

Our Locations:

Home Office:
One Weston Court
Suite 109
Augusta

Community Centers:

Lincoln County Regional Ctr.
(co-located with CLC YMCA)
525 Main Street
PO Box 474
Damariscotta

Cohen Community Center
22 Town Farm Road
Hallowell

Muskie Community Center
38 Gold Street
Waterville

Somerset Community Center
30 Leavitt Street
Skowhegan

Waldo Community Center
18 Merriam Road
Belfast

Aging and Disability
Resource Centers:

Midcoast Regional Center
(co-located with
People Plus)
35 Union Street
Brunswick

Knox Resource Office
87 Elm Street
Suite 204A
Camden



Spectrum Generations is an Equal Opportunity Provider

Please let us know if you require special accommodations at least two weeks prior to an event.



Medicare Savings Program

Covering the cost of Medicare can be challenging for some individuals. There are Medicare Savings Programs that can cover the costs of Medicare Part A (Hospital Insurance) deductibles, Medicare Part B (Medical Insurance) deductibles, coinsurance, and copayments if you qualify. We speak to many in the community who qualify, but don't take advantage of the program(s) because they are concerned about asset recovery.

Although Medicare Savings Programs (MSPs) known as QMB, SLMB, and QI are Medicaid run programs, individuals who only enroll in the MSPs are not subject to asset recovery.

To speak to an Aging and Disability Resource Counselor for more information, please call us at 1.800.639.1553

Early Dementia Diagnosis

As we age, we may become a bit more forgetful. Some forgetfulness is normal to the aging process, and some is not. If you, or someone you know, is becoming more forgetful, it can be easy to avoid discussing it with a doctor out of concern for a potential diagnosis of Dementia. We ask that you consider how an early diagnosis can be beneficial.

Here are the top 5 reasons an early diagnosis of Dementia can be empowering.

1. It helps people plan ahead while they are still able to make important decisions.
2. An active role can be played in determining, and documenting, the medical care preferred.
3. A person will be able to determine how they would like their finances to be managed.
4. They will still be able to make important decisions regarding legal matters.
5. It can allow a person to live independently at home longer, and live well with Dementia.

Receiving the diagnosis can bring on a multitude of emotions such as shock, dismay, and anger. Spectrum Generations can help provide individualized guidance for you, and your family, and help remove some of the uncertainty on what your next steps should be. Please call us at 1.800.639.1553 for more information.

Spectrum Generations is the Central Maine Area Agency on Aging. Our mission is to promote and advance the well-being and independence of older and disabled adults, with the support of their care partners, to live in their community of choice. We actively engage the people of central and midcoast Maine, across the entire generational spectrum, in redefining how older and disabled adults live healthy, socially enjoyable and independent lives. We invite you to connect with us in various ways:



1.800.639.1553
spectrumgenerations.org

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

Monthly Update

January 2020

All Spectrum Generations' locations will be closed on January 1 and 18.



Spectrum Generations' 23rd Annual Gene and Lucille Letourneau Ice Fishing Derby will be held on Sunday, February 14, 2021, (weigh-in between 2:00-5:00 p.m.) at the Muskie Community Center located at 38 Gold Street in Waterville.

The derby promotes outdoor sports and helps raise funds for the Muskie Community Center- a place where older and disabled adults can gather for socialization with friends, fun activities to keep them engaged, and health and wellness classes to maintain vitality of mind and body!

Tickets are on sale now at the Muskie Community Center. 1 for \$3.00, 2 for \$5.00, 5 for \$10.00.

Each ice fishing derby ticket purchase allows you a fish entry and an entry into the drawing for the door prize—a Yeti Tundra 65 cooler package valued at \$500.00, sponsored by Nale Law Offices.



Happy New Year
← 2020 in Review

At Spectrum Generations, we work strategically throughout the year to help serve a community where adults with disabilities and older adults are valued, engaged, and living with dignity. In this first newsletter of the year, we would like to share some of our achievements in FY20 (services were delivered between 9/1/19 – 8/31/20).

Spectrum Generations served 59,544 people throughout our area – many of whom are your friends, family, and neighbors. We are proud of the many people whose lives our services change and that we are able to aid so many in their desire to age in place!

2,261 people received 232,179 meals through Meals on Wheels, and 1,541 people enjoyed the socialization and nutrition that congregate dining offers.

We provided 242 people and their families with caregiver support, training, counseling, and respite. We know the importance of educating caregivers in what can be a difficult role, as well as promoting self-care for the caregiver. This also represents 7,646 hours of respite care, which provides care for a homebound loved one while the caregiver can leave the home to take care of other matters. In addition, we increased access to needed services and supplies by providing 35 assistive devices (such as medication dispensers and falls detection devices) to 8 families in need.

We also provided 15,556 Information and Assistance contacts to 7,361 people seeking resources to care for a loved one.

Our Bridges Home Services division provided 25,983 hours of care to adults with memory diagnoses or intellectually and/or developmentally disabled adults through the Adult Day program.

We are grateful to the many volunteers and supporters who help us fulfill our mission. Thank you for trusting us to provide the care you need!

Volunteer in the New Year

Thank you to our volunteers who give their time, their skills and their dedication. Spectrum Generations Meals on Wheels could not serve the hundreds of our homebound community members a day that we currently serve, without all of our wonderful volunteers!

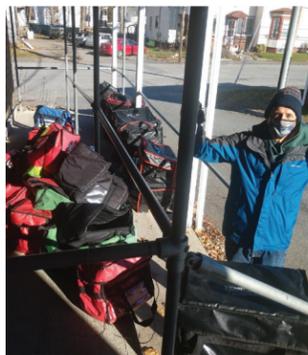
Have you been thinking about giving back, paying it forward, by volunteering in the new year? Spectrum Generations' Meals on Wheels needs you and can find the right fit for you, maybe:

- Driving to bring meals to the homes of those we serve
- Driving an agency van from one of our commercial kitchen locations to another center
- Coordinating food donations— driving an agency van, picking up donations in Waterville and deliver back to the Muskie Community Center
- Coordinating food sorting, sanitizing delivery bags, and light cleaning

To volunteer contact our Volunteer Coordinator at volunteer@spectrumgenerations.org or 207-620-1684.



Friends, Bob Donovan, MOW volunteer and Karen Wiswell, Nutrition Director pause for a quick socially distanced selfie as Somerset County MOW are coordinated for a busy Thursday delivery day.



Eddie Atkins, MOW volunteer, sanitizes hundreds of delivery bags a week at Spectrum Generations' Muskie Community Center, to be filled and set up for the next delivery day.

Thank you to our current volunteer business partners – who enable their employees to volunteer for Meals on Wheels.
 92 Moose | Central Maine Power | Heath Insurance
 Monmouth Police Department
 Sagadahoc Sheriff's Department

Nutrition & Health Promotion Classes



Living Well with Diabetes
 Tuesdays, 3:00-5:00 p.m.
 January 19-February 23, 2021

Living Well for Better Health
 Wednesdays, 2:00-4:00 p.m.
 February 3 – March 10, 2021

Slow internet, no computer or only have a small phone screen? No problem! Our FREE tablet loaning program is launching in January – just in time for these workshops!

For more information or to register contact Jen, our Healthy Living for ME Coordinator at (207) 620-1642 or jpaquet@spectrumgenerations.org



Telehealth Services

The first session - January 4

Bridges Adult Day and Community Support Services is excited to provide Telehealth Services to a select group of clients to continue their socialization and stimulation at home.

The schedule is as followed:

- Mondays, 10:00 a.m.** - Coffee Chat with Christie and Nicole
- Tuesday, 2:00 p.m.** - Group A Memory Game
- Thursday, 10:00 a.m.** - Group B Memory Game
- Thursday, 2:00 p.m.** - Craft/Demo

Please contact Christie Quincey at 207-620-4917 to acquire a zoom web link to access the virtual sessions. We look forward to having fun and seeing you there!

Volunteer with us!

Spectrum Generations' State Health Insurance Assistance Program (SHIP) is growing!



Our services of navigating the health insurance system are in high demand. Maine has an aging population with a growing need to utilize their health benefits, this means our need for volunteers is also growing.

What does it mean to be a SHIP volunteer?

- Help older adults understand the benefits their eligible for
- Assist older adults in navigating the systems to maximum utilization of those benefits

What does it take to become a SHIP volunteer?

- Complete a volunteer application, including agreeing to a background check
- Complete a remote 4 hour training with Legal Services for the Elderly
- Commit to mentorship for hands on learning of Medicare counseling

Why become a SHIP volunteer?

The Medicare system can be daunting and a challenge for older adults. There is a special type of rewarding feeling when seeing the gratitude and relief on a consumer face after you have just helped to save them money and still be taken care. Helping older adults save money and utilize their benefits, can make the difference in their ability to age in place.

Interested?

For more information about volunteering with any of our programs you can contact our Volunteer Coordinator at volunteer@spectrumgenerations.org or 207-620-1684.



L to R: Joel Alexander, Gerard Queally, Johnny Swan, and Tim Fortin

Support from the community

We are very fortunate to have the support of our community. Board members of the Kennebec Valley Board of Realtors (KVBOR) stopped by to present, Spectrum Generations' CEO, Gerard Queally with a check to support Meals on Wheels.

The KVBOR held their annual golf tournament and raised more than \$9,700 for Meals on Wheels in Kennebec, Somerset, and Franklin Counties.

Betsy Sawyer-Manter, President & CEO of Seniors Plus, was presented a check for the coverage they provide in Franklin County.

Growth

We've hired

Spectrum Generations welcomes Victoria Abbott to the team! We are dedicated to providing first class service to our consumers and employees and believe that each employee contributes directly to our growth and success in benefiting those we have the privilege to serve.



Victoria Abbott
 Community Engagement Director

Winter Weather

Cancellations & Delays



In the event of inclement weather, please call (800) 639-1553 for a recorded message announcing any agency closings. We will also announce any delays or closings on our **Facebook** page as well as:
TV Channels 2, 5, 6, 8, or 13
FM Radio stations 92.3, 93.5, 96.7, 97.1, 97.5, 98.5, 101.3, 102.5, 103.3, 104.3, 105.1, 107.9
AM radio 1160