



One Weston Court
Augusta, ME 04330
spectrumgenerations.org



1.800.639.1553
spectrumgenerations.org

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

WICKED Aging



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Let your voice be heard!

Spectrum Generations will be holding two live, online Public Comment Sessions as part of the review of our four-year Area Plan. The Area Plan details how we, who provide home and community-based services and programs for nearly 40,000 older adults throughout central and midcoast Maine, will spend state and federal funds to support programs including Meals on Wheels, caregiver resources, insurance options, information and assistance, health and wellness, in-home care and support from October 2020 through September 2024.



Two public comment sessions will be held online through Zoom sessions: June 23 – 2:00 p.m., and June 24 – 11:00 a.m.

Older adults, family caregivers, aging services providers and anyone with an interest in services for older adults is invited to attend and give feedback. Registration for the online sessions is available on spectrumgenerations.org.

The agency's area implementation plan will be available for review at spectrumgenerations.org until June 24. Written comments on the plan must be received no later than July 5, via email at feedback@spectrumgenerations.org or via mail at Spectrum Generations, One Weston Court, Suite 109, Augusta, ME 04330.

Join us!



18th Annual Golf Fore A Cause

September 25, 2020
Brunswick Golf Club

FLASH SALE

For the month of June, for every team you recruit to sign up to play, you will receive **\$50 off** your registration fee!

Email sbrown@spectrumgenerations.org for more information.

Thank you for supporting us!

Many of you have enjoyed one or more of our fundraising events in the past. We appreciate your support and now ask for your understanding as we have postponed or cancelled many of these events due to the pandemic.

We know it is a difficult time for many and we cannot ask the recovering business community that has so faithfully sponsored and supported our events at this time. We appreciate every dollar raised to support our programs and services, and anticipate hosting fundraisers again in the future, when it is most appropriate to do so.

The below is a list of fundraisers typically planned for this time of year and what you need to know about them:

- Healthy Aging Expo – cancelled, this event will return in 2021!
- Golf Fore a Cause – postponed until Friday, September 25
- Girls Just Wanna Have Fun – cancelled, please be on the lookout for how this event will evolve!
- Celebrity Chef Challenge – will now be a virtual “Chef Celebration” highlighting the chefs, restaurants, and food community
- Aging in Place Forum – cancelled, this event will return in 2021!
- Pie Crawl – will now be a virtual crawl featuring downtown Hallowell
- Midcoast Tree Festival – planning is underway with event partners Southern Midcoast Maine Chamber of Commerce and All Saints Parish

As always the most updated information can be found on our website at spectrumgenerations.org/news or spectrumgenerations.org/events.

Who we are



Our Mission:

Promoting life-long learning, health, wellness, nutrition, community engagement, and social well-being of all older and disabled adults.

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

1.800.639.1553



Message from CEO

Spectrum Generations, like other community-facing organizations is facing each new challenge brought about by the pandemic head-on. I am proud to share the accomplishments of our staff and volunteers over these past few months and hope you enjoy reading them. If you have not followed our progress, throughout the pandemic, we heeded the federal and state guidelines and mandates, and are now beginning a phased reopening. Let me assure you, it is our mission to return Spectrum Generations to its normal operations in a safe, methodical, competent, and most expeditious manner post-pandemic. As we endeavor to reopen our community and resource centers, our goal is to be striking a balance between employee safety and consumer/community needs.

During the pandemic, our ability to serve community needs in ways people had come to rely upon were severely hampered. We feel the frustration from people and their families who are seeking community gathering spaces, activities, and the information we provide, but anticipate the recovery phase may be more difficult to implement than the shutdown.

Our facilities team is working to ensure hygienic practices and protocols will be in place and our center staff are planning appropriate building use, while maintaining safe physical distancing. While no one knows what the next few months, or even year, may look like, know that Spectrum Generations is nimble enough to continue addressing needs of those in our communities.

In addition to the growth in our Meals on Wheels program, detailed in this newsletter, we have been able to offer health and wellness classes through virtual programming options, and are still continuing to roll out Aging and Disability resources via telephonic and online offerings.

As of this writing, we have reopened all four of our our Adult Day locations in Belfast, Hallowell, Skowhegan, and Waterville. The Adult Day program will continue to operate, serving those adults with IDD and memory diagnoses, so they can return to their routine, seeing friends and experiencing the social engagement and activities we provide.

We tentatively anticipate being fully operational again by the end of September, however, that is shared given all the considerations that must be reviewed as the state reopens and the number of positive COVID-19 cases continue to wane. The best place to keep in touch with us is through our Facebook page or the news section of our website.

Until we see each other again, know that we are grateful for our support, and wishing you a safe and healthy summer.

Gerard L. Queally
President & CEO



We have reopened our Adult Day Program!

Adult Day and Community Support Services

Life is ever-changing and it is important to stay active, learn new skills, build relationships, and enjoy the community that you live in. The Adult Day and Community Support Services program offered by Bridges Home Services has reopened and is ready to do just that for you!

Our active community centers have advanced technology to help build your skills, as well as handicapped vans allowing all members in our program to go on unique and exciting outings.

With over 40 years of experience, we know the importance of listening to you to better understand each individual need. Our staff are a highly skilled team of caring, motivated, and innovative people. Our centers, located in Belfast, Hallowell, Waterville, and Skowhegan, are each staffed with a Team Leader and Program Activity Aides who are Direct Support Professionals (DSP) and Certified Residential Medication Aides (CRMA). The four locations offer Adult Day and Community Support Services and are licensed Adult Day Centers by the State of Maine.

If you are interested in learning more about Bridges Adult Day and Community Support Services, please contact Christie Quincey at 207.620.4917 for more information.



Virtual Medicare 101 now available

If you are looking for information on Medicare, we've taken our popular Medicare 101 sessions – normally held in small groups – online! You can view a recorded webinar from spectrumgenerations.org/medicare; you will need to enter basic information including your name and email address. A new window will open with a media player and use the play button to begin.

You can call our Helpline with any Medicare questions at 1.800.639.1553





The tools you need to take back control

Healthy Living For ME Virtual and Telephonic Workshops

Participants can join from the comfort of their own home

The Better Health Now Suite is a group of workshops delivered telephonically through small groups meeting once a week, for six weeks. Once a participant is registered, they will receive an inclusive and complete toolkit consisting of the workshop materials via the mail. Participants then work with a workshop leader via telephone or online through Zoom at predetermined times.

Better Health Now is Healthy Living for ME's Living Well for Better Health workshop presented via a mailed toolkit. The workshop covers problem solving, decision making, communication, action planning and equips participants with the tools to effectively manage their ongoing health conditions.

Better Health Now with Diabetes is Healthy Living for ME's Living Well with Diabetes workshop presented via a mailed toolkit. This workshop covers all benefits of the Better Health Now toolkit with additional tools on managing diabetes such as meal planning, physical activity, foot care, and sick days.

Better Health Now with Pain is Healthy Living for ME's Living Well with Pain workshop presented via a mailed toolkit. This workshop covers topics including, pacing and planning, medication management, utilizing the Moving Easy Program in addition to all the tools from Better Health Now.

In addition, we are holding our traditional Living Well for Better Health series, online through Zoom. These classes are six weeks in length and cover all the same "in-person" activities.

Living Well for Better Health | Living Well with Chronic Pain | Living Well with Diabetes

Virtual Tai Chi for Health and Balance

Tai Chi for Health and Balance is one of Healthy Living for ME's most popular workshops. It equips participants with skills to help maintain their balance in their day-to-day life. Virtual Tai Chi for Health and Balance is the same 16 session workshop but delivered via Zoom. After registration, participants are provided with a secure Healthy Living for ME Zoom link. At the scheduled workshop times two leaders, one providing verbal instruction and the other demonstrating movements, lead participants signed in from their homes.

To register for any of these free workshops, please call us at 1.800.620.6036, visit us online at healthylivingforme.org or email us at info@healthylivingforme.org.

Healthy Living for ME brings together Spectrum Generations, SeniorsPlus, and Aroostook Agency on Aging – three of Maine's Area Agencies on Aging – in a partnership to deliver statewide chronic disease self-management and falls prevention classes.



We are only able to serve our mission with the help of numerous volunteers! While some have stepped back from volunteering during the pandemic, others have joined our ranks; we are grateful for the support of many new people and look forward to seeing our returning friends again when the time is right for them.

If you're available to volunteer, our Nutrition program, currently serving over 1,500 people Meals on Wheels, does need support. Our greatest need is in the Waterville area helping with various Meals on Wheels roles on weekday mornings and early afternoons. Please contact Jessica Bucklin, Volunteer Coordinator, at volunteer@spectrumgenerations.org or 620-1684 for more information.

Unfortunately, due to the pandemic we had to cancel our volunteer recognition events which traditionally are held in April; please know we are preparing to host these great events in December. If you missed our Annual Recognition Celebration video we highlighted our Volunteers of the Year, **Carol Oulton** and **Roger DeRosier**; thank you Carol and Roger for your years of dedication and support of Spectrum Generations! You can also view the celebration video on our YouTube channel (youtube@spectrumgenerations.org).



Carol Oulton (top) and Roger DeRosier (bottom) each received Spectrum Generations' 2019 Volunteer of the Year award!



For additional volunteer information, contact Volunteer Coordinator, Jessica Bucklin, at volunteer@spectrumgenerations.org or 620-1684.

Meals on Wheels program rises to challenge of meeting community needs

We began feeling the impact of the pandemic in Maine in early March, and in learning one of the groups at greatest risk from COVID-19 being older adults, we knew that our Meals on Wheels program would need extra support to meet the challenge. We made plans early to shift staff from closed programs and services to support our Nutrition team, solicited financial support from foundations, individuals, and community partners, and sought to bring on new volunteers to help us prepare, pack, and deliver meals.



We are grateful for the 130 new volunteers who joined our ranks, including deputies from both **Sagadahoc County Sheriff** and **Kennebec County Sheriff's** departments, **Renee Nelson** and **Merry St. Pierre** of 92 Moose, local Age-Friendly committees, and concerned individuals.



This work could not have been done without the immeasurable support from hundreds of people.

"Thank you so much, last week was the first time we had a wonderful meal. It's been weeks since we have had such a good meal. Hopefully this will end soon and will be able to get to the store safely."

– recent feedback from a Meals on Wheels recipient



Donations from **Good Shepherd Food Bank** and **Hannaford Supermarkets** – totaling thousands of pounds each week – are bolstering our nutrition program!



A shoutout to our community partners, **Performance Foodservice Northcenter**, **Bowdoin College**, **Snow Pond Center for the Arts**, and **Caswell's Discount Wholesale**, who all answered our call to help provide additional freezer storage for our frozen meals.

Before COVID-19 we were serving **800 people** through our Meals on Wheels program; **670 people** were directly being served from Spectrum Generations, with three subcontractors supporting the needs of **130 others**.

When in need, our community is there to support us. Generous in-kind donations including hand sanitizer from **Doom Forest Distillery** (Chadwick's Craft Spirits), and hundreds of cloth masks made and donated by our friends **Carmen Bedard**, **Denise Denorsek**, **Sandy Emmons**, **Rosemary Foster**, **Audrey Littlefield**, **Tina White**, **Trisha Wurpel**, along with **Jo-Ann Fabrics**, and **Bedard Medical Supply** who discounted over 200 masks for our Bridges Home Services Personal Support Specialists.



We have received financial support from over **75 new individual donors**, and **Rotary clubs**, **Harvard Pilgrim**, **Health Care Foundation**, **The Highlands**, and **Maine Community Foundation**.

United Way of Kennebec Valley, **United Way of Mid Coast Maine**, **United Way of Mid-Maine**, and **United Way of Eastern Maine** have not only supported our Meals on Wheels program for years, but all helped with a large donation from **Central Maine Power** to Meals on Wheels throughout Maine, and emergency grant funds early on in a time of great uncertainty.



During the peak of the COVID-19 outbreak, we were serving 1,595 people directly from Spectrum Generations, and an additional 175 through our three subcontractors.