



co-located at People Plus  
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[www.spectrumgenerations.org](http://www.spectrumgenerations.org)

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

# Monthly Update

## July 2021

In observance of Independence Day, Spectrum Generations will be closed on Monday, July 5.



### Meals on Wheels More than just a meal

Our Meals on Wheels volunteers help deliver nutritious meals, safety checks and friendship to homebound older adults in central and midcoast Maine.

Here's what our consumers had to say about our volunteers at Spectrum Generations' Midcoast Regional Center:

**Barbara** stopped by to deliver meals and the consumer was experiencing low blood sugar. She assisted the consumer to a chair and asked if she could give her some of the orange juice she was delivering. The woman was so thankful. Barbara left her when the woman said she was feeling better. Barbara asked her if she would mind if she called her later. The woman agreed and said she was feeling much better and thanked Barbara.

**Nancy and Sandy** arrived at a consumer's very warm 2nd floor apartment with meals. His air conditioner was sitting on the floor waiting for someone to put it in the window. Nancy and Sandy installed it for him and he was delighted.

**Eric** knew that the step to a consumer's home was not sturdy so on his return visit the following week he brought supplies and fixed the step for him.

**Thank you to our volunteers who go the extra mile!**

### Volunteer with us!

#### Give back the community

If you want to give back to your community and brighten someone's day, then volunteering with Spectrum Generations is for you! Our volunteers are a group of special people who span all ages and all backgrounds and who volunteer their time to help others and find personal fulfillment.

Volunteer opportunities are listed below:

#### Medicare 101

We provide three days of comprehensive training to volunteers to become advocates for Medicare beneficiaries, their families, and caregivers. The mission is to prevent, detect, and report health care fraud, errors and abuse through outreach, counseling, and education.

#### Money Minders Program

We are in search of innovative volunteers who enjoy numbers. Our Money Minders Program helps those who may no longer be able to balance a checkbook, read their bills well, and/or fill out a check in full.

If you are interested in learning more about the programs, or to get involved and help those in your community, please contact Brooke at 1.800.639.1553.



### Building Better Caregivers Free Workshop

**Building Better Caregivers**  
Mondays, 1:00-3:30 p.m.  
July 26 – August 30

The Building Better Caregivers Program was designed for caregivers of all types to better understand and navigate the changes their care partners are experiencing. This program helps caregivers who are assisting loved ones through memory loss or dementia, as well as those providing care to individuals with Traumatic Brain Injury (TBI) or Post Traumatic Stress Disorder (PTSD).

Participants of the workshop will learn how to identify and manage care partners' behaviors and triggers. Additional topics include managing caregiver stress, making decisions, planning for the future, communicating effectively with family, friends, and health professionals, legal issues related to caregiving, hiring help, and much more.

This workshop is **free** and open to the public but **registration is required**. Call us at 1-800-620-6036 or email [info@healthylivingforme.org](mailto:info@healthylivingforme.org) for more information or to register.

*"I have really benefited from the class. It has made me much more aware and hopeful."  
~ Class participant*

### Upcoming Events!



**Celebrity Chef Challenge**  
Cohen Community Center  
22 Town Farm Rd  
Hallowell

**Monday, September 20, 2021**

Foodies delight! Plan to join us as chefs battle to win your tastebuds and votes! Festivities begin at 5:00 p.m.

To purchase tickets, learn about sponsorship opportunities or donate an auction item, contact Sarah Brown at (207) 620-1677 or [sbrown@spectrumgenerations.org](mailto:sbrown@spectrumgenerations.org)



September 23, 2021

Spectrum Generations' Lincoln County Regional Center, in partnership with Inn Along the Way, is hosting **The Aging in Place Forum** on **September 23, 2021 at the Inn Along the Way** (741 Main Street) in Damariscotta.

This year's forum will focus on, **The Speedbumps of Aging: How Do We Welcome the Transitions of Life**, and will address the difficulties we encounter during the various transitions of aging and how to cope with the change of life. There will be no fee for attendees.

If you are interested in being an event sponsor, or have questions, call Cindy at 620-1185 or by email at [csullivan@spectrumgenerations.org](mailto:csullivan@spectrumgenerations.org).

If you are unable to participate as a sponsor we encourage you to attend the forum for an engaging and informative day.



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

Proud to partner with People Plus