

Monthly Update

June 2022



As Americans, we believe in justice for all. Yet, every year an estimated **5 million, or 1 in 10 older Americans experience elder abuse**, neglect, or exploitation. Working together, we can build the social supports that can prevent this abuse and keep everyone safe as we age.

Facts About Elder Abuse:

- 1 in 10 Americans age 60+ have experienced elder abuse.
- For every 1 case of elder abuse reported, 44 cases are not.
- Isolation is a risk factor of elder abuse.
- The costs of elder abuse are high for the affected individuals and society alike.
- Elder Abuse reduces older people's participation in the life of our communities.
- Abuse creates healthcare and legal costs, which are often shouldered by public programs like Medicare and Medicaid.
- Elder abuse costs survivors billions of dollars each year.
- The annual loss by survivors of financial abuse is estimated to be between \$2.6 billion and \$36.5 billion.

Join our Team

Board Members



Interested in making a difference in your community? Spectrum Generations is looking for **Advisory Council** and **Board members** to represent the needs of older community members. The commitment is only a few hours quarterly and you will have the opportunity to make a difference. For more information, please contact Nate Miller at nmiller@spectrumgenerations.org.

We're hiring additional staff

Working at Spectrum Generations is a unique opportunity to simultaneously make a difference in the lives of older and disabled adults in our community, while also growing your professional career!

Visit www.spectrumgenerations.org for a current list of job openings!

Caregivers



Caregivers take on many roles, but regardless of what the roles are, it always leaves them with less time for themselves. Spectrum Generations is offering two more Savvy Caregiver classes. These classes give the caregivers tools and techniques to be better caregivers and reduce stress levels for all parties involved. Call our Family Caregiver Specialists at 1.800.639.1553 to learn more about the Savvy Caregiver classes available to you.

Celebrating Volunteer Appreciation Week



Out of our Midcoast or People's Plus office in Brunswick, 21 volunteer drivers' deliver Meals on Wheels on a weekly basis. Of those drivers, there are three to four canine companions that accompany their owners on deliveries. These furry friends are bound to put a smile not only on fellow volunteers' faces, but also bring joy to the consumers they serve, from the car window, of course!

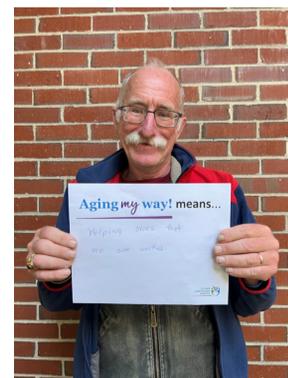
One pup in particular, Willie, accompanies his owner and rock-star volunteer Sandy on many occasions. Sandy began volunteering with Meals on Wheels back in 2020. Since then, Sandy has donated anywhere from 8 to 15 hours per week to the Spectrum Generations' Meals on Wheels program. Rain, snow, or shine, you can find Willie and Sandy starting their delivery days with a walk from their home to People Plus. Two days a week, they drive the Spectrum Generations van to our Cohen Community Center in Hallowell to pick up meals for distribution to the MidCoast region. In addition to driving our van, Sandy and Willie also deliver Meals on Wheels on Fridays!

If they already do not do enough, Sandy and Willie help monthly at the Bath Senior Center distributing commodity supplemental food boxes to individuals who qualify for the program. If you happen to see Willie and Sandy out and about, please thank them for their many donated hours and hard work! Thank you Sandy and Willie!

Aging my way! means...



Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month (OAM). This year, ACL is focusing on aging in place – how older adults can plan to stay in their homes and live independently in their communities for as long as possible. **This is what Spectrum Generations is all about!** This year's theme is Age My Way. We decided to ask some of our consumers what this means to them.



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