

WALDO NEWSLETTER



January 2019



18 Merriam Road, Belfast 04915



(207) 338-1190 or [TTY] 1.800.464.8703



Monday-Friday, 9:00 a.m. — 1:00 p.m.



2018: The Year in Review

At Spectrum Generations, we often say that we serve thousands throughout central and midcoast Maine, and this first newsletter of the year offers the opportunity to share some of those statistics with you. The time period during which these services were delivered is 10/1/17 – 9/30/18.

Spectrum Generations served **43,694 people** throughout our area – these people are you, your friends, and your neighbors. We are proud of the many people whose lives our services change and that we are able to aid so many in their desire to age in place!

1,603 people received **231,598** Meals on Wheels, and **2,189 people** enjoyed the socialization and nutrition that congregate dining offers.

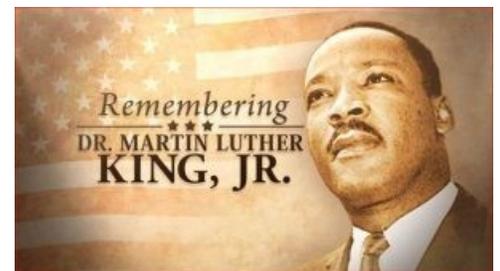
We provided **323 people** and their families with caregiver support, training, counseling, and respite. We know the importance of educating caregivers in what can be a difficult role, as well as promoting self-care for the caregiver. This also represents **19,928 hours** of respite care, which provides care for a homebound loved one while the caregiver can leave the home to take care of other matters.

We also provided **13,786** Information and Assistance contacts to **7,899 people** seeking resources to care for a loved one.

Our Bridges Home Services division provided **35,689 hours** of care to adults with memory diagnoses or intellectually and/or developmentally disabled adults through the Adult Day program.

These are just a few of the ways we help our communities and we are grateful to the many volunteers and supporters who help us fulfill our mission. Thank you for trusting us to provide the care you need!

Upcoming Events



All Spectrum Generations' locations will be closed on Monday, January 21.



Our New Year's Resolution at Spectrum Generations is to ensure that every volunteer position is filled for 2019! Can you help?

If you're interested in open volunteer positions please contact Amalia at 207-620-1684 or email apdelpulgar@spectrumgenerations.org

Medicare 101 Clinics

Are you new to Medicare or nearing the age for eligibility? Do you know the four different parts of Medicare and the difference between a Medicare Advantage Plan and a Medigap Plan? Have you considered all options for choosing your Medicare coverage?

Do not wait until you are 65! You should begin learning about Medicare three to six months before you are eligible. Knowing the answers to these questions and more will help you make the best choice from the many Medicare options.

Our Medicare 101 Session will take you through the four different parts of Medicare benefits and how each works. You'll learn how to enroll, what services are covered, and what estimated costs will be for your coverage.

Medicare 101 class will be held on **January 9 from 1:00—3:00 p.m.** at Spectrum Generations, 18 Merriam Road in **Belfast** and on **January 10 from 1:00-3:00 p.m.** at Spectrum Generations, 87 Elm Street, **Camden**. Please call Brooke at 930-8081 to register.

Weather Cancellations & Delays

In the event of bad weather, please call 339-1190 before heading to the Waldo Community Center.

If no answer, please call (800)639-1553 for a recorded message announcing any agency closings. Spectrum Generations will announce any delays or closings on our Facebook page as well as:

TV Channels 2, 5, 6, 8, or 13

FM Radio Stations 92.3, 93.5, 96.7, 97.1, 97.5, 98.5, 101.3, 102.5, 103.3, 104.3, 105.1, 107.9

AM Radio Station 1160



Maine-ly

DELIVERED MEALS
For Nutrition at Home

Maine-ly Delivered Meals are nutritious meals prepared by Spectrum Generations' skilled chefs that can be delivered to your home, according to your individual needs. Prepared meals are easy to heat, nutritionally balanced, and delivered to your front door by our caring drivers, who also provide a safety check.

Are Maine-ly Delivered Meals right for you?

- Do you not qualify for Meals on Wheels but want a home-delivered meal?
- Are you currently on a Meals on Wheels waitlist?

Have you been discharged from the hospital or a skilled nursing facility and need meal service to assist in your recovery while you maintain independence in your own home?

Maine-ly Delivered Meals ensures recipients have fresh, wholesome, delicious meals — free of preservatives and artificial ingredients, and naturally low in sodium, saturated fats and sugar — providing necessary calories, vitamins, minerals and other nutrients in proper portion sizes.

Call us at (207) 873-4745 to inquire about starting Maine-ly Delivered Meals today!



Spectrum Generations is an Equal Opportunity Provider. Please let us know if you require special accommodations at least two weeks prior to the event.

Spectrum Generations is the Central Maine Area Agency on Aging. Our mission is to promote the life-long learning, health, wellness, nutrition, community engagement, and social well-being of all older and disabled adults. We actively engage the people of central Maine, across the entire generational spectrum, in redefining how older and disabled adults live healthy, socially enjoyable and independent lives. We invite you to connect with us in various ways:



spectrumgenerations



@SpectrumGen



www.SpectrumGenerations.org



1-800-639-1553