spectrum generations

1.800.639.1553
spectrumgenerations.org

Central Maine Area Agency on Aging
Southern Midcoast Aging and Disability Resource Center

Monthly Update

December 2021

All Spectrum Generations' locations will be closed on December 24 and 31.

Thank you to our friends, family, and community for making the 3rd Annual Midcoast Tree Festival a success!

Tree and Wreath Benefactors

Autometrics
Midcoast Federal Credit Union
All Saints Parish
Crooker Construction
Region 10 Technical High School
Bath Savings Institution
Cheverus High School
Spectrum Generations
Bar Harbor Bank and Trust
Brunswick Business Center/All Saints Parish
FIORE Artisan Olive Oils and Vinegars
Ray Labbe & Sons
Renys
Management Accounting
Sports Clips
Hammond Lumber Company
Daughters of Isabella
Sweetser
Mechanics Savings Bank
Wiscasset Ford
People's United Bank
Mainely Chiropractic
Rogue Industries
Friends of the Chamber
Shamrocks of St. Patrick's Church
Social Justice and Peace- Oasis
Brunswick Downtown Association
St. John's Catholic Church
Social Justice and Peace- Nautical
Saint John's Catholic School
Southern Midcoast Maine Chamber
Priority Real Estate Group (Mega Tree)

Midcoast Tree Festival

Media Sponsors

Mainely Chiropractic of Freeport
Domino's Pizza

Cafe Sponsor

Knights of Columbus

Decorating Sponsor

M.W. Sewall

Children's Craft Sponsor

Martin's Point Healthcare

Follow us on @midcoasttreefestival for a list of the winners!

12 Days of Healthmas

Healthy Living for ME

12 weeks after quitting smoking, your blood circulation improves

11 seconds is the average time people take to wash their hands. Washing for 20 seconds with soap and warm water is the minimum recommendation

10 thousand steps a day support heart health and wait loss

9 calories in 1 gram of fat (you'll find 4 calories in 1 gram of protein)

8 hours sitting makes you sedentary – get up and move around once an hour!

7 days of 500 fewer calories will help you lose 1 pound

6 ounces of protein is what most adults need per day

5 servings of fruits and vegetables a day contribute to optimal health

4 weeks is the amount of time it takes to change a habit for good

3 types of physical activity are key – stretching, cardio and strength training

2 years can be added to your lifespan by exercising just 75 minutes per week

1 day of meatless meals can drastically reduce your intake of saturated fat and cholesterol, both which contribute to heart disease

FREE Workshops

Building Better Caregivers
Wednesdays, January 12 – February 16
9:30 a.m.- Noon, ZOOM

Living Well for Better Health
Thursdays, February 24 – March 31
1:00- 3:30 p.m., ZOOM

For more information or to register, email jpaquet@spectrumgenerations.org or call (207) 620-1642.

AniMeals Donation

Camp Out Hunger

Can you say PET FOOD? Words can't even express the surprise Spectrum Generations' Cohen Community Center recently received! A heartfelt thank you to the community for their donations and to Lizzy, Matt, Kristi, Buzz, and Merry (B98.5, Central Maine's Country and 92 Moose) for the countless hours spent collecting items for Camp Out Hunger.

Spreading Holiday Cheer

Bath Garden Club

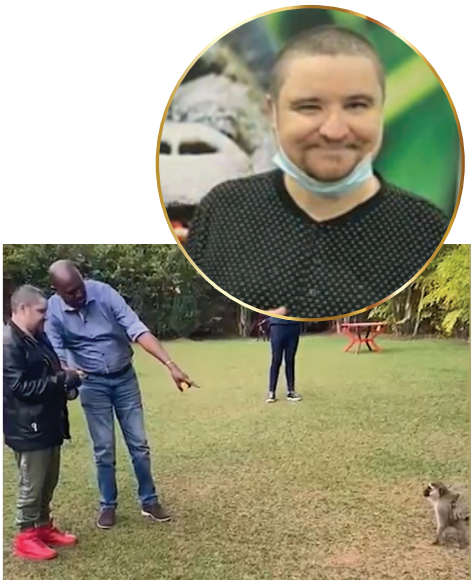
The Bath Garden Club has been making holiday arrangements for Spectrum Generations' Meals on Wheels consumers for the last seven years. This year 166 arrangements were assembled and delivered in the midcoast area, to spread some holiday cheer to those that are homebound. Thank you to the Bath Garden Club and to those volunteers who helped deliver!

L to R: Leah Zakarian, Rachel Gerow (Specturm Generations' assistant nutrition director, and Joan Troy, president of the Bath Garden Club.

Trip of a Lifetime

Community Case Management

Our Community Case Management team works with Adults with Intellectual Disabilities. Largely the role of a case manager is to link the consumer to funding for services, however, when a consumer has a life long dream our team works to assist them with making that dream come true. Heather, a case manager for Spectrum Generations, works with a middle-aged man Michael, who dreamt of going to Africa. Heather worked with him to save money for the trip. A staff member who works with Michael has family in Africa and agreed to escort Michael for his dream trip to Africa! Michael has returned from his trip and says that he will be going back. A special thank you to Heather and the amazing Spectrum Generations team. For more information on our Case Management program you can contact Sandy LaBelle at 620-1667.



Quilts of Honor

Celebrating our Veterans

Congratulations to Clarence Martin and Ralph Palmer who were the recipients of quilts donated by Carolyn and Gladys Perkins on behalf of The Quilts of Honor. This group of quilters spends the year sewing quilts and then presents the finished product to Veteran's at local events.

Beatric Lewis presents Clarence Martin (L) and Ralph Palmer (R) with beautiful quilts donated by The Quilts of Honor.

Feeding the Community

Monmouth Masonic Lodge #110

David Walker and David Stevens, in conjunction with the Monmouth Masonic Lodge #110, presented Cindy Sullivan, Regional Center Director at the Cohen Community Center, with a $3,000 check. David Walker took the lead and wrote a grant to the Grand Master asking for $3,000 to feed local people through the Meals on Wheels program. This doubled their grant from last year. Thank you both and Monmouth Lodge #110 for your generosity and dedication!

Above and Beyond – Quarter 4

Gary Hurtubise

Congratulations Gary Hurtubise on your "Above and Beyond Award"!

"Gary loves what he does; he finds his work rewarding and truly loves his job and it shows in all that he does. He is at the heart of promoting the well-being and supporting the independence of those we serve."

THANK YOU Gary for being an Above & Beyond employee!

Our Locations:

Home Office:
One Weston Court
Suite 109
Augusta

Community Centers:

Lincoln County Regional Ctr.
767 Main Street
Suite 5
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.

Wishing you a Happy and Healthy Holiday Season!

Holiday Eating Tips

The holidays are upon us and what a wonderful time of year it is! As you celebrate this year's festivities; try to incorporate one or more of the following changes to your diet and lifestyle to keep you feeling merry and bright!

Don't skip meals, especially breakfast: Breakfast is the most important meal of the day and kick starts our bodies for a healthy metabolism. Eating a healthy breakfast such as oatmeal, berries, whole grains, and Greek yogurts are great choices.

Hydrate: Often dehydration is masked as hunger. Carry a water bottle with you to ensure that you get at least 64 ounces each day. Don't like plain water? Infuse with fresh fruit for added flavor.

Veg Out: When looking at your buffet choices go for the veggies first. They are a wonderful source of nutrients and will fill you up. Try mashed cauliflower instead of mashed potatoes or zucchini noodles rather than pasta.

Move: This time of year, we often become sedentary, so be sure to allow time for physical activity. Not only will you feel better, but it will also help ward off unnecessary pounds. Walk, dance, take the stairs, it all adds 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: