

Giving you the tools you need  
 to help the ones you love.



**Tuesdays,  
 1:00—3:00 p.m.**  
  
 April 10—  
 May 15

## 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**. The Savvy Caregiver Program **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.

Classes will begin on Tuesday, April 10, from **1:00 — 3:00 p.m.** at **The Highlands Maine Lodge, Merrymeeting Bay Room** at 30 Governor's Way, Topsham. Subsequent courses will be held Tuesday through May 15 from **1:30 — 3:30 p.m.** at the same location.

**SIGN UP TODAY:** **Katie Carlson**, ADRC Manager  
 (207) 620-1656 | kcarlson@spectrumgenerations.org

16th  
 Annual

## GOLF FORE A CAUSE

8 a.m. Check In | 9 a.m. Tee Time



**THURS JUNE 7  
 2018**

18 Holes  
 Carts  
 Lunch

BRUNSWICK  
 GOLF CLUB  
 165 River Road

Benefiting  
 Spectrum Generations' Programs

Spectrum Generations is an equal opportunity provider.

### March for Meals with Spectrum Generations



Meals on Wheels serves virtually every community in America and is powered by a network of independently-run

providers, like Spectrum Generations. Every March we come together to raise awareness for the program and the seniors we serve.

**Providing so much more than just a meal -**

At the core of the Meals on Wheels service is a nutritious meal, companionship and a watchful eye on the health and safety of our elderly neighbors.

- **A nutritious meal** - Adequate nutrition is necessary for health, functionality and the ability to remain independent. Healthy eating can increase mental acuity, resistance to illness and disease, energy levels, immune system strength, recuperation speed and the ability to manage chronic health problems. Meals on Wheels ensures that seniors have access to adequate nutrition even when family support, mobility and resources are lacking.

- **A friendly visit** - For many seniors, the trusted Meals on Wheels volunteer who shows up with a meal and a warm smile is the only person they see all day. This special delivery is a reason to get up in the morning, something to look forward to, and a reminder to take good care of themselves.

- **A safety check** - Along with the inevitable impacts of aging come the increased risks of medical emergencies, falls, and accidents. The safety check that accompanies each meal delivery helps to reduce falls, trips to the hospital, or premature institutionalization. It also ensure that, in the case of an emergency medics will be called, families will be notified and our seniors will not be forgotten.

**Please join us** at the Spectrum Generation's Southern Midcoast Aging & Disability Resource Center, located at 35 Union Street in Brunswick, on Wednesday, March 21 for a special **March for Meals community lunch**. Everyone in the community is invited to come and have soup, a sandwich, and salad, and learn more about the Meals on Wheel program. Lunch will be served from noon until two and will be provided at no cost, although donations will gratefully be accepted.

For more information about the March for Meals community lunch, please contact Casey Henson at 207-607-4406.

www.marchformeals.com  
 www.spectrumgenerations.org