

All Spectrum Generations' locations will be closed on Tuesday, July 4th, in observance of Independence Day.



Celebrity Chef Challenge

SAVE THE DATE:

TUESDAY, SEPTEMBER 19, 2017
 MAINE MARITIME MUSEUM, BATH

For more information on how to be involved in this year's event, visit www.spectrumgenerations.org or call 1-800-639-1553.

Commodity Supplemental Food Program

a Senior Food Assistance Program

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.



Thank You!



Thank you to everyone who supported our Meals on Wheels bake sale and yard sale last month! We raised over \$400 to help feed local homebound seniors and disabled adults. Last year, Spectrum Generations delivered over 30,000 meals in Brunswick, Harpswell, and Sagadahoc County, all of which wouldn't be possible without our volunteers and support from the community. Thank You!

As reported in many news and health care related journals, hunger and the lack of proper nutrition among our nation's seniors has contributed to an increase in hospital readmission rates among this population, causing poorer outcomes for patients and putting an undue burden on hospitals and treatment centers.



Spectrum Generations has over 40 years of experience as a Meals on Wheels provider, positioning us to cost-effectively deliver freshly made meals for patients at risk for failing nutrition. When there is a concern about a patient's nutrition and the patient does not qualify for Meals on Wheels, individuals or providers can contract with Spectrum Generations' Maine-ly Delivered Meals service and have prepared meals delivered directly to the patient's home.

For more information about the Maine-ly Delivered Meals program, call 607-4406.



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.**



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Spectrum Generations is an equal opportunity provider.

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