

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.

10th Annual Celebrity Chef Challenge

# Meet the Chefs

<b>Ben Ramsdell</b> Culinary Coordinator & Chef Educator for the Peter Alford Prevention & Healthy Living Center at MaineGeneral Health	<b>Shaun Killeen</b> Head Chef The White Duck	<b>Edward McGregor</b> Head Chef The Front Room
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We are excited to introduce the 10th Annual Celebrity Chef Challenge participating chefs!

Ticket holders will experience the culinary delights from Ben Ramsdell, Culinary Coordinator & Chef Educator from MaineGeneral's Peter Alford Prevention & Healthy Living Center in Augusta; Shaun Killeen, head chef from White Duck Brew Pub in Winthrop; and Edward McGregor, head chef from The Front Room in Portland. These three chefs are thrilled to be competing to have their dish incorporated into the Spectrum Generations Meals on Wheels program. The evening will begin at 5 p.m. with cocktail hour, cash bar and passed hors d'oeuvres, and features a silent auction.

Funds raised from the event will support Spectrum Generations' programs and services, like Meals on Wheels.

Visit [spectrumgenerations.org/events/celebrity-chef](https://spectrumgenerations.org/events/celebrity-chef) to **purchase your tickets now!**



Check out the beautiful butterfly cards our Bridges Home Services Adult Day program created to hand out to consumers.



1.800.639.1553  
[spectrumgenerations.org](https://spectrumgenerations.org)

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

# Monthly Update

## September 2022

## Learning the Ropes

### A Kenya native volunteers at Spectrum Generations' Muskie Community Center

A young entrepreneur aspiring to learn from Spectrum Generations' Meals on Wheels (MOW) program, paid a visit to the Muskie Community Center in Waterville this week.

Twenty-six-year-old Benson Abila, who goes by Ben, said if there was a program similar to MOW in his Kisumu community in Kenya, "it would be transformational."

Ben was awarded the opportunity to study in the United States on a State Department Fellowship called "Mandela Washington," ([mandelawashingtonfellowship.org](https://mandelawashingtonfellowship.org)) an educational program geared to young African leaders ([yali.state.gov/mwf](https://yali.state.gov/mwf)). The six-week workshop was held at Michigan State University and includes coursework, leadership training, and networking as part of the curriculum.



Benson Abila, on left, works alongside volunteers packing bags for Meals on Wheels.

The program received over 40,000 applicants from across Sub-Saharan Africa vying for only 700 fellowships. The reason he was accepted, "is the most beautiful part" he said. Ben was given an award for a story he wrote about his life growing up in a Kisumu orphanage started by his grandmother 25 years ago, called Korando Educational Center ([Korando.org](https://Korando.org)).

After losing his father when he was in eighth grade, Ben said his life spiraled with rejection and discrimination. The orphanage gave him a safe haven and has been pivotal to where he is today. Children at Korando are provided a quality education, food, housing, and spirituality. They are also shown the values of hard work. "All the things that kids need, to grow up the right way," Ben said.

Over the years, thousands of children have gone through the center with over 500 kids there now including 230 in primary, 130 high school, and over 13 college students. The orphanage also supports many young people from within the community.

Finishing his bachelor's degree in civil engineering in 2019, he returned to the orphanage to give back. In 2020, eight months after returning, Ben started a new project, "Homeless of Kisumu," ([homelessofkisumu.org](https://homelessofkisumu.org)) a non-profit that feeds over 200 street children, youth, and women every week. The group provides psychosocial support, lifeskills training, spiritual nourishment, counseling and access to employment opportunities, in addition to the rescue and reintegration of children back into the school system.

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:

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“We have warm meals, we give them hope, and share with them fellowship,” he said. Many just need to be hugged, seen, and listened to, he added. Through the project, 30 children have been re-integrated into the community and taken off the streets, while over 70 have received entrepreneurship training.

For the last 15 years, the Ripple Effect Project (rippleeffectproject.org), a US-based non-profit in Maine whose mission champions agricultural and educational endeavors in Sub-Saharan Africa, has been supporting the Korando Educational Center. Donna Klein, previous board treasurer, has been a Muskie Community Center volunteer since 2007. She along with her husband Eddie Klein, who is also a volunteer, brought Ben to the community center on Tuesday, Aug. 9, to assist and learn the processes of MOW.

Ben said he was extremely thankful for the Ripple community and for all the work they have done to support Korando Educational Center. When first arriving in Maine, he said he was received with love and kindness. “There is a lot of God here, there is a lot of understanding, and there is a lot fellowship,” he said. “You know, pure love. It reassures me that the world is still a beautiful place.”

Tuesday, over 800 meals were prepared at Muskie. “For me, it is beautiful because I come all the way from Kenya, a country where we are living in poverty and life is difficult, and I get to be of service to the Maine population,” he said, “That is beautiful to me.” The MOW program specifically, he noted, has been a highlight to take part in.

The entire MOW setup, taking care of the community, being aware of the vulnerable elderly population and setting up a system that serves them while making it sustainable are all valuable points to consider, he said. Ben also enjoyed working alongside volunteers, absorbing their wisdom, and seeing how they love what they do.

After packing meals on Thursday, Ben drove with volunteer Alice Sammon, through her meal delivery route to learn the process. Muskie Community Center Director Sandra MacDonald said she discovered Alice had originally started the Ripple Effect Project in 2007, after meeting Ben’s grandmother at Colby College. It has been a pleasure to meet Ben, Sandra said, and hoped that some day, he could return back to Muskie.

Ben said he would love to see a MOW program in his community, but added, part of the process will be to inspire more people back home to volunteer and get engaged.

“I believe we can do it, we just have to believe in ourselves, and keep pushing, and most importantly, listen to your purpose and passion in life,” he said. “Because you never know where God is leading you to.”

For more information on programs offered by Spectrum Generations, visit [spectrumgenerations.org](http://spectrumgenerations.org) or check them out on Facebook. To reach Benson Abila, write to [b.abila@korando.org](mailto:b.abila@korando.org).



Donna and Eddie Klein

## Welcome Carlos Libby

### Carlos “Knits” Right In →

Our newest team member, Carlos Libby, has been with us for nearly a month but he is making a huge impact throughout our facility.

In this short time, he has taken the initiative to improve and change things at the Cohen Center. He is also learning how to knit with the Tuesday afternoon knitters’ group! We are all benefiting from his experience and positive attitude. Next time you are at the Cohen Center and see Carlos please take a minute to say hello.



Join our **knitters’ group** on **Tuesday afternoons at 1 p.m.** Currently, the knitters are busy making lap blankets, hats, and adorable items for our Meals on Wheels consumers.

## Nutrition Counseling

We now offer Nutrition Counseling with our Registered Dietitian (RD). Nutrition Counseling helps to manage certain chronic conditions through an individualized approach. When working with our RD, your goals are broken down into small achievable steps to build up your confidence when managing chronic conditions.

Our Registered Dietitian will be at Spectrum Generations’ Cohen Community Center in Hallowell from 11 a.m.- 12:30 p.m. Monday, Sept. 26. For more information on Nutrition Counseling please visit our website at [healthylivingforme.org](http://healthylivingforme.org) or reach out to our Registered Dietitian at [ematthews@spectrumgenerations.org](mailto:ematthews@spectrumgenerations.org).



Meet Libby Matthews



## Don’t Get Tripped Up This Fall

Falls threaten safety and independence thus creating enormous economic and personal costs. Healthy Living for ME (HL4ME) is committed to helping adults throughout Maine age well, and that includes avoiding falls. Through practical lifestyle adjustments, using evidence-based prevention programs, like Bingocize and Tai Chi, the number of falls among older adults can be reduced.

This September 19 – 23, we are partnering with the National Council on Aging (NCOA) to observe Fall Prevention Awareness Week. We invite you to join this important awareness campaign.

### Free Balance Screenings

Muskie: Monday, September 19 – 10:00 a.m. – 12:00 p.m.  
Cohen: Thursday, September 22 – 10:30 a.m. – 12:30 p.m.

### Upcoming Falls Prevention Workshops:

#### Bingocize®

Caribou Wellness Center  
September 13 – November 22  
10:00 – 11:00 a.m.  
Free

#### Tai Chi for Health and Balance

Alfond Youth and Community Center  
September 13 – November 18  
11:00 – 12:00 p.m.  
\$40

#### Bingocize®

Merrymeeting Adult Education  
September 14 – November 28  
10:00 – 11:00 a.m.  
Free

#### Living Well for Better Health

Northern Light Sebecook Valley Hospital Campus  
September 21 – October 26  
9:00 – 11:30 a.m.  
Free