Beyond EXCELLENCE

A COMMUNITY REPORT of SPECTRUM GENERATIONS

Central Maine Area Agency on Aging and Disability Resource Center

2022 ANNUAL REPORT
Innovating for Inclusivity: Upgrading Services and Programs to Meet the Needs of Older and Disabled Adults

At Spectrum Generations, we are committed to providing the highest level of care and services to older and disabled adults in our community. We understand that the needs of this population are constantly evolving, and we are dedicated to staying at the forefront of change in order to meet those needs. Despite the progress we have made in recent years, many older and disabled adults still face significant challenges when it comes to accessing the services and programs to support their unique needs. This can include difficulties with transportation, limited access to technology, and a lack of resources to support them. As we look to the future, it is clear that modernizing our service delivery models and facilities is essential if we hope to continue providing the best possible care to older and disabled adults. We must be willing to embrace new technologies, new approaches, and new ideas staying relevant and effective in this rapidly changing landscape.

With a focus on inclusivity and accessibility, we aim to create solutions that will improve their quality of life and ensure that they are able to participate fully in their communities. We believe that modernizing our service delivery models and facilities is essential to meeting the future and emerging needs of older and disabled adults.

We are committed to doing everything in our power to make this happen. An example of our modernizing effort is the Cohen Center Deck Project that will be a valuable addition to the Cohen Community Center in Hallowell. The goal of this project is to increase the center’s capacity to effectively meet the needs of our community while providing a beneficial outdoor environment that will contribute to the overall health and well-being of all users. Besides attracting more lunch diners, the idea of expanding operations and having workshops, evening dinners and events out on the deck is also being considered to meet the variety of needs of our community. The increased hours of operation accompanying the Cohen Center Deck Project, will provide partnership opportunities that were not available previously and will also enable current programming to expand all offerings. We’re so excited for the people we serve!

We are fully aware that modernizing our service delivery models and facilities will require significant investment of time, money and resources. We are committed to working with the Board of Directors to develop a plan that allows us to make these investments in a sustainable and responsible way. We are also committed to involving the community in this process and keeping them informed of our progress every step of the way.

Innovating for inclusivity is not only a moral imperative, but it also makes good business sense. By investing in solutions that better serve older and disabled adults, we will improve the lives of this important demographic and create more inclusive communities. I urge you to support these proposed changes and help us move forward in this important effort.

Dear Friends,

As the President of the Board of Directors for Spectrum Generations, I am pleased to report that we have just concluded our 50th anniversary year as an Area Agency on Aging and Disability Resource Center, serving Central and Mid-Coast Maine. We are proud to have served the older and disabled adults in our community for five decades and look forward to the continuation of these essential programs, for years to come.

In 2022, we celebrated our 50th anniversary through story sharing, highlighting the tremendous growth we have achieved. From our inception as the “Central Senior Citizen’s Association” in 1972 through our much needed rebrand and renaming in 2008, when we become “Spectrum Generations” – it is the people we serve – at the heart of all that we do. As a non-profit organization, we offer these life changing services at little to no cost for the community members that need us. With your support and engagement, our organization will thrive into the future!

Over this half century, we have expanded our services to include support for caregivers, adult day programs and professional support for community members that are developmentally or intellectually disabled. Our well-known “Meals on Wheels” program provides much needed nutrition for people that are homebound and face food insecurity. In addition to our multiple connections out into the community, the inclusion of community centers that are homebound and face food insecurity. In addition to our multiple connections out into the community, the inclusion of community centers where people can gather to share a meal, participate in a class or enrichment activity and ultimately, feel included amongst friends, is of the utmost importance. Our community centers foster connections for older and disabled adults while we combat the effects of social isolation and meet many needs in one space.

As we move forward into the future, we remain committed to providing high-quality services, which is why it is of the utmost importance we modernize our facilities and plan for the necessary growth strategies to do so. We know that the need for our services will only continue to grow as the population ages, and we are prepared to meet that need. We want to thank our community partners, volunteers, and donors for their continued support. Without your generosity, we could not provide the essential services that allow all people in our community to age with dignity and independence.

Thank you for your support of Spectrum Generations, we appreciate you and we look forward to the years ahead.

Sincerely,

David Farago, Board Chair
Spectrum Generations

The Farago Family

That’s a Wrap!

...On the 50th Anniversary Year Celebration

A Note from Our Board Chair

CELEBRATING FIFTY YEARS OF

Spectrum Generations

Cheers to 50 Years!

Seth & Jenn of our Nutrition team,

Thank you for your support of Spectrum Generations, we appreciate you and we look forward to the years ahead. 

Sincerely,

David Farago, Board Chair
Spectrum Generations

Gerard Queally, President and CEO
2022 YEAR IN REVIEW At Spectrum Generations, we work strategically throughout the year to help serve a community where adults with disabilities and older adults are valued, engaged, and living with dignity. It is our honor to do this work and we are pleased to share the following achievements for FY22. (Services delivered between 10/1/21 - 9/30/22)

SPECTRUM GENERATIONS SUPPORTED 10,418 PEOPLE Our friends, family members and neighbors throughout Central & Midcoast Maine communities and in some cases state-wide.

HEALTHY LIVING FOR ME (HL4ME) offered 163 workshops which included 87 in-person and 53 remote in addition to mailed-home “toolkits.” Throughout the year, a total of 1,233 people participated in classes.

COMMUNITY SUPPORT SERVICES

- 1,849 people attended social dining at our COHEN COMMUNITY CENTER (Hallowell) and MUSKIE COMMUNITY CENTER (Waterville) and 26,231 meals were prepared and served.
- An impressive 313,577 MEALS ON WHEELS meals were prepared and delivered to 2,170 people. These nutritious meals, expertly created by our chefs are delivered throughout our service area by incredible teams of generous, committed volunteers.

- We provided 288 people and their families with CAREGIVER SUPPORT SERVICES such as respite, education, training and counseling. Our Spectrum Generations staff are trained and keenly aware of the importance of educating caregivers in what can be a difficult role in addition to the importance of self-care. 5,337 people utilized our access services which includes case management, information and assistance, outreach, and public education.

Through our certified, Personal Support Service providers, BRIDGES HOME SERVICES provided 129,176 hours of invaluable in-home supports including, but not limited to: daily tasks, gentle guidance, transportation, bed-bound patient care and overnight care.

ADULT DAY & COMMUNITY SUPPORT SERVICES provided 48,457 hours of support to adults with memory diagnosis or intellectually and/or developmentally disabled adults through our programs located at our community centers.

Our volunteers Carol, Dick, John, Meg, and Wil, arrive well before 7 a.m. to pack over fifty coolers, twice a week. This dynamic team fills bags with milk, juice, fresh fruit, and healthy snacks in under two hours! This amazing volunteer team has worked together for over two years making cooler packing an enjoyable, sociable, and efficient activity. What is even more incredible is these five volunteers have been volunteering at the Cohen Community Center for over 50 years of combined service and dedication to our Meals on Wheels consumers!

Healthy Living for Me

Meet Phyllis, age 95, and her daughter Peggy. Prior to the COVID-19 pandemic she attended congregate dining daily at our Cohen Community Center. She started coming when the center first opened in the ‘90s! We are so thrilled that Phyllis returned to congregate dining in 2022 to share a meal with her friends and family. Welcome back and thank you for spending so many of your meals with us!

Meet Marion Kelley, a long-time consumer at the Muskie Community Center, wanted to do something good for her community. She put her sewing and quilting expertise to the test and created four beautiful quilts to be raffled. What a wonderful gift!

Meet Clive, a MOW to homebound resident. On June 1st, 2022, Spectrum Generations delivered over 200 pounds of cat and dog food! Spectrum Generations’ AniMeals program began over a decade ago when we learned that some Meals-on-Wheels recipients do not have enough money to feed their pets and were sharing their home delivered meals with their companion animals.

Volunteer Receives Legislative Sentiment; MOW Driver in Somerset County

Senator Brad Farrin and Representative Amanda Collamore surprised Meals on Wheels (MOW) driver, John Slowe, before he headed out on his weekly route. John has served the Skowhegan area for over 21 years delivering MOW to homebound residents. On Thursday, July 7, 2022, John thought he was arriving at the Somerset Community Center to prepare for a typical Thursday morning route but instead, was greeted with a legislative sentiment presentation in honor of his many years of service. We appreciate you, John!

From left to right, Senator Brad Farrin; Randie Getchell, former Nutrition Coordinator for Somerset Community Center; John Slowe, MOWs volunteer; Gerard Quataly, Spectrum Generations President and CEO; and Representative Amanda Collamore.

Volunteer & Community Stories

During the fall a great crew from Central Church in Augusta cleaned, weeded, and beautified the Cohen Community Center as part of their Serve Central weekend!
Looking toward the future, we recognize the importance of modernizing our financial strategies and methodologies to meet the evolving and growing needs of older and disabled adults. As stewards of a $13.8M budget, innovation is key.

One of the major initiatives we have undertaken in FY22 is the integration of Power BI (a unified, scalable platform for self-service and enterprise business intelligence that connects DATA, visuals and applications) with our accounting software system, Great Plains. This powerful technology enables us to access and analyze financial data in real time, allowing for more informed decision making and more accurate reporting. These outcomes enhance the services we provide, as we fulfill our mission.

We have also fostered a strong culture of interdepartmental collaboration, which has been instrumental in our ability to develop and implement effective financial processes and a robust fiscal analysis system. This facilitates alignment of our resources with our agency’s strategic objectives and prioritizes investments that will support the growth and expansion of services into the future.

As we move forward, we are confident that our healthy financial position will enable us to continue delivering high quality services for our consumers and plan for the future with confidence. We remain committed to exploring new and innovative financial approaches to maximize our resources.

Sharon L. Cleveland
Chief Financial Officer and Board Treasurer

Fiscal Year 2022
FUNDING SOURCES

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Fiscal Year 2022
EXPENSES

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PICTURED ABOVE: The Kennebec Valley Board of Realtors held their 23rd Annual Charity Golf Tournament on September 14, 2022. As a result, over $13,000 was raised for Waterville Area Habitat for Humanity, Western Maine Community Action Inc, and Bridges Home Services of Spectrum Generations. We appreciate the Kennebec Valley Board of Realtors, and all those that sponsored the tournament!
United Way
United Way seeks to improve lives by mobilizing the caring power of communities around the world to advance the common good. United Way brings people together to build strong, equitable communities where everyone can thrive. Spectrum Generations is fortunate to be the recipient of United Way funding from three United Way agencies located throughout our service area—these are: United Way of Kennebec Valley, United Way of Mid Coast Maine and Heart of Maine United Way. United Way, as critical partners, support the nutritional needs of homebound older adults and adults with disabilities in Central and Midcoast Maine.

Ampion Renewable Energy and The Red Barn partnered to bring Community Solar to Augusta area residents in 2022. For each new community solar subscriber who enrolled through The Red Barn, Ampion made a $100 donation to Spectrum Generations’ Meals on Wheels program raising $3,000 to purchase the raw food needed to produce and deliver over 2,400 meals to our community!

In celebration of Colby & Gale’s 75th year serving their community, Spectrum Generations received a $1,000 donation. The “75 for 75” Community Giving Campaign saw a total of $75,000 (75 donations of $1,000 each) reflecting the number of years they’ve been in business, to local nonprofits, as selected by their employees.

Each year we are fortunate to have New Dimension’s Federal Credit Union support our Meals on Wheels program by presenting a check from Maine Credit Unions’ Campaign for Ending Hunger. In 2022 Michelle Beaulieu presented Spectrum Generations’ Muskie Community Center with a $1,500 check.

Thank you, Summit Natural Gas of Maine, for your generous donation!

“Each year, through the Summit Natural Gas of Maine Community Giving Program we award funding to organizations with strategies aligned with our interests,” said Ryan Moody. “This year we focused our charitable grant-giving towards organizations that combat food insecurity and promote child well-being within our service areas. At Summit, we understand we are only as strong as the communities we serve, which is why we were excited to support Spectrum Generations.”

In FY22, our friend, Mr. Allan Pottle made a generous gift—over $400,000—toward capital improvements for the Muskie Community Center of Waterville. Through conversations with Mr. Pottle, we have learned that he wants to give back to his fellow seniors living in the area and that he has been a part of the Muskie Community Center for over fifteen years where he regularly enjoys congregate dining—not just the food, but the socialization as well. Although Chef Gary’s turkey dinner is his favorite; the COVID-19 Pandemic has deepened his affection toward the importance of socialization and the great impact that congregate dining has on its community members. Simply put, Mr. Pottle shares, “I care. All it takes is offering a hand in order to help.”

Amphion Renewable Energy and The Red Barn partnered to bring Community Solar to Augusta area residents in 2022. For each new community solar subscriber who enrolled through The Red Barn, Ampion made a $100 donation to Spectrum Generations’ Meals on Wheels program raising $3,000 to purchase the raw food needed to produce and deliver over 2,400 meals to our community!
Members of Bridges Home Services and the Nutrition team celebrate the 50th Anniversary Year at Spectrum Generations.