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### 19th Annual Golf Fore a Cause June 25, 2021

Brunswick Golf Club, Brunswick

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

The cost is \$150/individual, \$500/team, and includes 18 holes with cart, bagged lunch, awards, and much more!

There are various sponsorship levels available.

For more information or to register a team, email [sbrown@spectrumgenerations.org](mailto:sbrown@spectrumgenerations.org)

## Welcome to the Summer edition of Wicked Aging! The way life should be: A Message from the CEO

As I pen this message the sun is shining, the birds singing, and the earth is becoming greener and more gold with each passing day. In a way, probably due to the pandemic, it feels like 2021 has finally arrived. We are coming out of lockdowns, getting vaccinated, taking face coverings off, and we are all engaging as a community again...the way life should be!



And at Spectrum Generations, we are eager to emerge from the stale, pessimistic COVID-19 centric world and recapture the future by delivering quality services and programs to older and disabled adults in central and midcoast Maine. Building upon the innovations we had to implement during the pandemic, we are taking a fresh approach toward advancing into the future with both the expected (i.e., Meals on Wheels) and the new (emerging Community Integrated Health Network). It is my promise to you, the community of central and midcoast Maine, that Spectrum Generations is only looking forward and we are stronger and improved.

We are open for business (and we have been all along)! Our Aging and Disability Resource center staff and Community Case Managers are serving the needs of the community, meeting clients face to face, and helping people thrive in the community. Our Meals on Wheels daily meal count is at 1,300-1,400 meals served per day. Our congregate dining at both Muskie (Waterville) and Cohen (Hallowell) community centers are open and serving meals. Our four adult day locations have clients every day; some are at a higher capacity than they were before the pandemic. Our Bridges Home Services and Personal Support Services brings much needed daily aid, comfort, and respite to older and disabled adults living in the community!

## Who we are



**Our Mission:**  
to promote and advance the well-being and independence of older and disabled adults, with the support of their care partner, to live in their community of choice.

## Board of Directors

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## A message from the CEO

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And we are doing new things. During the pandemic, Bridges Home Services pivoted to providing In Home Support (IHS) service to the Intellectually and Developmentally Disabled (IDD) community via MaineCare and those with traumatic brain injury or severe physical disability through our relationship with the Wounded Warrior Project. Additionally, we are training staff to begin a new service centered around work supports for IDD adults; and that is expected to start no later than this fall.

The most exciting news concerns Health Living for ME (HL4ME), a joint venture partnership between SeniorsPlus, Aroostook Area Agency on Aging, and ourselves. For the past three years we have been jointly building a Community Integrated Health Network (CIHN). At first it centered around health and wellness evidenced-based programming, but over the past year has added community health programming that proactively addresses the social determinants of health. There are over twenty Maine community-based organizations in the network, and we have one regional (New England) and two national partnerships/contracts. Recently the network was awarded a \$1.2M Chronic Disease Self-Management Education grant from the Administration on Community Living to provide services to people with HIV and intellectual and developmental disabilities. Our next endeavor will be to raise the necessary funds to launch HL4ME as a truly independent Network Lead Entity, so stay tuned.

*“Advancing into the future with both the expected and the new!”*

Spectrum Generations will always stay true to its mission and continually 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.

Thank you for your continued support and please continue to provide us with your thoughts and ideas on how we can do better!

Gerard L. Queally  
President & CEO

Spectrum Generations has partnered with Ameriprise Financial advisor David Farago to bring investment information directly to you. We believe that providing this information to you is one of the many ways we fulfill our mission – 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



David J. Farago  
Financial Advisor

### Summary: Donor Advised Funds

A donor-advised fund offers an easy way for a donor to make significant charitable gifts over a long period of time. A donor-advised fund is similar to a private foundation but requires less money, time, legal assistance, and administration to establish and maintain. A donor-advised fund also enjoys greater tax advantages than a private foundation.

### What is a donor-advised fund?

Technically, a donor-advised fund is an agreement between a donor and a host organization (the fund) that gives the donor the right to advise the fund on how the donor's contributions will be invested and how grants to charities (grantees) will be made. Contributions may be tax deductible in the year they are paid to the fund, subject to the usual limitations, if they are structured so they aren't considered earmarked for a particular grantee. Though they can bear the donor's name, donor-advised funds are not operated as separate entities like private foundations are, but are merely accounts held by the fund. The fund owns the contributions and has ultimate control over grants.

*Spectrum Generations voluntarily discloses that David Farago is a current board director at the agency and we do not promote or recommend Mr. Farago over your current financial advisor. This information is provided for you without the intent of financial gain for either entities*



## Building Momentum

Healthy Living for ME recently received the Administration on Community Living (ACL) three-year grant! This award, for Healthy Living for ME Chronic Disease programs, was one of only two that were awarded in the entire country.

The \$1.2 million grant supports the goals of continuing the Living Well for Better Health classes statewide and to also implement two new programs statewide:

1. Health Matters – fitness and health education for persons with IDD
2. Positive Self-Management for HIV+ - for those living with HIV+

The grant established HL4ME as the Network Lead Entity of a Community Integrated Health Network, which will grow to encompass more than just evidence-based health and wellness and the Community Health services we're currently providing.

Congratulations to the HL4ME team!



Healthy Living for ME team members (L to R),  
Kristin Overton, Jen Paquet, Jennifer Fortin,  
Kimberly Webber, and Maija Dyke



*Thank you!*

*National Volunteer Week*

is an opportunity to recognize the impact of volunteer service and the power of volunteers to tackle society's greatest challenges, to build stronger communities and be a force that transforms the world.

Each year, we shine a light on the people and causes that inspire us to serve, recognizing and thanking volunteers who lend their time, talent and voice to make a difference in their communities.



*We Celebrate National Volunteer Week*

(left) Monty Davis was awarded Spectrum Generations' 2020 Volunteer of the Year Award.

Help our most vulnerable neighbors by donating today!





ADULT DAY AND COMMUNITY  
SUPPORT SERVICES



## Through a Global Pandemic

### Bridges Home Services Expands Service Offerings

The global pandemic has been extremely challenging for most businesses this past year, and Bridges Home Services has been no exception. The Bridges Adult Day & Community Support program had historically been strictly a center-based offering to consumers. However, if our consumers could not come to us, we needed to find a way to get to them. In late summer of 2020, the decision was made to provide care to consumers through an In-Home Support program. The program provides much needed care and guidance to intellectually and developmentally disabled consumers in their home. With many consumers still reluctant to return to center-based programming, our services have found a need in the community. This program also provides support to wounded veterans through a partnership with the Wounded Warrior Project. The program has now grown to twenty four consumers, with many more requesting services from Bridges. Although our services may have adapted to the pandemic, our mission has remained the same.

### Expanded Services

Bridges has just begun offering a more comprehensive Community Support offering, which will provide more community based activities to consumers, and will soon be offering a Work Supports program. The Work Supports program will provide on the job coaching, employment preparation, and career planning to our intellectually and developmentally disabled consumers. This is an exciting time for Bridges Home Services!

## 2020 Bridges Home Services Caregiver of the Year

Over the course of what was unarguably a difficult year for everyone, Jessica D'Ambrosio's positive outlook and reliability stood out. In addition to her regular duties as a Personal Support Specialist she was also someone that her supervisor could rely on to bridge the gap during a time when non-essential, in-person contact ceased. Through her relationship with her consumers and constant communication with her supervisor, several tasks were able to be completed with her assistance. Jessica's ability to maintain tact and professionalism when relaying information to her consumers that came from the office was pivotal on numerous occasions when the details were of a difficult or sensitive topic. During home visits and conversations with her peers, the message is always the same; Jessica is a pleasure to have as a caregiver and is a great teammate.

*Jessica, congratulations on receiving this well-deserved award!*



*Jessica D'Ambrosio (r) with consumer Helen Blagden (l).*



# Healthy Living for ME Introduces New Program: Building Better Caregivers

Building Better Caregivers program was developed for family members and informal caregivers who take care of those with traumatic brain injury, post-traumatic stress disorder, dementia, or another form of diagnosed memory impairment. Participants make weekly action plans, share experiences, and help each other solve problems they encounter in their role as a caregiver.



## Topics Include:

- Getting help
- Legal issues related to caregiving
- Planning for future needs
- Caregiver stress
- Dealing with difficult care partner behaviors
- Making decisions about treatment, housing, etc.
- Dealing with caregiver and care partner emotions
- Communicating effectively



If you would like to learn more or register for one of our classes, please contact HL4ME at 1-800-620-6036 or email us at [info@healthylivingforme.org](mailto:info@healthylivingforme.org). You can also see our list of comprehensive statewide offerings by visiting [healthylivingforme.org](http://healthylivingforme.org).

## WE ARE HERE TO HELP YOU!

Our Aging and Disability Resource programs and specialists are here to help answer your questions and find solutions to any aging and disability concerns you may be facing.



**Catherine Slye**  
Waldo and Knox  
County



**Andrea Handel**  
Brunswick, Sagadahoc  
and Lincoln County



**Michael Morang**  
Somerset and Northern  
Kennebec County



**Brooke Jansen**  
Southern  
Kennebec County



**Morgan Wheeler**  
Family Caregiver  
Specialist

**Check out some of the areas in which we can provide assistance below:**

Medicare | Insurance Plans | Money Minders | Maine-ly delivered Meals | Home Care | Healthy Living | Life Care Consulting  
Advance Directives | Long-term Care Planning | Support Groups | Adult Day | Resources | Volunteer Opportunities | Community Dining

**Call us at 1.800.630.1553 for more information**



One Weston Court  
Augusta, ME 04330  
spectrumgenerations.org



Home Office  
One Weston Court  
Augusta



Lincoln County Regional Center | 752 Main Street | Damariscotta



**Locations**

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



Help our most  
vulnerable  
neighbors by  
donating today!