

All Spectrum Generations locations will be closed on Monday, October 9 in observance of Columbus Day.



Spectrum Generations is proud to partner with People Plus to bring you the 2017 People Plus Senior Health Expo at the Cook's Corner Mall in Brunswick on October 17, from 9:00 a.m. — 1:00 p.m.

Stop by the Spectrum Generations tables and learn more about the services we provide like Life Care Consulting, Legacy Corps, Meals on Wheels, and more. Hope to see you there!



Celebrity Chef Challenge

The 5th Annual Celebrity Chef Challenge was held on September 19 in Bath, and raised over \$21,000 to support Meals on Wheels and other Spectrum Generations programs.

Congratulations to Chef Chris Toole from The Highlands in Topsham who nudged out Tim O'Brien from Enoteca Athena in Brunswick to take the top honors. This year's event brought back these two returning champions from previous challenges—Tim O'Brien won the very first year we held this event (2013), and Chris Toole won in 2015, and was a judge in the 2016 event.

Chef Toole's winning dish incorporated a bistro fillet of beef, haricot verts, tomatoes, corn, and carrots. That very dish will now be replicated by Spectrum Generations' kitchen staff and incorporated into our Meals on Wheels—homebound adults will get to enjoy the fine culinary creation of this leading chef!

Thank you to our generous supporters—sponsors, chefs, judges, volunteer servers, and attendees, who made this event a huge success!

Need Help With Medicare?

October 15 through December 7 is the Open Enrollment period for Medicare Advantage and Medicare prescription drug coverage. During this period you can:

- Change from Original Medicare to a Medicare Advantage Plan.
- Change from a Medicare Advantage Plan back to Original Medicare.
- Switch from one Medicare Advantage Plan to another Medicare Advantage Plan.
- Switch from a Medicare Advantage Plan that doesn't offer drug coverage to a Medicare Advantage Plan that offers drug coverage or vice versa.
- Join a Medicare Prescription Drug Plan.
- Switch from one Medicare drug plan to another Medicare drug plan.
- Drop your Medicare prescription drug coverage completely.

Spectrum Generations' Aging & Disability Resource Counselors can help you understand your options and help you choose which plan is right for you. If you live in the Brunswick—Harpwell—Sagadahoc County area, call 729-0757 to make an appointment with one of our counselors. If you live outside of that area, call Spectrum Generations' Consumer Helpline at 1-800-282-0764 to find the center closest to you.

MEDICARE | OCTOBER 15
 OPEN ENROLLMENT | TO
 DECEMBER 7

Save the Dates!



For the third year, Spectrum Generations Meals on Wheels will benefit from this festive holiday fundraiser. Don't miss out—mark your calendars and plan to join us at the Hathaway Creative Center in Waterville!

**Friday — Sunday,
 November 17, 18, 19, and
 November 24, 25, 26.**
 More information coming soon!

SCAM ALERT BULLETIN BOARD

Scammers across the country are calling Social Security beneficiaries, claiming they are due a cost of living

increase. They just need to verify your Social Security number and bank routing information, along with other personal information. Then, scammers contact the real Social Security Administration to try to change your direct deposit to their bank account. If you get a call like this, hang up!

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.**



Volunteers Needed for our Award Winning Program!

Spectrum Generations Legacy Corps program is looking for volunteers who would enjoy spending time with a person who was, or is, related to someone who was, or is, in the military.

Time could be spent fishing, doing puzzles, cooking a meal, helping with errands, or just hanging out! We have **over 30 families on the waitlist** from Rockport to Brunswick who are in need of volunteers. To learn more about being a Legacy Corps volunteer, call 1-800-639-1553.

Spectrum Generations is an equal opportunity provider.

PROUD TO PARTNER WITH PEOPLE PLUS