

All Spectrum Generations' locations will be closed on Monday, May 29, in observance of Memorial Day.



Each May, the Administration for Community Living celebrates Older Americans Month to recognize older Americans for their contributions to the nation. This year's theme is "Age Out Loud," is intended to give aging a new voice — one that reflects what today's older adults have to say about aging.

The 2017 theme gives us an opportunity to shine a light on many important issues and trends. More than ever before, older Americans are working longer, trying new things, and engaging in their communities. They're taking charge, striving for wellness, focusing on independence, and advocating for themselves and others. They expect to continue to live their lives to the fullest, and they're insisting on changes that make that possible.

Whether it be socialization, life-long learning, wellness classes or volunteerism, we invite you to "Age Out Loud". The possibilities are endless at Spectrum Generations and People Plus! Visit www.spectrumgenerations.org for more information.



Food Assistance Program Expands into the Brunswick Area!

Are you over 60? Could you use a little extra food every month? Do you live in Brunswick, Harpswell, or Sagadahoc County?

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 11:00 a.m. — 1:00 p.m. at the People Plus building in Brunswick or the second Tuesday of every month between 9:00 — 11:00 a.m. at the Bath Area Senior Citizens Activity Center.

Spectrum Generations is now taking applications for its new pick up sites at People Plus AND the Bath Area Senior Citizens Activity Center!

For an application or for more information, call Casey at 607-4406.

Girls Scouts Give Cookies

Under the guidance of troop leaders Dawn Grimes and Gladys Szabo, Girl Scout Troop 1644 recently delivered over 200 boxes of delicious Girl Scout cookies to Spectrum Generations' local Meals on Wheels recipients through their cookie share program.

Thank you girls, for all of your hard work and dedication and thank you to everyone who purchased a box to donate!



SCAM ALERT BULLETIN BOARD

The Federal Trade Commission reports that the virtual child kidnapping scam has resurfaced. The scam begins with a call from someone claiming to have

kidnapped a child in your family. The scammer demands money by wire transfer or prepaid card. These calls are fake and law enforcements organizations, like the FBI, are aware of this type of scam. If you get a call like this, resist the urge to send money immediately, no matter how dramatic the story. These scammers are good at pressuring you to send money before you have time to think. Before you send anything, contact your child or grandchild directly, then you can report this fraud at ftc.gov/complaint

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 or 1-877-908-3360 to report a scam or FMI on scam and fraud prevention.**



Spectrum Generations is an equal opportunity provider.

PROUD TO PARTNER WITH PEOPLE PLUS