

All Spectrum Generations' locations will be closed on Monday, May 28, in observance of Memorial Day.



Golf Fore a Cause – Registration now open!

With warmer weather comes one of Spectrum Generations' biggest fundraisers and a wonderful event that needs your support! Our 16th Annual Golf Fore a Cause tournament will take place on Thursday, June 7, at the Brunswick Golf Club.

Last year's event raised over \$20,000 for our programs and services like Meals on Wheels and center activities. **We are still accepting sponsorships, and teams and individuals to play.** We look forward to seeing you for a great day on the course!

The cost is \$100/individual, \$400/team and includes 18 holes with cart, player gift bags, lunch at our awards BBQ, contests for longest drive, accuracy drive, putting, and a few surprises!

There are also various sponsorship levels available which offer a great way for businesses or individuals to generate positive publicity from their association with our tournament.

Please contact Sarah Brown at sbrown@spectrumgenerations.org or 620-1677 for more information.



save the date

10th Annual

HEALTHY AGING EXPO



FRIDAY, JUNE 1

10 a.m. - 3 p.m.

Cohen Community Center
 22 Town Farm Road, Hallowell
 FMI call 626-7777

Plan to join us for an informative, inspiring and fun day, designed especially with you in mind!

Come meet with a variety of exhibitors

Learn about different ways that food can affect your health
 Opportunities to sample products

Get healthy cooking tips from a panel of experts

Qualify for door prizes

Get resources to meet your personal goals

Our goal is to help active adults get the most out of life!

May is Older Americans Month

Each May the Administration for Community Living (ACL) celebrates *Older Americans Month* to recognize older Americans for their contributions to the nation. This year's theme, "Engage at Every Age," emphasizes the importance of being active and involved, no matter where or when you are in life. You are never too old (or too young) to participate in activities that can enrich your physical, mental, and emotion well-being. We know older Americans are striving for wellness, focusing on independence, and advocating for themselves, their peers, and their communities, and what it means to age has changed.



Whether it be socialization, life-long learning, wellness classes, and volunteerism, the possibilities are endless at Spectrum Generations!

Money Minders Volunteers Needed

We are looking for friendly people who enjoy helping others in their community.

Imagine coming to a point in your life when your eyesight makes it difficult to read bills, and balance a checkbook, or your hands have developed a tremor making it impossible to fill out a check. Our Money Minders Volunteers have the rewarding role of helping those who have already found themselves in this position. We help them organize their bills, avoid late fees, and maintain their independence in their home.

If you are interested in more information, please contact Amy Morissette at amorissette@spectrumgenerations.org or 207-620-1664.



The Federal Trade Commission reports that the virtual child kidnapping scam has resurfaced. This scam begins with a call from someone claiming to have kidnapped a child in your family, and then demands money by wire transfer or prepaid card. These calls are fake and law enforcements organizations, like the FBI, are aware of them. If you get a call like this, resist the urge to send money, no matter how dramatic the story. These

scammers are good at pressuring you before you have time to think. A good way to avoid being scammed is to contact your child or grandchild directly, and then 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.**



All proceeds help end senior hunger

Planning an event?
 Cohen on the Meadows is available to serve all catering needs!
 207-620-1189 or 207-660-9267

Spectrum Generations is an equal opportunity provider.

PROUD TO PARTNER WITH PEOPLE PLUS