

June is **Elder Abuse Awareness Month**, a time to highlight the ways many seniors are being abused, and provide education on signs to look for and resources if someone you care about may be in danger. Working together, we can build the social supports that can prevent this abuse and keep everyone safe as we age.

You may see signs of abuse or neglect when you visit an older person at home or in an eldercare facility. You may notice the person:

- Has trouble sleeping
- Seems depressed or confused
- Loses weight for no reason
- Displays signs of trauma, like rocking back and forth
- Acts agitated or violent

- Becomes withdrawn
- Stops taking part in activities he or she enjoys
- Has unexplained bruises, burns, or scars
- Looks messy, with unwashed hair or dirty clothes
- Develops bed sores or other preventable conditions

If you see signs of abuse, try talking with the person to find out what's going on. If you see something that looks like abuse, you can contact the Maine Office of Elder Services at 1-800-624-8404 (Voice) 711 (Maine Relay), who can provide or arrange for services to protect incapacitated and dependent adults in danger of abuse, neglect, or exploitation. Calls may be made anonymously.

Every year on June 15, World Elder Abuse Awareness Day is recognized around the world. On this day, our Bridges Adult Day and Community Support Services will be holding a discussion with our consumer programs about the reason for this day, warning signs of elder abuse, how to overcome it, and what we can do to help. Our Team Leaders are always advocating for our consumers' wishes and needs no matter the time of year.



## 11<sup>th</sup> Annual HEALTHY AGING EXPO

**Friday, June 7 from 9:00 a.m.—2:00 p.m.**

**Cohen Community Center**  
**22 Town Farm Road**  
**Hallowell, Maine 04347**

**Plan to join us for an informative day filled with resources for baby boomers, active agers, retirees, and caregivers**

**Preventative approaches to a healthier life**  
**Fun and relaxation tips for good mental health**  
**Admission is FREE**

## 17th Annual Golf Fore a Cause

What better way to take advantage of the Summer Solstice, the longest day of the year, than at one of Spectrum Generations' biggest fundraising events!

Our **17th Annual Golf Fore a Cause** tournament, benefiting our programs and services including Meals on Wheels, will take place on **Friday, June 21**, at the Brunswick Golf Club. Spend the day on the course (1:00p.m. tee-time) and transition into the evening with a Homestyle BBQ, and live music around the fire pit.

The cost is \$125 /individual, \$450/team and includes 18 holes with cart, bagged lunch, Homestyle BBQ, awards, and much more! There are also various sponsorship levels available and offer a great way for businesses or individuals to generate positive publicity from their association with our tournament. Please contact Sarah Brown at 620-1677 or email [sbrown@spectrumgenerations.org](mailto:sbrown@spectrumgenerations.org) or for more information.



### A Matter of Balance: Managing Concerns About Falls

This 8-week structured group emphasizes practical strategies to reduce the fear of falling. Participants will learn how to view falls and fearing of falling as controllable, set realistic goals to increase activity level and change their environment to reduce the risk of falling.

**People Plus:** 35 Union Street, Brunswick  
 Mondays, 1:30—3:30 p.m.  
 August 5 through September 30

FMI contact [healthylivingforme.org](http://healthylivingforme.org)  
 or call 1-800-620-6036