



All Spectrum Generations' locations will be closed on Christmas Day, Tuesday, December 25.

We will also be closed on Tuesday, January 1, New Year's Day.

We wish you all a safe and happy holiday season!

**What You Should Know and Do this Flu Season If You Are 65 Years and Older**

It has been recognized for many years that people 65 years and older are at greater risk of serious complications from the flu, because human immune defenses become weaker with age. While flu seasons can vary in severity, during most seasons, people 65 years and older bear the greatest burden of severe flu disease.

Actions to take this flu season:

1. Get your flu shot.
2. As long as flu viruses are circulating, vaccination should continue throughout flu season, even in January or later.
3. Practice good health habits including covering coughs, washing hands often, and avoiding people who are sick.
4. Seek medical advice quickly if you develop flu symptoms to see whether you might need medical evaluation or treatment with antiviral drugs.
5. Get pneumococcal vaccines. People who are 65 years of age and older should also be up to date with pneumococcal vaccination to protect against pneumococcal disease, such as pneumonia, meningitis, and bloodstream infections.
6. Do you have Asthma, Diabetes, or Chronic Heart Disease? If so, you are at high risk of serious illness if you get the flu. Asthma, diabetes and chronic heart disease were among the most common of these. Treatment with an influenza antiviral drug can mean the difference between having milder illness instead of very serious illness that could result in a hospital stay.

Talk to your doctor to find out which vaccines are recommended for you!

**Health and age factors known to increase a person's risk for developing flu-related complications:**

- Asthma
- Neurological and neurodevelopmental conditions
- Blood disorders (such as sickle cell disease)
- Chronic lung disease (such as chronic obstructive pulmonary disease [COPD] and cystic fibrosis)
- Endocrine disorders (such as diabetes mellitus)
- Heart disease (such as congenital heart disease, congestive heart failure, and coronary artery disease)
- Kidney disorders
- Liver disorders
- Metabolic disorders (such as inherited metabolic disorders and mitochondrial disorders)
- Extreme obesity (with a body mass index [BMI] of 40 or more)
- People younger than 19 years of age on long-term aspirin therapy
- Weakened immune system due to disease or medication (such as people with HIV or AIDS, or cancer, or those on chronic steroids)



**Welcome Stephanie**

Please join us in welcoming Stephanie Petkers, Spectrum Generations' Nutrition Coordinator at People Plus. Stephanie will be overseeing Meals on Wheels, Animeals,



and USDA program in the Sagadahoc, Brunswick, and Harpswell area. This summer, Stephanie had her first experience in foodservice as a Chef. Stephanie's previous experience include, executive director of the Greater Freeport Chamber of Commerce and brings extensive experience in volunteer organization, community outreach, and program coordination to the Spectrum Generations team. Welcome, Stephanie!

Weather  
 Cancellations &  
 Delays



Please call (800) 639-1553 for a recorded message announcing any Spectrum Generations closings. You can also watch or listen to **TV Channels 2, 5, 6, 8, or 13** and on

**FM Radio Stations: 92.3, 93.5, 96.7, 97.1, 97.5, 98.5, 101.3, 102.5, 103.3, 104.3, 105.1, 107.9,** and **AM Radio Station: 1160**



*All proceeds help end senior hunger*

Planning an event? Cohen on the Meadows is available to serve all catering needs!

**207-620-1189 or 207-660-9267**

Spectrum Generations is an equal opportunity provider.

**PROUD TO PARTNER WITH PEOPLE PLUS**