



Co-located at People Plus
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Central Maine Area Agency on Aging
Southern Midcoast Aging and Disability Resource Center

Monthly Update

March 2024

SPRING FORWARD!



SUNDAY, MARCH 10

DAYLIGHT SAVING TIME will begin for 2024 on Sunday, March 10 at 2 a.m. local time, when clocks spring ahead one hour. That night we lose one hour of sleep, but regain it the first Sunday in November.

On an interesting note, two U.S. states, Arizona and Hawaii, don't observe daylight saving time at all, refusing to roll their clocks forward and backward every year. The U.S. is one of 70 countries to participate in Daylight Saving Time since it was introduced in 1918, with the intention to save energy and to get more use out of natural daylight.



Each March, Meals on Wheels celebrates the historic day in 1972 when a national nutrition program for seniors was added to the Older Americans Act. This legislation supported the rapid growth of the Meals on Wheels network that now collectively serves 2.8 million seniors each year.

This year's March for Meals celebration comes at a time when eight out of ten local Meals on Wheels programs are still delivering meals to more older adults than they were prior to the pandemic, and operational and food costs are still soaring even while inflation slows.

Now is a critical time for you to support your local Meals on Wheels and urge Congress to protect, strengthen and invest in these proven and effective programs by increasing federal funding so that it is available to every older adult in need for decades to come.

To send a message to Congress through the Meals on Wheels America portal, visit

www.mealsonwheelsamerica.org/take-action/advocate

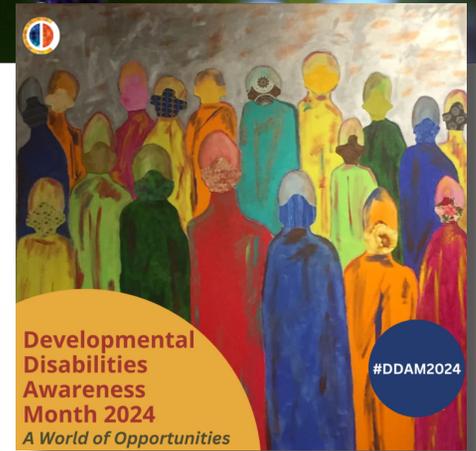
Thank you for your time and support.

Developmental Disabilities Awareness Month 2024

Each March, the National Association of Councils on Developmental Disabilities (NACDD), raise awareness about the inclusion of people with developmental disabilities in all facets of community life, as well as awareness of the barriers that people with disabilities still sometimes face in connecting to the communities in which they live.

We would like to take the opportunity to introduce you to our Case Management team who serve these members of our communities. Spectrum Generations serves seven counties; we're here to help you and your family navigate the many complexities of available funding resources. With effective and responsive coordination, Spectrum Generations' case managers link people to resources, enhancing their quality of life and inclusiveness in their communities.

For more information on resources that are available, contact Sandra Labelle at 207.620.1667 or slabelle@spectrumgenerations.org.



WE ARE HERE TO HELP:

- Follow the wishes and needs of each individual through a person-centered planning process
- Enable people to explore a full range of options
- Develop formal and informal supports
- Advocate for the interests, preferences, and dreams of the individual
- Assist individuals and families in independently coordinating their own supports and services if they so desire
- Support the development and expression of self-determination and self-advocacy; and provide a wide range of available resources

Money Minder Volunteers Needed

THE MONEY MINDERS PROGRAM is in search of individuals who would like to give back to their community, and help people maintain their independence, by assisting them with financial matters. This is a rewarding program that averages two hours each week of your time. The program matches trained, bonded volunteers with people who need help establishing a monthly budget and to ensure bills are paid in a timely and accurate manner.



If interested, contact our Volunteer Coordinator Stacey Forkey at 207.620.1684 or volunteer@spectrumgenerations.org for more information.



Elder Law Attorney Fees May be Reimbursable through Respite for ME Grants

Caregivers and care partners need to ensure they plan for the future needs and care of the individual(s) they are assisting. Many families avoid taking these necessary steps because legal fees can be costly. Respite for ME may reimburse attorney fees associated with estate planning, advance directives, durable medical power of attorney, durable financial power of attorney, and wills to eligible caregivers.

The Respite for ME program ends **September 30, 2024.** Call 1.800.639.1553 for more information today.

RESPITE FOR ME GRANTS, funded by the Maine Jobs and Recovery Plan, will allow non-paid caregivers to access respite care as well as other services not currently covered by existing programs. Eligible caregivers may receive funds, in the form of a reimbursement, in order to access needed services.

EQME WHEN: Thursday, March 14, 10:30 a.m. to 12:30 p.m.
WHERE: Cohen Community Center, Hallowell
EQUALITYMAINE

Join LGBTQ+ older adults in the Augusta area for lunch at the Cohen Community Center, 22 Town Farm Rd, Hallowell, ME 04347. This luncheon is hosted and run by other LGBTQ+ older adults and occurs monthly on the second Thursday of each month. Folks meet at 10:30 a.m. and lunch is served at 11 a.m. The meal is free to those 60 and older; there is a \$7.50 charge for anyone under 60. All older LGBTQ+ adults are welcome to attend! Email Chuck Randall at europabear@aol.com or Izzy Ostrowski at izzy@equalitymaine.org for more information.

Proud to partner with People Plus