

WALDO NEWSLETTER



May 2018

- 📍 18 Merriam Road, Belfast 04915
- ☎ (207) 338-1190 or [TTY] 1.800.464.8703
- 🕒 Monday-Friday, 9:00 a.m. — 1:00 p.m.



Message

from the Center

May is Older Americans Month

Every May, the Administration on Aging, part of 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 young or too old to take part in activities that can enrich your physical, mental, and emotional well-being. Engage at Every Age also celebrates the many ways in which older adults make a difference in our communities.

Across the country, older Americans are taking part in activities that promote wellness and social connection. Older Americans are working, volunteering, mentoring, learning, leading, and engaging. At Spectrum Generations, our community centers offer many activities to stimulate your mind, body, and soul. Whether it be socialization, life-long learning, wellness classes, and volunteerism.

We invite you to become Engaged at Every Age by visiting one of our community centers, joining our amazing volunteer team, or signing up to become an advocate. Visit our website www.spectrumgenerations.org where you can learn about our offerings. The possibilities are endless at Spectrum Generations!



ENGAGE AT EVERY AGE: MAY 2018



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

Upcoming Events

STONE CREST EVENT CENTER
968 WATERVILLE ROAD
WALDO, MAINE

TICKETS \$20 ENTRY

COMEDY NIGHT

Save the date, Saturday, June 16.

Show will begin at 6 p.m. and light refreshments will be served (included in ticket price).

Tickets may be purchased for \$20 (per person) at the door or at the Waldo Community Center 18 Merriam Road, Belfast

For more information call
Beth at 930-8090

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 and 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.



Care and companionship options for loved ones

The Adult Day and Community Support Services program is designed to provide care and companionship for older adults and/or adults with disabilities who need assistance and supervision during the day. The program offers much needed respite to family members and caregivers, allowing them to work, handle personal business, or relax, knowing their relative is well cared for and safe.

We offer person-centered activities designed to engage the individual in ways that are fun, stimulating, and interesting. Our new wheelchair accessible vans provide access to explore and participate in community events.

Bridges Adult Day and Community Support Services is a licensed alternative to more expensive assisted living settings, and offers health, therapeutic, and social services for individuals with various medical conditions. Our programs provide a well-balanced breakfast and lunch, as well as nutritious snacks, and can also accommodate special dietary needs. As a division of Spectrum Generations, we have four locations, within the Community Centers you already know!

We understand that different stages of life can require different types of care. Whether it is a little care now or more needed down the road, we are by your side to help make that journey easier for you and your family. Our skilled team can provide more information relating to private pay rates, or with help connecting you to state or federal subsidies.

Please contact us at 1.800.876.9212 or bridges@spectrumgenerations.org

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:



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www.SpectrumGenerations.org



1-800-639-1553