

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

# Monthly Update

July 2021

spectrum  
generations

1.800.639.1553  
spectrumgenerations.org

## Upcoming Event



**Monday, September 20, 2021**  
**5:00 p.m.**

Foodies delight!  
Plan to join us as chefs battle to win  
your tastebuds and votes!

To purchase tickets, learn  
about sponsorship  
opportunities, or donate an  
auction item, contact  
Victoria at (207) 620-1631 or  
vabbott@spectrumgenerations.org

Cohen Community Center  
22 Town Farm Rd  
Hallowell



## Let's celebrate!

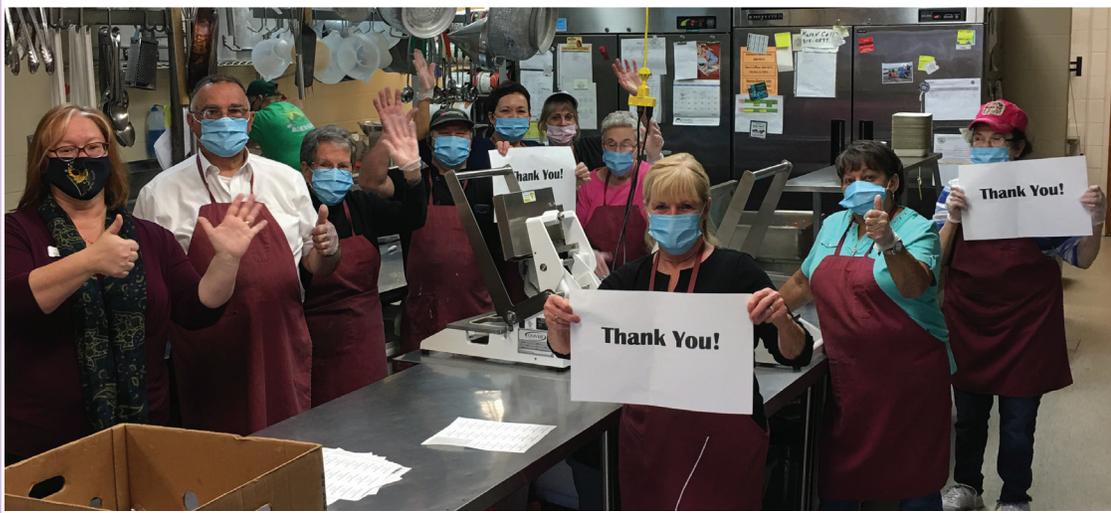
Spectrum Generations would like to invite you to visit our Cohen Community Center on July 8 and our Muskie Community Center on July 9 for a celebration barbeque and Open House (11:00 a.m. – 1:00 p.m.) as we celebrate our centers fully opening!

We didn't ever close completely, as you may know, our four Aging and Disability Resource Center's reopened on June 2, 2020. We reopened to support front line workers who needed to return to work and have a safe and supportive place for their loved ones. Our Meals on Wheels daily meal count is still 1,300–1,400 – sustaining the pandemic level response for as long as we can, making sure our neighbors do not go hungry. Our Aging and Disability Resource Counselor (ADRC) teams have been working seamlessly out of Spectrum Generations' seven centers across six Maine Counties to be a consistent community resource for you.

This celebration is inviting our Hallowell and Waterville communities back into their community centers. These centers are 100% open for YOU. We welcome you back with open arms to share a meal at congregate dining, to practice Thai-Chi or yoga, or to have your hand at cribbage! We welcome you to visit even if you have never been here before and see how these community centers can become YOUR community gathering place.

We have learned so much in the past year and as Spectrum Generations forges ahead with new programs, we are appreciative of community support we received throughout the past year and a half.

We do hope you'll join us on July 8 or 9 for the celebration!





# Golf Highlight

## 19th Annual Golf Fore a Cause

### 1st Place Team (gross)



### 1st Place Team (net)



### 2nd Place Team (gross)



### 2nd Place Team (net)



**Thank you to all those who sponsored and participated in this year's tournament!**

Accurate Building Systems  
 Alpine Consulting and Metal Working  
 Ameriprise Financial Services, LLC  
 Augusta Country Club  
 Augusta Natural  
 Bald Mountain Camps Resorts  
 Bangor Savings Bank  
 Bridges Home Services  
 Brown House Properties  
 Brunswick Golf Club  
 Capitol Insights  
 Caswell's  
 Cedar Springs Golf Course  
 Choice Wealth Advisors  
 CMG Financial  
 Cohen on the Meadows  
 Dana Lawrence Tree Service  
 DL Electric  
 E.J. Prescott, Inc.  
 Escape Room - Brunswick  
 G&E Roofing  
 Gardiner Federal Credit Union

Hampton Inn Augusta  
 Healey & Associates  
 Horch Roofing  
 Jack and Kathy Jo Goggins  
 Kennebec Savings Bank  
 Labun's Flooring  
 Mid Coast-Parkview Health  
 Monkey C Monkey Do  
 Natanis Golf Course  
 Norway Savings Bank  
 Penbay Estate Planning Law Center  
 People Plus  
 Pine Tree Home Health Care  
 Pride Manufacturing  
 Sappi Fine Paper  
 Sprague & Curtis Real Estate  
 Steve's Snacks  
 TD Bank  
 TempTech  
 The Red Barn  
 Turner Highlands Golf Course  
 US Cellular

*Thank you Penbay Estate Planning Law Center for being this year's putting contest sponsor!*





## FREE WORKSHOP



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

### Building Better Caregivers

**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.

## Medicare 101 → Register now!

Are you new to Medicare or nearing the age for eligibility? Do you know the four different parts of Medicare and the difference between a Medicare Advantage Plan and a Medigap Plan? Have you considered all options for choosing your Medicare coverage?

Do not wait until you are 65! Our Medicare 101 session will take you through the four different parts and how each works. You'll learn how to enroll, what services are covered, and what estimated costs will be for your coverage.

Call to register for one of the sessions below:

- Lincoln County Regional Center**  
1st Thursday, 10 a.m- 12 p.m., 563-1363
- Midcoast Regional Center**  
2nd Tuesday, 12:30- 2:30 p.m., 729-0475
- Knox Resource Office**  
2nd Tuesday, 1- 3 p.m., 596-0339
- Waldo Community Center**  
2nd Thursday, 1- 3 p.m., 338-1190
- Muskie Community Center**  
1st Tuesday, 1- 3 p.m., 873-4745
- Somerset Community Center**  
1st Thursday, 1- 3 p.m., 474-8552
- Cohen Community Center**  
1st Monday, 9:30- 11:30 a.m., 626-7777



## Aging in the Right Place Forum

September 23

Spectrum Generations' Lincoln County Regional Center, in partnership with Inn Along the Way, is hosting *The Aging in the Right 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 changes 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 an event.

Our Locations:

Home Office:

One Weston Court  
Suite 109  
Augusta

Community Centers:

Lincoln County Regional Ctr.  
767 Main Street  
Suite 5  
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

## Welcome to the team

*Spectrum Generations is excited to introduce new staff members to you!*



**Morgan** is our newest Family Caregiver Specialist and can help you with information and assistance to support caregivers, friends, and family members of those who need additional support including Alzheimer's Respite and Savvy Caregiver.



**Mariah** is a Community Resource Specialist who strategically works out of Western Maine. She currently works on the Ground Game project (our community health contract with PCHP) taking referrals for Anthem. In this work, Mariah supports Franklin, Androscoggin, and Oxford, along with eight of the ten counties in New Hampshire.



**Maija** is the Contract and Business Development Manager for Healthy Living for Me™. Maija comes with multiple years' experience working with the aging and disability population. Maija will work with the HL4ME™ team and partners to expand the community integrated health network.



**Tracy** is our Volunteer Coordinator and works closely with our program managers, center directors, and community engagement team to support and recruit our volunteers! Tracy comes with more than four years' experience with volunteer management.



**Lynn** is our newest Accounting Specialist and comes with more than 15 years experience. She works with our finance team to do payroll and rep payee. She has been an asset to the entire agency helping out when needed.

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: