

**Help Us Cram the Van for the AniMeals Program!**



Spectrum Generations is partnering with Petco for a “cram the van” event to support the AniMeals program, which brings pet food to homebound seniors and disabled adults on the Meals on Wheels program. AniMeals allows individuals to keep their beloved companions at home while avoiding sacrificing their own food and nutrition to feed them.

Please join us on **Saturday, September 30, from 11:00 a.m. — 3:00 p.m.**  
**at Petco’s Topsham location:** 131 Topsham Fair Mall Rd (next to Target) and pick up some pet food to donate to a furry friend in need!



## Celebrity Chef Challenge

Maine Maritime Museum  
Bath, Maine

# September 19

As this is the fifth year, the event is a culminating challenge and brings back competitors from the previous four years: Justin Bard from Riverside Farm Market in Oakland, Chris Toole from The Highlands in Topsham, Tim O'Brien from Trattoria Athena in Brunswick, and Chris Deer from Freeport's Tuscan Bistro will be competing.

The chefs will compete by preparing a main dish using Meals on Wheels guidelines and locally grown ingredients as part of the Spectrum Generations' We Sustain Maine initiative. The chefs will be given a chosen protein, vegetable, starch, and a secret ingredient to create their meals.

The night will include a silent auction and special reception including a cash bar, staffed by celebrity bartender Chris Gatchell of The Wallingford Dram in Kittery. Light hors d'oeuvres prepared by each participating chef will be passed during cocktail hour. The reception will start at 5:00 p.m. followed by dinner and the program beginning at 6:00.

Executive Chef Chris Hart of The Blaine House will also be returning this year as a Culinary Consultant to assist the four celebrity chefs as they prepare their meals and well-known locals and celebrities will be delivering meals to guests. The Judges' Choice and People's Choice winner, chosen by diners in attendance, will receive awards and have their dish incorporated in Spectrum Generations' Meals on Wheels menu.

Tickets are \$75 per person or \$550 for a table of eight. Tickets may be reserved by contacting Sarah Brown at [sbrown@spectrumgenerations.org](mailto:sbrown@spectrumgenerations.org) or by calling (207) 620-1667.



## Lost in a Marketplace and Medicare Maze?



**HERE ARE THE FACTS:**

- Medicare was created especially for those over 65 and those who are disabled. When you get to age 65, you need to switch to Medicare.
- If you are under 65 and have been receiving Social Security disability payments for 2 years, you are automatically enrolled in Medicare and must dis-enroll from your Marketplace policy.
- If you stay on a Marketplace policy after 65, or are disabled and are on Medicare and a Marketplace policy, you may face serious financial penalties.

**1-800-639-1553**

Call Spectrum Generations your local Area Agency on Aging to get  
**FREE help and make the switch today!**



**SCAM ALERT BULLETIN BOARD**

If you're planning to move this summer, be on the lookout for unlicensed movers and fake moving companies. You should get at least three quotes from prospective moving companies before hiring one. Be aware of movers that don't send an estimator to your house beforehand, demand cash or a large deposit up front, and/or have unrealistic low-ball offers. Make sure you know whom you're working with before you pay any money.

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.**

**All Spectrum Generations locations will be closed on Monday, September 4, in observance of Labor Day.**



Spectrum Generations is an equal opportunity provider.