

Monthly Update

August 2022

Thank you for making our
20th Annual Golf Fore a Cause
a success!



\$25,000 raised
23 Teams – 92 Golfers
Over **\$5K** in Major Sponsorships
Over **20** Hole Sponsorships



Lindsay MacDonald poses with the People Plus golf team at Spectrum Generations recent fundraiser.

Meet Lindsay!
Community
Engagement
Director

Meet Lindsay MacDonald, Community Engagement Director. “The role here at Spectrum Generations includes all of the things I like to do,” she said. “I’m very excited about the team and happy to support a mission with such a widely extended reach.” In her new role, Lindsay looks forward to helping people, connecting donors to an important mission, and sharing resources with the community.

When asked what “aging gracefully” means to her, Lindsay replied, “It means having full access to the services and care that is needed to do so. It’s incredible that Spectrum Generations as a nonprofit entity can provide everything from basic needs (nutritious meals) to caregiver courses and Medicare services.”

Outside of work, Lindsay enjoys writing and various activities with her family, including swimming, biking, hiking, arts and crafts, and reading. Lindsay grew up in Woolwich and currently resides in Richmond with her husband, two daughters and their pets. Welcome, Lindsay!

Upcoming Events!

Celebrity Chef Challenge **Aging in the Right Place Forum**
September 19, 2022 September 15, 2022

Visit www.spectrumgenerations.org/event for more information

Volunteer Spotlight → Meet Jan and Wilson

As an agency that supports hundreds of people each week, we are amazed by the level of care and commitment our volunteers give back to the communities we serve! In the current crisis, volunteering may be comforting and supports people to overcome feelings of inertia and helplessness as they are separated from loved ones. A review of 33 articles on volunteering during emergencies explored motives and suggests that being connected with a cause can be a key driver. Additionally, volunteering can be emotionally cathartic when one is affected personally and then finds solace collaborating with others towards mutual goals.

While all our volunteers, companywide are deeply appreciated, we wanted to take a moment to highlight two of our volunteers out of our Midcoast Center who assist with the fluidity and success of our agency on a weekly basis. We are continually astonished by the level of commitment, care and selflessness put forth by Jan and Wilson Waite. Jan and Wilson have been working closely with our agency, at our Midcoast Center since 2018. In the past four years, Jan and Wilson have provided our community with a form of safety and friendship that surpasses any expectation. Jan and Wilson have shown to me time after time that they are always willing to go the extra mile, or more – to assure our consumers needs are being met with a warm and familiar smile. Wilson has an exceptional memory and helps his mother navigate their routes with limited GPS assistance, assuring everyone has been taken care of.



In a recent Meals on Wheels survey, we found that over 50% of the consumer that we service, feel less isolated and lonely, solely from the interactions they have with their delivery driver. Of 390 consumers, 19.74% (about 77 consumers) claim their volunteer is the only person they see on a regular weekly basis. Therefore, the volunteer visit is just as much providing meals as it is a safety check. Jan and Wilson have spent these past four years building lifelong relations and friendships with the consumers they help. One of Wilsons best qualities is his ability to give the most genuine heartfelt hugs – the individuals who they service confirm that they look forward to Jan and Wilson’s company as well as Wilson hugs. In Wilson and Jan’s free time they enjoy listening to country music, playing string instruments and spending time with their family– some of Wilson’s favorite instruments consist of the guitar and ukulele which he has a collection of at home.

When we asked Wilson what led him to volunteer in his community he stated, “Because I like it”, it is very clear how important, and impactful these weekly visits are, not only for the people we service but the Volunteers who are the driving force behind this agency.