



1.800.639.1553
spectrumgenerations.org

Central Maine Area Agency on Aging
Southern Midcoast Aging and Disability Resource Center

Monthly Update

March 2023



Spectrum Generations' CEO, Gerard Queadly, presents members of the Letourneau Family with a plaque Feb. 19 at the Muskie Center.

Perfect day all around for Spectrum Generations'

25th Annual Gene & Lucille Letourneau Ice Fishing Derby

We would like to thank everyone that attended and helped support our programs and services with the funds raised through this wonderful event.

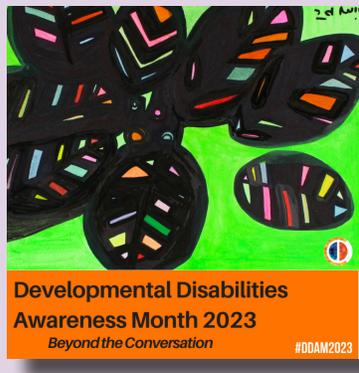
Thank you to our major sponsors:

Waterville Masonic Lodge #33, Bangor Savings Bank, Sukeforth Family Foundation, Nale Law Offices, Bridges Home Services, Waterville Elks Lodge #905, Central Maine Power, Central Maine Motors, and First National Wealth Management!

Thank you to all the local businesses that donated items for the silent auction! Thank you to our celebrity guests - Maine Cabin Masters, Tom Welch from Mainely Handrails LLC, and Rodney Richards, Jr.- for adding a sparkle to our 25th anniversary celebration and helping out in various areas throughout the event!

Thank you to the Letourneau Family for their support and helping us honor Gene & Lucille Letourneau as part of the 25th anniversary!

Thank you to Sheba's Wicked Kitchen for taking the time to be at our event and serve up so many delicious options to attendees! Thank you to Jorgensen's Cafe and Dunkin' for donating hot beverages to keep our guests warm!



March is Intellectual and Developmental Disabilities Month

We would like to take the opportunity to introduce you to our Case Management team who serve these members of our communities. Spectrum Generations serves seven counties; we're here to help you and your family navigate the many complexities of available funding resources.

With effective and responsive coordination, Spectrum Generations' case managers link people to resources, enhancing their quality of life and inclusiveness in their communities.

We are here to help:

- Follow the wishes and needs of each individual through a person-centered planning process
- Enable people to explore a full range of options
- Develop formal and informal supports
- Advocate for the interests, preferences, and dreams of the individual
- Assist individuals and families in independently coordinating their own supports and services if they so desire
- Support the development and expression of self-determination and self-advocacy; and provide a wide range of available resources

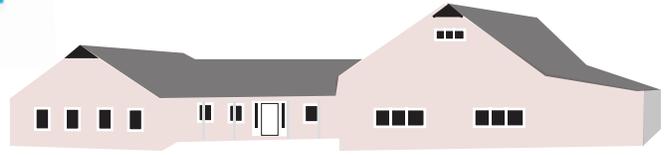
For more information on resources that are available, contact Sandra Labelle at 207.620.1667 or slabelle@spectrumgenerations.org.

In the event of inclement weather, please call 1-800-639-1553 before heading to Spectrum Generations. To learn more about our services, visit www.spectrumgenerations.org.

What's New?

At our community centers.

Cohen Community Center 22 Town Farm Road, Hallowell



New activities at the Cohen Center include an easy to learn card game called **Hand and Foot**. This group meets on Thursday each week. Starting soon on Fridays, come learn an intricate and ancient game, **Mah Jong!** This group is designed for beginners.

They also have a **round table discussion** every third Thursday of each month where everyone is welcome to share ideas about community enrichment. Join the conversation!

The **American Association of Retired Persons (AARP)** meets at the Cohen Center on Tuesdays and Thursdays and at the **Damariscotta location** (767 Main Street, Suite 5) on Tuesdays to help people with their income taxes. Please call Bobbi-Lynn at 620-1183 to schedule your appointment.

For inquiries on any of these activities reach out to the Cohen Center at 626-7777.

Muskie Community Center 38 Gold Street, Waterville

The Muskie Community Center and Literacy Volunteers of Kennebec present **Scrabble Fest, Friday, April 21, from 1 to 2:30 p.m.** Proceeds benefit Literacy Volunteers of Kennebec and Spectrum Generations. **Sign up by April 14** at the Muskie reception desk to play as individuals or teams. The cost is \$2 per person.

| | |
|----------------|-------------------------|
| 1:00-1:10 p.m. | Welcome/Review of Rules |
| 1:10-1:40 p.m. | Game I |
| 1:40-1:50 p.m. | Break – Rotate Teams |
| 1:50-2:20 p.m. | Game II |
| 2:20-2:30 p.m. | Awards and prizes |

Game Play: All participants must follow official Scrabble rules. Play will consist of two, 30-minute games. Each player/team will have three minutes per turn.



SCRABBLE FEST
Friday, April 21
from 1 to 2:30 p.m.
at the Muskie Center

Literacy Volunteers of Kennebec at the Muskie Community Center

Literacy Volunteers of Kennebec (LVK) provides volunteer tutors who can help people improve their reading, writing, understanding of financial management, and digital literacy by helping people to learn how to use tablets and computers. LVK can also help with whatever your own goal might be!

LVK also helps new Mainers who are seeking to become citizens, gain employment and to contribute to their community, learn to speak, read and write in English. LVK is learner-centered and meets those who want to learn where they are.



There is no cost for a tutor! Tutors and learners meet in person or virtually once a week for an hour. Literacy Volunteers are available at the Muskie Community Center every Wednesday from 10:30 a.m. to 3 p.m. To schedule a visit with LVK please stop by the front reception desk, call 458-7592 or email: info@lva-augusta.org.

If you are interested in becoming a volunteer tutor (no prior teaching experience is required) with Literacy Volunteers of Kennebec, the next Tutor Orientation is scheduled Tuesday, April 11 from 5:30 to 7 p.m. and training is Tuesday, April 18 and 25 from 5:30 to 7:30 p.m. Earlier trainings may be available as well.

Why we celebrate each March

March for Meals is a nationally recognized event that brings attention to the importance of Meals on Wheels — raising awareness and funds.

Each year, the March for Meals celebration commemorates the historic day in March of 1972 when President Nixon signed into law a measure that amended the Older Americans Act of 1965 to include a national nutrition program for seniors 60 years and older. This legislation supported the rapid growth of the nationwide network of senior nutrition programs – commonly referred to as Meals on Wheels – that collectively serve more than 247 million meals to 2.8 million seniors each year.

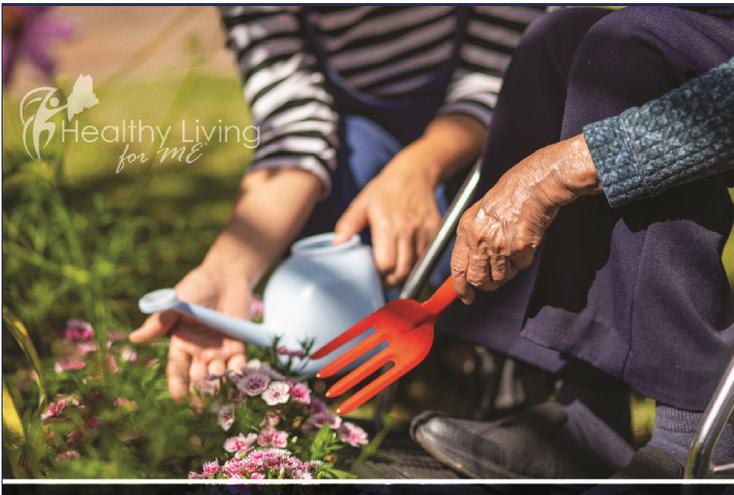
Throughout the month, the Meals on Wheels network is joining forces for the awareness campaign to garner the support needed to ensure these critical programs can continue to address food insecurity and malnutrition,



combat social isolation, enable independence, and improve health for years to come.

During Community Champions Week of March 20-24, local, state, and federal officials and local celebrities are invited to deliver meals and speak out for seniors, while bringing attention to the importance of this critical program.

Building Better Caregivers offered at Cohen Community Center in March



BUILDING BETTER CAREGIVERS WORKSHOP

Each Monday from March 20 through April 24,
9 – 11:30 a.m. at Cohen Community Center.

Building Better Caregivers™ (BBC) is a workshop for caregivers who are caring for someone with dementia, memory problems, post-traumatic stress disorder, a serious brain injury, or any other serious injury or illness. BBC helps caregivers in two key ways: it offers training in how to provide better care, and it also helps caregivers learn how to manage their own emotions, stress and physical health.

The workshop occurs once a week for six weeks. Spectrum Generations is offering BBC at the Cohen Community Center each Monday from March 20 through April 24 from 9 to 11:30 a.m.

We have an Adult Day Break on site, so the individual you are caring for will have a safe place to be while you attend the workshop. Funding may be available to cover the Adult Day Break services.

**Please contact Rachael Jason for more information,
rjason@spectrumgenerations.org.**



Spectrum Generations is an Equal Opportunity Provider.

Please let us know if you require special accommodations at least two weeks prior to the event.



Our Locations:

Home Office:

One Weston Court
Suite 109
Augusta
1-800-639-1553

Community Centers:

Cohen Community Center

22 Town Farm Road
Hallowell
626-7777

Lincoln County Regional Ctr.

767 Main Street, Suite 5
Damariscotta
563-1363

Muskie Community Center

38 Gold Street
Waterville
873-4745

Somerset Community Center

30 Leavitt Street
Skowhegan
474-8552

Waldo Community Center

18 Merriam Road
Belfast
338-1190

Aging and Disability
Resource Centers:

Midcoast Regional Center

(co-located with
People Plus)
35 Union Street
Brunswick
729-0475

Knox Resource Office

87 Elm Street
Suite 204A
Camden

SAVE THE DATE

21st Annual Golf Fore a Cause

Benefiting Spectrum Generations' Programs and Services



Friday, June 9, 2023

Check in - 8:00 a.m. | Tee off - 9:00 a.m.

The Meadows Golf Club
495 Huntington Hill Road, Litchfield



Come join us for

Community Fine Dining

Provided by Maine Pine Catering

*First Wednesday of
every month at
Spectrum
Generations'*

**Muskie
Community
Center**

38 Gold Street,
Waterville



*First Thursday of
every month at
Spectrum
Generations'*

**Cohen
Community
Center**

22 Town Farm Road,
Hallowell

The three-course dinner menu changes monthly and consists of an appetizer, entrée, and dessert. Child and vegetarian entrées are also available upon request.

Tickets are available at Muskie and Cohen centers for prepurchase.

Dinner served 4:30 - 6:30 p.m. For more information, check us out on Facebook.

Maine Pine Catering contributes profits back to Spectrum Generations programs.