

## \* Increased Availability of Meals on Wheels \*

With the emergence of COVID-19 some of the federal and state rules for who qualifies for Meals on Wheels have been **temporarily** changed, and now, **anyone over the age of 60 who is practicing social distancing can receive meals**. Disabled adults living with someone receiving meals are also eligible temporarily.

Meals typically would go to older adults who struggle physically to obtain and prepare their own food, people who have chronic conditions, and those recovering from medical procedures and some who don't have their own transportation. Prior to COVID-19, Spectrum Generations was serving 800 people on the program, including those receiving food through two subcontractors. Prior to the pandemic, there was also a waitlist nearing 300 people.



*A typical Meals on Wheels delivery has 5 frozen meals, plus milk, juice, bread, fruit, and other food items are also often included but not pictured.*

Through the generous increased funding from federal and state governments, as well as support from individual donors, grants from Harvard Pilgrim, United Way of Kennebec Valley, Maine Community Foundation, and Central Maine Power, the waitlist has been cleared and Spectrum Generations can now serve even more people.

The Meals on Wheels program is considered essential, and staff who usually have duties in other departments now closed have been redeployed to help support the nutrition program. Volunteers are essential as well – with a current roster of about 100 people, that need will also increase as demand for Meals on Wheels increases and delivery routes are added.

**If you are over the age of 60, and wish to receive Meals on Wheels,  
please call us at 1.800.639.1553.**

If you are interested in volunteering please contact Jessica at 620-1684. All volunteers will be screened and begin a background check process, but will be provided with appropriate PPE for their role, whether it be preparing, packing, or delivering Meals on Wheels.

## Volunteer SHIP/SMP Counselors Needed



Medicare is a required insurance for most individuals once they turn 65, however, there are very few unbiased

resources for those who enroll. You have the opportunity to be trained by Legal Services for the Elderly, work with our Medicare experts, and give back to the community.

### We Need Volunteers to Help Read Medicare Statements

Medicare fraud occurs all over the U.S., including Maine. One of the major roles an SMP volunteer fills is helping people understand their Medicare statements, which helps ensure Medicare is being billed correctly, and people are not overpaying. It also ensures those who are on Medicare Savings Programs are not being overcharged. No experience is required. In depth training will be provided and you will work closely with the SHIP/SMP program Coordinator.

For more information, please contact Brooke at 620.1692 or [bjansen@spectrumgenerations.org](mailto:bjansen@spectrumgenerations.org).



Has your role as a Caregiver been impacted by COVID-19? Call us today at 1.800.639.1553 for additional support and resources. We're here for you!

## Expansion of Service Offerings

Due to increased federal funding, Spectrum Generations can explore providing new services under the temporary rules and waivers. **We are currently working to offer, or partner with organizations offering, telephone reassurance, grocery and pharmacy pick-up/drop-off.** Please call us at 1.800.639.1553 for more information and assistance.

**Healthy Living for ME** is now offering two workshops that individuals can do in their homes. **Better Health NOW** can help people learn how to manage pain, and work on problem-solving, healthy eating, action planning, and decision making. **Tai Chi for Health and Balance** is an exercise that can improve balance, relive pain, and improve overall health. Please call 1.800.620.6036 or email [info@healthylivingforme.org](mailto:info@healthylivingforme.org) for more information.



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

### Home Office

One Weston Court, Augusta  
(800) 639-1553

### Knox Resource Office

87 Elm Street, Suite 204A  
Camden  
(207) 596-0339

### Somerset Community Center

30 Leavitt Street, Skowhegan  
(207) 474-8552

### Waldo Community Center

18 Merriam Road, Belfast  
(207) 338-1190

### Lincoln County Regional Center

co-located at the CLC YMCA  
525 Main Street, Damariscotta  
(207) 563-1363

### Muskie Community Center

38 Gold Street, Waterville  
(207) 873-4745

### Midcoast Regional Center

co-located at People Plus  
35 Union Street, Brunswick  
(207) 729-0475

### Cohen Community Center

22 Town Farm Road, Hallowell  
(207) 626-7777