



Volunteer Meals on Wheels drivers are needed Wednesdays for the Woolwich/Bath route. There are five consumers in Bath and one consumer in Woolwich that need your help. Routes take approximately 1 hour. Must be able to meet at People Plus at 10:00 a.m. or at the Bath Senior Center at 11:00 a.m. You may have to lift up to 30 lbs.

If you are interested in volunteering please contact, Maria Raymond, at (207) 620-1684 or by email [mraymond@spectrumgenerations.org](mailto:mraymond@spectrumgenerations.org).

We are also looking for two volunteers to do home assessments for our Meals on Wheels consumers in the Brunswick area. Volunteers will visit with the consumers and ask them questions about the services they need and complete a home assessment.

If you have good communication skills, are professional, and have reliable transportation please call: Casey Henson, 607-4406 or email [chenson@spectrumgenerations.org](mailto:chenson@spectrumgenerations.org).

## Legal Services for the Elderly

Spectrum Generations works closely with Maine Legal Services for the Elderly (LSE) to protect the independence and dignity of Maine's seniors. Legal Services for the Elderly is a non-profit agency with offices in five locations: Augusta, Bangor, Lewiston, Presque Isle, and Scarborough. Legal Services for the Elderly provides persons age 60+ with free legal advice regarding health care, health insurance, Medicare, MaineCare (Medicaid), Social Security, other public benefits, pension and retirement benefits, Powers of Attorney, creditor and bankruptcy problems, physical and financial abuse, guardianship defense, and other issues.

Some of the things that Legal Services for the Elderly can do:

- Answer your questions and give you legal advice over the phone
- In some cases, speak with other people on your behalf
- In some cases, meet you in person
- In some cases, go to court for you

If LSE can't help you, they will try to refer you to someone who can. Some of the problems with which LSE can help:

- MaineCare and Medicare
- Losing money or property to a relative, friend, or scam
- Physical and mental abuse
- Powers of Attorney and Living Wills
- Housing, such as evictions
- Overdue bills and debt collectors

LSE can be reached at (800)750-5353 Monday - Thursday, 9:00 a.m.—5:00 p.m. and Friday 9:00 a.m.—4:00 p.m. For more resources visit [www.mainelse.org](http://www.mainelse.org).

**Spectrum Generations is an equal opportunity provider.**

Join us



**Saturday**

**September 8, 2018**

as chefs battle to win your votes  
for the best dish!

Festivities begin at 5 p.m.

CLC YMCA  
525 Main Street, Damariscotta

### Tickets

**\$75 per person**

or

**\$700 for a table of eight  
includes program ad**

For sponsorship opportunities or to donate an auction item call or email Sarah Brown at (207) 620-1677 or [sbrown@spectrumgenerations.org](mailto:sbrown@spectrumgenerations.org)

Benefiting  
Spectrum Generations'  
Meals on Wheels and  
CLC YMCA Community Programs

### August is National Immunization Awareness Month

Vaccines are not just for kids – all adults should have their vaccination needs assessed at their doctor's office, or through visits with other healthcare providers. All adults need vaccinations to protect against serious diseases that could result in severe illness requiring medical treatment or even hospitalization, missed work, and not being able to care for family.