

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:

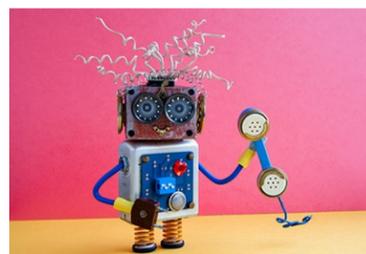
Midcoast Regional Center  
(co-located with  
People Plus)  
35 Union Street  
Brunswick

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.



## Scam Alert

Some of our phone numbers have been "spoofed"

Scammers are clever, and they've found ways to transmit false information about their phone numbers to hide their identities. Faking a phone number this way is called "spoofing" and when the purpose is to scam someone or cause harm, it is illegal.

Typically, scammers use spoofing to pose as a business (such as Spectrum Generations and Healthy Living for ME), bank, or government agency in order to trick people into giving up personal or financial information. They choose these types of numbers, that you may be familiar with, hoping that you may already know the business and trust it.

If you answer, scammers use scripts to try to steal valuable personal information and money, which can be used in fraudulent activity. You may not be able to tell right away if an incoming call is spoofed but here are some tips:

- Be extremely careful about responding to any request for personal identifying information.
- Do not respond to any questions, especially those that can be answered with "Yes" or "No."
- Never give out personal information such as account numbers, Social Security numbers, mother's maiden names, passwords or other identifying information in response to unexpected calls or if you are at all suspicious.
- Use caution if you are being pressured for information immediately.

During September, we were alerted to two such instances – one using our Muskie Community Center's main phone line, and one using the Healthy Living for ME toll-free line. We reported these to the FCC immediately, and are continuing to work hard to stop this scam and educate those in our communities that we are not the originator of these calls.

If you have questions or concerns, or believe you have been a victim of this scam, please contact us at 1-800-639-1553.

## Monthly Update



In recognition of

### INDIGENOUS PEOPLES DAY

all Spectrum Generations' locations will be closed Monday, October 12.



### Save the date

2nd Annual  
Midcoast Tree Festival  
November 20-22, and  
November 27-29, 2020

Plan to join us for another fun year of beautiful holiday displays as the event returns to St. John's Community Center in Brunswick, and we raise funds for Meals on Wheels, All Saints Parish, and the Southern Midcoast Maine Chamber.

spectrum generations

# October News

## Congregate Dining Re-Opening

We are pleased to announce that we will begin to serve congregating dining in our two community centers: Cohen and Muskie, beginning the week of October 5. Your health and safety are very important to us so things will look a little different, and we are taking this opportunity to inform you of the changes. Each location will serve a limited number of people, so we are implementing a reservation procedure for those who wish to dine with us. At this time, reservations can be made the day before dining, for yourself and those that you live with. Once the allotted seating slots are full we will no longer take reservations for that day's dining. You will not be able to transfer your reservation to anyone else. Muskie Community Center will be serving lunch Mondays and Wednesdays, and the Cohen Community Center will be serving lunch Tuesdays and Thursdays.

- When you call to make your reservation you will be asked four screening questions. If you don't feel well or have a fever the morning of your reservation please do not come.
- You must wear a mask when you enter the building and continue to wear it until you are seated at your table.
- The doors to both community centers will be locked as there will be a volunteer letting a certain number of people in at a time to keep the designated social distancing in place.
- When you get to the dining room, a volunteer will guide you to your table. You must remain at your table; if you need to use the restroom you will need to put your mask on and keep it on until you return to your table.
- A volunteer will be bringing your food to the table. We will be serving you just like a restaurant! Desserts and coffee will also be brought around so you can choose what you would like.
- When you are finished with your meal you will need to put your mask back on and exit through the designated door.
- Please do not walk around and visit other tables. We are keeping the six-foot social distancing in place because we care about your health and safety.

To make a reservation at our Cohen Community Center call 626-7777; for reservations at our Muskie Community Center call 873-4745.

We appreciate your patience and understanding as we work through these changes to better serve you. We are looking forward to seeing you!

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:

# Alzheimer's Respite

Enrollment is Open! →

Don't miss out on enrolling in the Alzheimer's Respite Program, which is a program designed to reduce the stress levels of those who are helping someone with Alzheimer's, dementia, or a related condition.

Participants have the potential to receive up to \$3,800 in reimbursements for expenses associated with:

- In-home services
- Adult Day Services
- Up to two weeks in a skilled facility
- Home Modifications
- Assistive Devices (medication dispensers, alarms, etc.)



In addition, the CARES Act has made it possible for us to reimburse for groceries, food delivery, and fast food costs.

FMI please contact **Molly Martin** at **1.800.639.1553** to see if the program would be a good fit for you.

The IRS is still issuing Economic Impact Payments to people who are not required to file tax returns. Many people who are not required to file tax returns may still be eligible!

Check out the online resource if you are in this category, or help us spread the word. Sign ups need to occur by Oct. 15.

There is an easy online tool to help you sign up—visit:

[www.irs.gov/nonfilereip](http://www.irs.gov/nonfilereip)



## Growth

← Employees get recertified



Regional Coordinator, Jen Paquet and Training & Fidelity Manager, Jennifer Fortin participated in a two-day long Tai Chi for Health and Balance re-certification. Tai Chi is great for the mind, body, and soul and helps improve balance and mobility. You can view and register for our statewide virtual workshops at [www.healthylivingforme.org](http://www.healthylivingforme.org).

## Volunteer Opportunities



We are in need of volunteers who would like to roll up their sleeves and assist our **Nutrition team** with preparing, packing, and delivering meals for our **Meals on Wheels** program. Below are a few of the immediate openings we have on weekday mornings and early afternoons:

Packers, Preppers, and Drivers:  
**Muskie Community Center**, Waterville  
**Cohen Community Center**, Hallowell

Drivers and Substitute Drivers:  
**Somerset Community Center**, Skowhegan  
**Waldo Community Center**, Belfast



### Healthy Living for ME

is in need of remote volunteer facilitators for our virtual Tai Chi classes!

Free training is provided. This is a fun way to engage other adults in strengthening exercises while also helping to combat social isolation. The volunteer needs for this role include opportunities serving people living throughout our service area!

VOLUNTEER  
all that's missing is U!

If you, or someone you know, is interested in volunteering with us, please reach out to our Volunteer Coordinator, Jessica at 620-1684 or [volunteer@spectrumgenerations.org](mailto:volunteer@spectrumgenerations.org).



ADULT DAY AND COMMUNITY SUPPORT SERVICES

### Getting "Out & About"

If you have not been outside lately, now is the time! With the fall season upon us, the leaves are changing and creating the most beautiful and vibrant colors for us to enjoy and which help boost our spirits.

Since September, Bridges Adult Day and Community Support Services has been safely getting program participants out in the community again by going on a variety of outings. We are scheduling more outings than ever, but allowing fewer participants to go on each one to comply with CDC guidelines and keep them safe.

Our program is unique, because participants decide where they want to go! Lately we have been to the coast of Belfast and Boothbay, leaf peeping, apple orchards, small businesses, and local museums.

The Adult Day and Community Support Services consumers are always looking for new places to see and learn about. **If you own a business or have a recommendation of a place you enjoy, please let us know!** You can reach us at 620-4917 or email at [adulday@spectrumgenerations.org](mailto:adulday@spectrumgenerations.org).



Picture above, during a visit to the Dresden Courthouse.