

Spectrum Generations offers the Money Minders program to qualified seniors in central Maine (Kennebec, Somerset, Waldo, Knox, Lincoln, and Sagadahoc Counties, as well as Brunswick and Harpswell). Through this program, highly skilled and bonded Money Minders volunteers are matched with a senior who needs help establishing and maintain a monthly budget, ensuring bills get paid accurately and on time. Money Minders volunteers also help clients avoid over drafting their bank accounts, financial frauds, and scams.

To be eligible for the Money Minders program at no fee you must be 55 or older, have an annual income of $33,700 or less if single (or $38,550 for couples) and have liquid assets of less than $50,000. Liquid assets include cash assets (such as savings, CDs, money market funds) but do not include real property such as houses, cars, or retirement accounts. The Money Minders client must be competent and able to make all financial decisions about the handling of their money, sign their own checks, and keep full control of their bank accounts and other assets.

We also offer the program on a fee-for-service basis if you exceed the above eligibility standards and still require help. If any of the above apply to you, or if you are interested in becoming a Money Minders volunteer, please contact Aryana Davis at 207-607-4405 or adavis@spectrumgenerations.org.