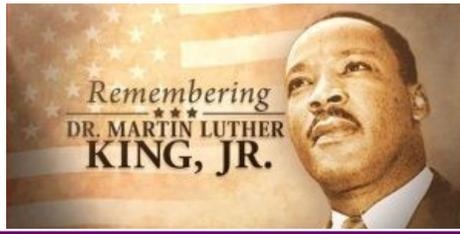


Please note: All Spectrum Generations' locations will be closed Monday, January 21, in observance of Dr. Martin Luther King, Jr. Day



### The Savvy Caregiver Class

The **Savvy Caregiver Program** is a **FREE**, six-session training series for family caregivers. For most family caregivers, caregiving itself is a new role, one for which training is needed, just as you would receive training for any new job.

Participants will learn **what dementia is** and **how it affects the individual** and also **helps caregivers better understand** the changes their loved ones are experiencing, and how to best provide individualized care for their loved ones throughout the progression of dementia.

Spectrum Generations is offering a class beginning on **January 7**, and registration is open! Classes will be held from **9:45 – 11:45 a.m.** at the United Methodist Church at 320 Church Road in Brunswick. This class will run for 6 weeks, through February 11.

**Andrea Handel, LSW**, is Spectrum Generations' new ADRC Specialist for both Lincoln and Sagadahoc counties, and the towns of Brunswick and Harpswell. Andrea will be at People Plus in Brunswick and most Tuesdays and Thursdays between 8:00 am and 4:30 pm. Andrea can be contact by phone at: 207-607-4405 or e-mail [ahandel@spectrumgenerations.org](mailto:ahandel@spectrumgenerations.org). Welcome, Andrea!

'Tis the season for giving, and this holiday season our Meals on Wheels program has much to be thankful for. Our consumers have been the lucky recipients of lovely floral arrangements made and delivered to us by the Bath Garden Club, and festive poinsettias donated by the Mt Ararat Middle School and the Brunswick High School Music program. Our volunteer drivers delivered the flowers, along with beautiful cards made by the students, during their usual food deliveries to over 100 people throughout Sagadahoc County, Brunswick and Harpswell.



Extra poinsettias were sold at People Plus to raise more money for Spectrum Generations' Meals on Wheels program. We are grateful to the donors and dedicated volunteers and drivers who made this special holiday delivery possible! We are always looking for groups to partner with so if you have an idea about how we can help brighten the day of our consumers, please contact us at [info@spectrumgenerations.org](mailto:info@spectrumgenerations.org)

By participating in a survey, you can help inform and shape the MaineDOT's Long-Range Transportation Plan. Your responses will help MaineDOT understand wants and desires of traveling public, views on future growth, and where to invest and concentrate resources. The survey takes only 10 minutes!

Find it online at: <https://mainelongrangeplan2050.metroquest.com/>



The purpose of this effort is to document MaineDOT's vision for the future, as well as to provide guidance and insight on the necessary strategies to meet transportation goals in the midst of the many challenges over the next 20-30 years. The DOT needs your input in helping to make this a valuable, relevant plan.



### Engaging volunteer opportunities are available!

Do you like working with numbers and people? Do you have good communication skills, are professional and have reliable transportation? Spectrum Generations' Money Minders, Meals on Wheels drivers or Home Assessments volunteer opportunities may be for you.

**Money Minders:** You will be visiting clients and assisting them with monthly account reconciliation, check book balance, and reporting changes in client's status to supervisor. You will receive orientation and in-service training sessions.

### Meals on Wheels Drivers and Home Assessors Opportunities:

- Drivers are needed on Wednesdays and Fridays, 10:00 a.m. to 12:00 p.m. for routes in Brunswick and Woolwich Islands. Drivers must be able to meet at People Plus at 10:00 am. The Meals on Wheels routes take approximately 1 hour and you may have to lift up to 30 lbs.
- Help is needed with loading and unloading 30lbs boxes of USDA food during monthly distribution on the second Tuesday of each month at the Bath Senior Center, between 9–11:00 a.m.
- Unloading Vans at People Plus – help is needed unloading vans for Meals on Wheels on Wednesdays and Fridays from 9:30–10:00 a.m.
- In-Home Assessors are needed for Meals on Wheels consumers in the Brunswick area; the schedule will be coordinated with a supervisor. Volunteers will visit with the consumers and ask them questions about the services they need. Assessor volunteers need their own vehicle, and will receive training in completing annual assessments.

If interested, please contact Amalia at 207-620-1684 or [apdelpulgar@spectrumgenerations.org](mailto:apdelpulgar@spectrumgenerations.org).

Spectrum Generations is an equal opportunity provider.

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