spectrum generations

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spectrumgenerations.org

WICKED Aging

The Central Maine Area Agency on Aging & The Aging and Disability Resource Center

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spectrum generations
Benefiting Spectrum Generations' Programs and Services

19th Annual Golf Fore a Cause
June 25, 2021
Brunswick Golf Club, Brunswick

What better way to take advantage of summer than at one of Spectrum Generations' biggest fundraising events!

The cost is $150/individual, $500/team, and includes 18 holes with cart, bagged lunch, awards, and much more!

There are various sponsorship levels available. For more information or to register a team, email sbrown@spectrumgenerations.org

Welcome to the Summer edition of Wicked Aging!

The way life should be: A Message from the CEO

As I pen this message the sun is shining, the birds singing, and the earth is becoming greener and more gold with each passing day. In a way, probably due to the pandemic, it feels like 2021 has finally arrived. We are coming out of lockdowns, getting vaccinated, taking face coverings off, and we are all engaging as a community again…the way life should be!

And at Spectrum Generations, we are eager to emerge from the stale, pessimistic COVID-19 centric world and recapture the future by delivering quality services and programs to older and disabled adults in central and midcoast Maine. Building upon the innovations we had to implement during the pandemic, we are taking a fresh approach toward advancing into the future with both the expected (i.e., Meals on Wheels) and the new (emerging Community Integrated Health Network). It is my promise to you, the community of central and midcoast Maine, that Spectrum Generations is only looking forward and we are stronger and improved.

We are open for business (and we have been all along)! Our Aging and Disability Resource center staff and Community Case Managers are serving the needs of the community, meeting clients face to face, and helping people thrive in the community. Our Meals on Wheels daily meal count is at 1,300-1,400 meals served per day. Our congregate dining at both Muskie (Waterville) and Cohen (Hallowell) community centers are open and serving meals. Our four adult day locations have clients every day; some are at a higher capacity than they were before the pandemic. Our Bridges Home Services and Personal Support Services brings much needed daily aid, comfort, and respite to older and disabled adults living in the community!

Continued on next page

Who we are

spectrum generations

Our Mission:
to promote and advance the well-being and independence of older and disabled adults, with the support of their care partner, to live in their community of choice.

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A message from the CEO

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And we are doing new things. During the pandemic, Bridges Home Services pivoted to providing In Home Support (IHS) service to the Intellectually and Developmentally Disabled (IDD) community via MaineCare and those with traumatic brain injury or severe physical disability through our relationship with the Wounded Warrior Project. Additionally, we are training staff to begin a new service centered around work supports for IDD adults; and that is expected to start no later than this fall.

The most exciting news concerns Health Living for ME (HL4ME), a joint venture partnership between SeniorsPlus, Aroostook Area Agency on Aging, and ourselves. For the past three years we have been jointly building a Community Integrated Health Network (CIHN). At first it centered around health and wellness evidenced-based programming, but over the past year has added community health programing that proactively addresses the social determinants of health. There are over twenty Maine community-based organizations in the network, and we have one regional (New England) and two national partnerships/contracts. Recently the network was awarded a $1.2M Chronic Disease Self-Management Education grant from the Administration on Community Living to provide services to people with HIV and intellectual and developmental disabilities. Our next endeavor will be to raise the necessary funds to launch HL4ME as a truly independent Network Lead Entity, so stay tuned.

"Advancing into the future with both the expected and the new!"

Spectrum Generations will always stay true to its mission and continually 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.

Thank you for your continued support and please continue to provide us with your thoughts and ideas on how we can do better!

Gerard L. Queally
President & CEO

David J. Farago
Financial Advisor

Spectrum Generations has partnered with Ameriprise Financial advisor David Farago to bring investment information directly to you. We believe that providing this information to you is one of the many ways we fulfill our mission – 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

Summary: Donor Advised Funds

A donor-advised fund offers an easy way for a donor to make significant charitable gifts over a long period of time. A donor-advised fund is similar to a private foundation but requires less money, time, legal assistance, and administration to establish and maintain. A donor-advised fund also enjoys greater tax advantages than a private foundation.

What is a donor-advised fund?

Technically, a donor-advised fund is an agreement between a donor and a host organization (the fund) that gives the donor the right to advise the fund on how the donor's contributions will be invested and how grants to charities (grantees) will be made. Contributions may be tax deductible in the year they are paid to the fund, subject to the usual limitations, if they are structured so they aren't considered earmarked for a particular grantee. Though they can bear the donor's name, donor-advised funds are not operated as separate entities like private foundations are, but are merely accounts held by the fund. The fund owns the contributions and has ultimate control over grants.

Spectrum Generations voluntarily discloses that David Farago is a current board director at the agency and we do not promote or recommend Mr. Farago over your current financial advisor. This information is provided for you without the intent of financial gain for either entities

Ameriprise Financial

Building Momentum

Healthy Living for ME recently received the Administration on Community Living (ACL) three-year grant! This award, for Healthy Living for ME Chronic Disease programs, was one of only two that were awarded in the entire country.

The $1.2 million grant supports the goals of continuing the Living Well for Better Health classes statewide and to also implement two new programs statewide:

1. Health Matters – fitness and health education for persons with IDD
2. Positive Self-Management for HIV+ - for those living with HIV+

The grant established HL4ME as the Network Lead Entity of a Community Integrated Health Network, which will grow to encompass more than just evidence-based health and wellness and the Community Health services we're currently providing.

Congratulations to the HL4ME team!

Healthy Living for ME

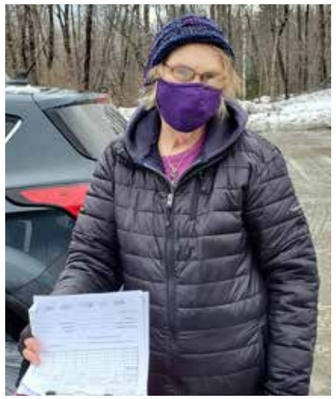
Healthy Living for ME team members (L to R), Kristin Overton, Jen Paquet, Jennifer Fortin, Kimberly Webber, and Maija Drake

Thank you!

National Volunteer Week

is an opportunity to recognize the impact of volunteer service and the power of volunteers to tackle society's greatest challenges, to build stronger communities and be a force that transforms the world.

Each year, we shine a light on the people and causes that inspire us to serve, recognizing and thanking volunteers who lend their time, talent and voice to make a difference in their communities.



(left) Monty Davis was awarded Spectrum Generations' 2020 Volunteer of the Year Award.

We Celebrate National Volunteer Week

Help our most vulnerable neighbors by donating today!

One Weston Court
Augusta, ME 04330
spectrumgenerations.org

Home Office

One Weston Court
Augusta

Help our most vulnerable neighbors by donating today!

Lincoln County Regional Center | 752 Main Street | Damariscotta

Locations

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