

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.

## National Falls Prevention Month

### FALLS FREE CHECKUP

YOU CAN PREVENT FALLS | ncoa



The coronavirus pandemic has changed a lot of things. One thing that's still the same; falling is NOT a normal part of aging.

Healthy Living for ME is committed to empowering all older adults in Maine to age well and stay falls free. We are partnering with the National Council on Aging (NCOA) to mark Falls Prevention Awareness Week on September 21-25, 2020.

Join NCOA on September 23, at 6:30 p.m., via Facebook, facebook.com/NCOAging, for a Falls Free Check-Up Chat with an occupational therapist, social worker, Gerontologist and physical therapist, to learn how you or an older relative, friend, or neighbor can stay falls free.

The event will feature a brand-new online falls risk assessment tool available at no cost to individuals across the country. Visitors to ncoa.org/FallsFreeCheckUp can complete a short, 12-question survey that screens for the most common falls risk factors.

For more information about the National Falls Free Check-Up Chat, please visit facebook.com/HLforME or call us at 1-800-620-6036.

## Medicare 101 online



Looking for information on Medicare? We've taken our popular Medicare 101 sessions – normally held in small groups – online!

Visit spectrumgenerations.org/medicare; you will need to enter basic information including your name and email address, and then a new window will open. Click the play button to begin the video and call our Helpline if you have questions about Medicare 1.800.639.1553.

## Montly Update

1.800.639.1553  
spectrumgenerations.org



## Golf Fore a Cause

We invite you to join us on Friday, September 25, for our 18th Annual Golf Fore a Cause fundraiser benefiting our programs and services, including Meals on Wheels!

Brunswick Golf Club  
\$150/individual | \$500/team  
Includes 18 holes with cart, bagged lunch catered by Cohen on the Meadows, awards, and more!

To register, or for more information contact Sarah at sbrown@spectrumgenerations.org or 207.620.1677.



All Spectrum Generations' locations will be closed on Monday, September 7.



# September News

## Re-opening plans progress for Spectrum Generations' centers

We, like many others, closed our doors a few months ago and modified our services due to the pandemic. More recently, we have been cautiously reopening as we try to return to a normal service level, and are pleased to say that trend continues. Our Adult Day programs in all four locations are open and providing a safe, engaging environment for participants (call 1-800-639-1553 for information).

While we know that staying at home and physical distancing have been critical to avoiding exposure to the virus, social isolation has resulted in loneliness for many. We know that many are eager to return to our community centers and engage in the variety of activities we offer. We continue to aim for a phased reopening of centers in October, and remain committed to everyone's health and safety. With that in mind, please know that there have been a few changes to how we operate:

- Everyone will be required to answer screening questions before entering the building
- Physical distancing and mask-wearing will be required in accordance with state and local guidelines. If you cannot wear a mask, telephone and virtual services may be available instead.
- All staff and volunteers are involved in increased cleaning and sanitizing schedules
- Handwashing education has and will continue for all staff, volunteers, and visitors

Other changes will be forthcoming as we continue working to open congregate dining and activities as soon as it is safe, which remains our priority for all Spectrum Generations visitors, staff, and volunteers. Please visit spectrumgenerations.org/news for the latest plans.

You can also call us at 1-800-639-1553 to connect with a resource specialist for information related to the impact of the coronavirus. We also provide general resource information for older adults and adults with disabilities on topics such as housing, Medicare, transportation, etc.

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:

# Celebrating

## our supporters

In lieu of cancelling our 8th Annual Celebrity Chef Challenge, we have taken this opportunity to virtually celebrate our community by highlighting chefs, restaurants, and businesses that have previously supported this event!

Check out our Facebook page @spectrumgenerations or spectrumgenerations.org/chef to see how we celebrated!



2016 Celebrity Chef Challenge judge's winner, Chef Justin Bard. Stop by Meridians Kitchen and Bar in Fairfield to try out his cooking!



Merrymeeting Gleaners have been a great community partner, donating a number of boxes of produce to our annual event.



2019 Celebrity Chef participant, Chef Elisha Irland from The Oak Table & Bar in Augusta, prepares delightful and creative dishes.

# Together we spread the word



In the past two months, more than 159 million Americans have received Economic Impact Payments totaling almost \$267 billion. If you have not received funds yet, you may still be eligible.

Many Americans who normally don't file a tax return may not realize they're eligible for an Economic Impact Payment, therefore the IRS has developed an online tool to allow you to quickly register. The Non-Filers tool is designed for people with incomes typically below \$24,400 for married couples, and \$12,200 for singles.

The IRS has asked for assistance in sharing this information, and we recently added inserts to all Meals on Wheels deliveries. You can also visit IRS.gov, and look for "Non-Filers: Enter Payment Info Here." Provide your Social Security number, name, address, and dependents on their secure site. The IRS will use this information to confirm your eligibility and calculate and send you an Economic Impact Payment.

Using the tool will not result in any taxes being owed. Entering bank account information will allow the IRS to deposit your payment directly into your account. Otherwise, your payment will be mailed to you.

# Growth

## We've hired

Spectrum Generations welcomes Nathan Miller 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.



**Nathan Miller**  
Senior Program Director



Partner Program

Many thanks to the United Way of Kennebec Valley and United Way of Mid Coast Maine, for coordinating the donation of hundreds of facemasks and shields for our staff and volunteers. Face shields are particularly helpful for our volunteer Meals on Wheels delivery drivers, so meal recipients can "see" who is visiting them.

# Support from the community

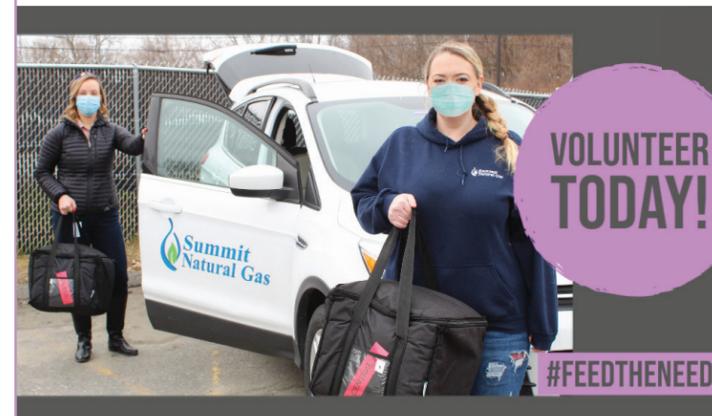
# Volunteer Opportunities

Spectrum Generations is looking for more volunteers — particularly in the Waldo, Kennebec, and Somerset areas — to help with preparing, packing, and delivering Meals on Wheels.

Volunteers are needed Monday through Friday, 7:30 a.m.— 3:00 p.m. To join our volunteer team, please contact Jessica at 620-1684 or email volunteer@spectrumgenerations for more information.

Thank you

to the many who have helped over the past few months. We are incredibly lucky to the many amazing, dependable volunteers who are dedicated to our Meals on Wheels recipients!



Our Adult Day program participants have been enjoying planting in and attending to garden beds, recently installed thanks to generous grant support from the Maine Community Foundation.

The beds were built and filled starting in late spring, with Adult Day participants deciding what

they wanted to plant based on their interests. In some locations, plants included summer squash and cucumbers which have already matured; in other locations, participants chose to plant mint and basil, which are being used to flavor water.

Adult Day participants are responsible for watering, pruning, and picking vegetables as they become ready, and are enjoying learning about the growing process and life cycles of different plants; they also enjoy the tactile activity of tending to their garden beds.

Installing and using these garden beds at all of our Adult Day locations has been a fun project and we are excited to continue it in years to come.



**FREE**

# Stress and Pain Management Workshop

Spectrum Generations, in partnership with Healthy Living for ME, will be offering a free workshop to help individuals with a wide range of chronic pain conditions. Living Well with Chronic Pain will be offered beginning September 15, and run through October 20. Workshop participants will meet weekly from 9:30—11:30 a.m. on Zoom, a video conferencing platform (technical support is available).

Living Well with Chronic Pain is ideal for people who are experiencing a wide range of lingering, non-cancer related pain conditions. Participants in this workshop learn practical self-management skills, with an emphasis placed on creating action plans and setting realistic, attainable goals.

This series is free and open to the public but registration is required. Please call (207) 620-1642 or email jpaquet@healthylivingforme.org for more information and to register.