



1.800.639.1553
spectrumgenerations.org

Fundraising event

Golf Fore a Cause

What better way to take advantage of summer than at one of Spectrum Generations' biggest fundraising events!

Our **19th Annual Golf Fore a Cause tournament**, benefiting our programs and services including Meals on Wheels, will take place on **Friday, June 25**, at the Brunswick Golf Club.



The cost is \$150/individual, \$500/team, and includes 18 holes with cart, bagged lunch catered by Cohen on the Meadows, awards, and much more!

There are also various sponsorship levels available and offer a great way for businesses or individuals to generate positive publicity from their association with our tournament.

*For more information email
sbrown@spectrumgenerations.org*

Monthly Update

April 2021



Vaccination Response

← COVID-19

Spectrum Generations held the first vaccination clinic at the Muskie Community Center on Friday, March 5. **This was the first of its kind for Area Agencies on Aging in the state of Maine.** Northern Light Health acted as the clinical partner, supplying vaccines and vaccine administrators. Spectrum Generations staffed the rest of the positions needed; screening, coordinating, assisting, and observing. This also included outreach and registration which occurred three days prior to the event and consisted of three to four hundred phone calls. 69 participated and were vaccinated. Those who participated were all 60 or older and consisted of staff, volunteers, Bridges Home Services consumers, consumers who completed the vaccination assessment, KVCAP drivers, and other older adults in the community.



COVID-19 RESPONSE



Do you have **QUESTIONS** about the COVID-19 vaccine?

Spectrum Generations is here to help! Call 1-800-639-1553 and we can help:

- Answer general questions about the vaccine;
- Provide information about where and when you can get the vaccine;
- Assist you with scheduling appointments when it is your turn to get the TWO doses you need to be fully vaccinated;
- Connect you with transportation services to help you get to and from your vaccine location.

Celebrating our supporters

In March, Spectrum Generations' Annual Recognition Awards were presented. This gave us an opportunity to thank our community.

There are many community partners that we wish to acknowledge, who support us in our efforts to meet our mission. These businesses and individuals were highlighted at this year's annual meeting that was held virtually due to COVID-19.

We are not able to do what we do, without the strong support from business leaders and community partners, including dedicated individuals and elected officials. We ask that you continue to support this high-risk population. We ask that you consider reaching out or checking in on your neighbors and older adults who may need a little extra support at this time.

We are fortunate to be a part of this community, and grateful for your support and dedication to our organization.

Thank You!

Volunteer of the Year

Monty Davis



Monty is a dedicated volunteer in Waldo county who is collaborative and compassionate. Monty's volunteer efforts have provided Spectrum Generations' consumers with friendly service, increased proceeds

towards our fundraising events, and has given many hours supporting Spectrum Generations staff and programs in a variety of ways.

Community Champion



(L to R) Renee Nelson and Merry St. Pierre come in every Wednesday to pack food, and Merry drives a route on delivery days.

Business Partner



Trent Emery, Owner of Emerys Farm

Emery Farm

Trent is part of our donation chain and has delivered well over 15,000 lbs of free produce this year. He is always willing to help and calls often during the season to see if we need anything. Pre-COVID, Trent donates on average, 30,000 lbs of produce per year.

Employee of the Year



Kevin Paquet

The Senior Management Team selected Kevin as the Above & Beyond Award winner for the FY20 Quarter 1. This therefore put him in the running for employee of the year. It goes without saying that Spectrum Generations would not be able to provide the quality of services that it does without the hard work and dedication of its employees who go above and beyond in their job duties.

PSS of the Year



Jessica D'Ambrosio

Jessica's positive outlook and reliability stands out as above and beyond. In addition to her regular duties as a Personal Support specialist, she is also someone that her supervisor can rely on to bridge the gap during a time when non-essential, in-person contact ceased. Jessica's ability to maintain tact and professionalism is pivotal on numerous occasions when the details were of a difficult or sensitive topic.



Pay it Forward ← Donuts & Coffee

Spectrum Generations Muskie Community center's staff and Meals on Wheels volunteers were gifted with Dunkin' coffee and donuts Monday by the Mix 107.9's "Pay it Forward Mondays." Someone nominated us to receive this wonderful surprise that was greatly appreciated by all!

Thank you for the nomination and to the Mix 107.9 for the kind gesture. What a great way to start the week!



Community Resources Call our team!

Our Aging and Disability Resource Counselors (ADRC) are dedicated to assisting members of the community to get people connected with resources, such as Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI).

If you are interested in applying, please contact our ADRC team at 1.800.639.1553 to learn more about the application process.



let's Connect!

Free Workshop



Healthy Living for ME



Healthy Living for ME is offering a free, **6 week workshop** for caregivers who are assisting loved ones through memory loss or dementia. **Building Better Caregivers** will be offered on **Tuesdays, May 4 through June 8**. Workshops participants will meet weekly from 1:00 p.m.- 3:30 p.m. on Zoom.

For many family caregivers, caregiving itself is a new role — one for which training is needed, just like any new job. The six-session Building Better Caregivers Program helps family caregivers better understand and navigate the changes their loved ones are experiencing. Topics include managing caregiver stress, dealing with difficult care partner behaviors, making decisions and planning for the future, communicating effectively with family, friends, and health professionals, legal issues related to caregiving, hiring help, and much more.

This series is **free and open to the public** but registration is required. Call Jen at (207) 620-1642 or email jpaquet@healthylivingforme.org for more information and to register.

Volunteer Opportunities

Muskie Community Center



Our Muskie Community Center has an immediate need of volunteers in many roles for our Nutrition Program:

- 6 Preppers on any weekday mornings from 7:00 a.m. to 11:00 a.m.
- 6 Packers on Mondays and/or Wednesdays from 12:30 p.m. to 3:00 p.m.
- 4 Delivery Drivers Tuesday and/or Thursday from 9:30 a.m. to 12:00 p.m.
- 1 Donation Driver Weekdays 8:00 a.m. to 9:00 a.m. *heavy lifting required
- 2 Bag Sanitizers 12:00 p.m. to 2:00 p.m.
- 3 Receptionists weekdays between 8:00 a.m. – 4:00 p.m.

Our Locations:

Home Office:
One Weston Court
Suite 109
Augusta

Community Centers:

Lincoln County Regional Ctr.
(co-located with CLC YMCA)
525 Main Street
PO Box 474
Damariscotta

Cohen Community Center
22 Town Farm Road
Hallowell

Muskie Community Center
38 Gold Street
Waterville

Somerset Community Center
30 Leavitt Street
Skowhegan

Waldo Community Center
18 Merriam Road
Belfast

Aging and Disability Resource Centers:

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

Knox Resource Office
87 Elm Street
Suite 204A
Camden

Spectrum Generations is an Equal Opportunity Provider



Please let us know if you require special accommodations at least two weeks prior to an event.

OUTSIDE EVENT

13th Annual



Spectrum Generations' Cohen Community Center is holding its

13th Annual Healthy Aging Expo

Friday, May 14, from 9:00 a.m.- 12:00 p.m.
(rain date Friday, May 21st)

22 Town Farm Road, Hallowell

Join us for a resource filled day for baby boomers, active agers, retirees, and caregivers. Learn about preventative approaches to a healthier life including, fun relaxation tips for good mental health. All participants will need to wear a mask and practice social distancing.

If you have questions call the Cohen Community Center at 626-7777.



Adult Day and Community Support Services

Our Adult Day and Community Support Services offer supervised care with a wide range of activities and daily living skills to help grow and maintain your health, wellness, nutrition, and social well-being. The flexibility of our program allows you to come when you want and stay for your desired amount of time.

Participating in our Adult Day and Community Support Services program is as easy as 1, 2, 3! Simply call, visit, and enroll!

Locations:

Muskie Community Center | 38 Gold Street, Waterville | 207.660.9265

Cohen Community Center | 33 Town Farm Rd. Hallowell | 207.620.1193

Waldo Community Center | 19 Merriam Rd. Belfast | 207.930.8080

Somerset Community Center | 30 Leavitt Street Skowhegan | 207.612.5120

All centers operate Monday thru Friday 7:30 a.m.- 4:00 p.m. We provide personalized care plans to meet each individual need. Call us to make an appointment or to sign-up!

Spectrum Generations is the Central Maine Area Agency on Aging. Our mission is to promote and advance the well-being and independence of older and disabled adults, with the support of their care partners, to live in their community of choice. We actively engage the people of central and midcoast Maine, across the entire generational spectrum, in redefining how older and disabled adults live healthy, socially enjoyable and independent lives. We invite you to connect with us in various ways:



spectrumgenerations



@SpectrumGen



www.spectrumgenerations.org



207.622.9212