

## 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 seniors.

- **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 hot meal and a warm smile is the only person they see or speak with 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 or problem, medics will be called, families will be notified and our seniors will not be forgotten.

**Please join us** at the Southern Midcoast Aging & Disability Resource Center, located in the People Plus building at 35 Union Street in Brunswick, on Wednesday, March 22nd 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.

To learn more about March for Meals, visit [www.marchformeals.com](http://www.marchformeals.com) and for more information about the services that Spectrum Generations provides, visit [www.spectrumgenerations.org](http://www.spectrumgenerations.org)



## SCAM ALERT BULLETIN BOARD

Ads for jobs guaranteeing you will make a certain amount of money or that you can work from home are probably scams. If you respond to the ad, you'll likely be asked to send money so you can either get the job, acquire more job listings, receive supplies to start a business at home, or obtain special "certification" that's supposed to get you a job. If an ad for a job sounds too good to be true, it probably is.

Be a fraud fighter! If you can spot a scam, you can stop a scam. **Contact local law enforcement or the AARP Fraud Watch Network [www.aarp.org/fraudwatchnetwork](http://www.aarp.org/fraudwatchnetwork) or 1-877-908-3360 to report a scam or FMI on scam and fraud prevention.**



Have you "liked" Spectrum Generations yet? Search Spectrum Generations on Facebook and like our page to stay up to date with all that we have offer in your community!



Spectrum Generations is an equal opportunity provider.



## Food Assistance Program Expands Into the Brunswick Area!

Are you over 60? Could you use a little extra food every month?

The Maine Commodity Supplemental Food Program (CSFP) works to improve the health of low-income seniors by supplementing their diets with nutritious USDA foods.

The CSFP provides seniors age 60+ with a FREE 30 pound box of non-perishable foods each month. Food packages include a variety of foods, such as nonfat dry milk, juice, oats, cereal, rice, pasta, peanut butter, dry beans, canned meat, poultry, or fish, and canned fruits and vegetables.



A sample of what is included in the CSFP boxes

To qualify, seniors must meet income guidelines, be a Maine resident, and be able to pick up their food box (or designate a proxy) on the third Tuesday of every month between 11:00am and 1:00pm at the People Plus building in Brunswick.

Spectrum Generations is now taking applications for it's new Brunswick pick-up site at People Plus! For an application or for more information, call Casey at 607-4406.

## New Websites Have Launched!

Have you visited Spectrum Generations online yet? A great resource for finding all that Spectrum Generations has to offer, our new updated website can be visited at:  
[www.spectrumgenerations.org](http://www.spectrumgenerations.org)

Bridges Home Services also has a new website:  
[www.bridgeshomeservices.org](http://www.bridgeshomeservices.org)

Check them out today!