



co-located at People Plus
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www.spectrumgenerations.org

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

Monthly Update

June 2021



NCEA
National Center on Elder Abuse



June 15th

WHAT IS ELDER ABUSE?

Elder abuse refers to intentional or negligent acts by a "trusted" individual that causes (or potentially causes) harm to an older person.

WHY DOES ELDER ABUSE OCCUR?

Elder abuse is more common than we think. Many conditions can increase the risk of elder abuse in our communities such as missing or weak elder abuse awareness, trainings and social support services. By strengthening these activities, we can prevent elder abuse and make sure all of us have the opportunity to thrive as we age.

WHAT SHOULD WE DO IF WE SUSPECT ELDER ABUSE?

Report concerns.

Reporting elder abuse can be intimidating, but it is the right thing to do. It is everyone's responsibility to prevent and address elder abuse. In cases of immediate danger, call 911. Otherwise, you can call Eldercare Locator at **1-800-677-1116** to be connected to a local reporting agency.

For more information on agencies that can help, visit <https://ncea.acl.gov> and click on Get Help or call **1-855-500-3537** (ELDR).

PLAN!

Talk with trusted family members, friends, and professionals to plan for the future.

INFORM EACH OTHER!

Speak up about the supports and awareness needed to protect us from abuse as we age.

STAY CONNECTED!

Keep in touch with others regularly; isolation can increase the risk of abuse.

REPORT!

Making a report in instances of abuse or neglect is the right thing to do, and it's easy. Don't be afraid! We all have the right to feel safe!

Let us cater your next event!

Have you heard of Spectrum Generations' *Cohen on the Meadows*?

The Cohen Community Center, in Hallowell, and the Muskie Community Center, in Waterville, both have commercial kitchens with chefs available to cater your event.



Here is what Cohen on the Meadows has to offer:

-  Cater events such as baby showers, weddings, class reunions, funerals, family gatherings, and more.
-  We can come to your desired location.
-  If you need a space to hold your event both the Muskie Community Center and the Cohen Community Center have wonderful spaces that you can rent.
-  Our chefs are creative and will create a menu specific for your event and within your desired price range.

Did you know, when you use Cohen on the Meadows catering service you are also contributing to our Meals on Wheels Program. The proceeds from our catering events help supplement our Meals on Wheels budget.

Next time you are hosting an event call Chef Jurgen at the Cohen Community Center (626-7777) or Chef Gary at the Muskie Community Center (873-4745). Let us cater your event with delicious food and help a great cause at the same time.



ARE YOU READY TO TEE OFF?

June 25



For more information, or if you would like to golf in our tournament, please email sbrown@spectrumgenerations.org or 620.1677.



Improving health & wellness
in communities across Maine

In April, we asked our members – what was most valuable thing you took away from your Healthy Living for ME workshop?

Refocusing on ways to manage pain. [The diabetes prevention class helped me learn skills for] self-advocacy."

"There were many valuable things in this program but the most valuable for me was the Action Plan as a tool. It was the key to utilizing the 'content' by focusing on achieving a specific goal I chose, evaluating how realistic it was for me, acting on it and holding myself accountable-always looking for the positive. Striving to reach a goal feels much better than spinning my wheels overwhelmed by the sheer number of possible goals!"

New workshops start every week – contact us today for more information and to register!

1.800.620.6036 | info@healthylivingforme.org | facebook.com/HLforME
healthylivingforme.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.

Proud to partner with People Plus