

WICKED Aging

2025 YEAR IN REVIEW

At Spectrum Generations, we work strategically to serve a community where adults with disabilities and older adults are valued, engaged, and living with dignity. It is our honor to do this work. We are pleased to share the following achievements for FY25. (Services were delivered between 10/1/24 – 9/30/25)

Impact Across Maine

Spectrum Generations supported **over 10,000 people**—our friends, family members, and neighbors throughout central and Midcoast Maine. Our programs and services have an immediate, positive impact on the lives of these community members, and we are proud to support them to age gracefully in the communities of their choice.

Nutrition Services

An impressive **321,305 Meals on Wheels** meals were prepared and delivered to **2,069 people**. These nutritionally balanced meals, expertly created by our chefs, are delivered by incredible teams of generous, committed volunteers.

AniMeals Program

Our AniMeals program began over a decade ago when we learned that some Meals on Wheels recipients did not have enough money to feed their pets and shared home delivered meals with their furry companions. **373 companion animals** received **19,471 baggies** of pet food as part of their owners' regular Meals on Wheels deliveries. Pet food donations and monetary gifts are accepted as part of this program.

Social Dining and Nutrition Education

1,790 people attended social dining at our Cohen Community Center (Hallowell) and Muskie Community Center (Waterville) and **35,869 meals** were prepared and served. Both thriving community centers have been undergoing updates this year, including the Muskie Center's Atlas Room (read more about this inside). In addition, people also received nutrition counseling and education services. **1,131 people** received **8,965 USDA Supplemental Food Boxes** distributed through our community centers to further combat food insecurity.

Volunteer Contributions

We love our volunteers. . . Nutrition program volunteers are critical to our success and service delivery! In FY 25, **304 volunteers** contributed **33,220 hours** including **246 volunteers** that supported our nutrition programs in a variety of ways, including, cleaning, serving food, kitchen support, & packing and delivering meals. The monetary value of these services, if they were paid, is **\$1,014,880!** In addition, **volunteers** taught classes, worked at reception desks in our centers, served on the Board of Directors or the Advisory Council, helped with fundraising events, worked with our Aging & Disability Resource

Center team providing community health services and other important volunteer roles.

We could not do our work without you!

Caregiver Support and Access Services

We provided **227 people and their families** with caregiver support services such as respite, education, training, and counseling. Our Spectrum Generations staff are trained and value the importance of educating caregivers in what can be a difficult role, in addition to the importance of self-care.

4,279 people utilized our access services, which include case management, information and assistance, outreach, and public education.

Home and Community Services

Bridges Home & Community Services (BHCS) provided **94,080 hours** of invaluable personal support, including assistance with daily tasks, gentle guidance, transportation, bed-bound care, and overnight support.

BHCS also delivered **44,360 hours** of specialized programming through two distinct service areas. **Adult Day Care Services**, a longstanding program, supported adults living with memory-related diagnoses through structured, engaging care at our community

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centers. Community Support Services assisted individuals with intellectual and/or developmental disabilities in building independence and achieving personal goals at our community centers, in the broader community, and in participants' homes.

In addition, BHCS provided **11,310 hours** of targeted case management services for adults with intellectual disabilities. Through this work, case managers partnered closely with individuals and families to coordinate care, connect them with essential resources, and support overall well-being. In total, **331 individuals** were supported through these case management services.

Healthy Living for ME

HL4ME offered **113 workshops** which included **87 in-person** and **26 remote** classes in addition to **35 mailed-home** "toolkits." Through the network, a total of **1,722 people** participated in classes such as, *A Matter of Balance*, *EnhanceFitness*, *Living Well for Better Health*, *Tai Chi for Health and Balance*, and many other opportunities to support positive health outcomes.

A Message of Thanks

Thank you for your trust in Spectrum Generations to provide the community care you need!



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.

BOARD OF DIRECTORS FY25

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- Terry Reddy, Advisory Council Chair

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- Carey Paradis

COMMUNITY CENTERS:

Cohen Community Center

22 Town Farm Road
Hallowell

Muskie Community Center

38 Gold Street
Waterville

Waldo Community Center

18 Merriam Road
Belfast

AGING AND DISABILITY RESOURCE CENTER:

Midcoast Regional Center

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



Letter from the CEO

Holding the Line — Together

Across Maine, we are living through a moment of careful balance. Demand for services that help older and disabled adults remain healthy, housed, nourished, and connected continues to rise—while public resources remain constrained. This reality shaped much of the conversation this legislative session, including the future of statewide funding for Maine’s Area Agencies on Aging.

Many of you have followed our work to advance LD 814, the Older Mainers Act—a long-term effort to modernize and stabilize funding for the community-based services older adults and caregivers rely on every day. While the bill itself passed, full funding was not included in the Governor’s budget and was not advanced through the traditional appropriations process. Instead, the Appropriations and Financial Affairs Committee once again chose a familiar path: providing \$3 million in one-time funding, pending final legislative approval (at the time of this newsletter – early April), to maintain the status quo.

There is good news in this outcome.

There will be no immediate cuts to long-standing services like Meals on Wheels. Emerging programs—such as Ramping Up Repairs, which helps older adults make critical home modifications, and Respite for ME, which supports family caregivers, will continue, even if still in their early, fragile stages. These programs matter deeply to the people they serve, and continuity matters.

At the same time, we want to be clear and honest with our community: this is not a total win. Without the full \$9.75 million envisioned under the Older Mainers Act, waitlists will remain for Meals on Wheels, case management, and caregiver services. Needs will continue to outpace available resources. For many Mainers, help will still

come later than it should—or possibly, not at all.

In fiscally constrained times, this may be a purposeful compromise. But for the older adults, caregivers, and families navigating aging and disability every day, it is a reminder that the work is far from finished.

What has not changed is Spectrum Generations’ commitment to you.

We remain steady in service delivery. We continue to look critically at how we operate—seeking efficiencies, strengthening partnerships, and adapting programs to meet people where they are. And we will keep showing up: in homes, in communities, and at the State House, advocating for systems that honor dignity, independence, and choice.

This is also a moment where community generosity matters more than ever. Philanthropic support helps us fill gaps that public funding does not—and your voices help decisionmakers understand what is at stake. Whether through giving, volunteering, or advocacy, you are part of what makes these services possible today.

We will be back next year, reintroducing the Older Mainers Act and continuing the push for full, permanent funding that reflects Maine’s demographic reality and our shared values. With the community beside us, we believe we can move from holding the line to building a stronger future—for all of us as we age.

Thank you for standing with Spectrum Generations. We are here, and we will keep at it.

With gratitude,

GERARD QUEALLY
President & CEO
Spectrum Generations

STEPPING UP!

Emergency Nutrition Assistance Program



Last November, Governor Janet Mills allocated \$1.25 million to Maine’s Area Agencies on Aging, Good Shepherd Food Bank, and other anti-hunger initiatives across Maine during the Federal government shutdown that disrupted the distribution of Supplemental Nutrition Assistance Program (SNAP) benefits. This effort was undertaken in partnership with the John T. Gorman Foundation.

As Central Maine’s Area Agency on Aging, Spectrum Generations received \$149,077 to provide meals to eligible SNAP recipients. Eligibility requirements stipulated that meal recipients be currently enrolled in SNAP, be 60 or older (91% of the people served), or 18 and above with a disability (9% of the people served).

With this funding, **Spectrum Generations delivered 12,429 emergency meals over a three-month period to 460 people through various distribution methods and collaborative partnerships.**

This included serving 67% of people living alone and 93% of people living in locations considered to be rural; while 8% struggle with six or more Activities of Daily Living (ADLs) such as bathing, dressing and navigating their homes; another 8% of the people served struggle with eight or more Instrumental Activities of Daily Living (IADLS) to include preparing their own meals, managing medications, personal financial management and their

personal shopping needs, etc. In addition, 23 of the people served were American Veterans.

Three percent of the people served were previously on the Meals on Wheels waitlist. However, with the exhaustion of these funds, these individuals will remain on the Meals on Wheels’ waitlist, along with over 300 others, until the program acquires additional money to serve them.

“We appreciate the funding and are proud that Spectrum Generations with its partners, were able to quickly and efficiently produce these 12,429 emergency meals in such a short amount of time! It is a commendable effort from our team, and I am very proud of how well they worked together on this project,” said Tyra Parker, Vice President of Aging and Disability Services.

Lindsay MacDonald, Vice President of Community Engagement, added, “More funding is critically needed to ensure all older and disabled adults – not only those receiving SNAP benefits- can access healthy, nutritious food. An incredible barrier is obtaining and maintaining the necessary funding levels to match the growing demand for Meals on Wheels.”

Currently Spectrum Generations has over 300 people waiting to receive meals. If you would like to help the Meals on Wheels program, visit:

www.SpectrumGenerations.org

and please advocate for this need to your state representatives. ■

Volunteer of the Year

SCOTT “SCOTTY” VANDERVEER



Scotty Vanderveer is a dedicated volunteer who contributes his time each week at the Muskie Community Center. Volunteering every day except Wednesdays, Scotty typically serves 6-8 hours per day.

His commitment and work ethic is so strong that many congregate diners assumed he is a staff member.

Working in the kitchen as a dishwasher, and also assisting with the Meals on Wheels program packing meals, Scotty is a shining example of volunteerism — someone who truly loves what he does and values the people he works alongside.

He arrives at the Center with the support of his guardians or by using the Kennebec Valley Community Action Program van service. This year marks Scotty’s 30-year anniversary of volunteering with us, making

him the longest-serving volunteer in the agency’s history.

In addition to his service, Scotty is also a Meals on Wheels recipient, as he does not drive and is homebound. Having a support system that helps him get to and from “work” provides him with meaningful social interaction and an opportunity to stay engaged with his community.

Thank you Scotty, for all that you do! ■



A Message from Sharon Cleveland, Chief Financial Officer

“Every action, every service provided, and every dollar creates ripples that move our mission forward.”

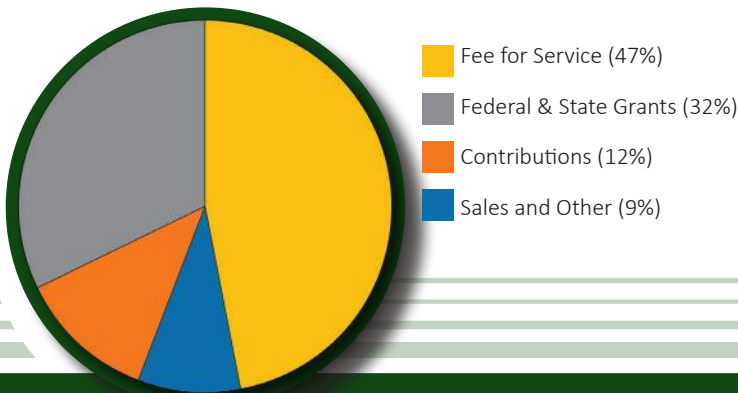
Spectrum Generations’ success is built on connection. Each act of service delivered, each hour volunteered, and each decision made creates a ripple — strengthening our organization and extending outward into the communities we serve. No single effort stands alone; it truly takes all of us working together to advance our mission.

Without the generous donations and financial support we receive from individuals, partners, and businesses throughout the year, we would be unable to meet the growing need of the individuals we serve. Additionally, our dedicated volunteers recorded over 33,000

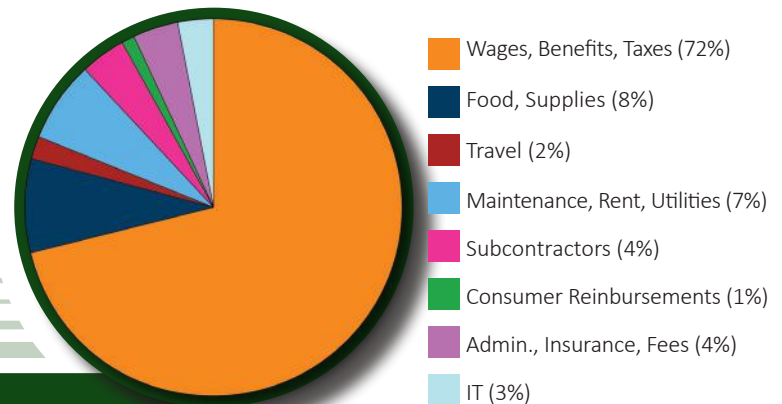
hours of service valued at \$1,014,880, an expense we would have otherwise needed to allocate to service delivery. What an amazing reflection of our connected and caring community. Our financial results represent more than dollars and percentages — they reflect people, purpose, and collective impact. By recognizing how individual actions connect to broader outcomes, we reinforce our ability to respond to change, support one another, and serve our communities with dignity and care.

SHARON L. CLEVELAND
Chief Financial Officer & Treasurer,
Board of Directors,
Vice President of Administration

FY25 FUNDING SOURCES



FY25 EXPENSES



Lindsay MacDonald, V.P. of Community Engagement



I want to personally extend my heartfelt gratitude for your generous support,

whether through private gifts, contributions from the many municipalities we serve, special events, annual appeals, United Way campaigns, bequests, memorial donations, or foundation grants. These critical development funds are truly essential, making up 12% of our total income in FY25 and helping us sustain agency services. Your commitment empowers our operations team to deliver vital services and programs to our community. Thank you for your unwavering partnership and belief in our mission. It means the world to me as Vice President of Community Engagement, and in fact, we could not do this important work without YOU!

Thank You **FY2025** Donors!

October 1, 2024 - September 30, 2025

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When Love Becomes Care

A Husband's Promise Through Alzheimer's

"It's humbling. You have to be willing to accept where you are, and be able to reach out when necessary..."

-John Newby

John Newby has worn many hats—husband, father, doctor, chef, writer, photographer. Today, the role that defines his life most is caregiver to his wife, Venus.

Originally from Michigan, John met Venus in college. They moved to the Brunswick area in 2012 for John's work and later settled in Harpswell after their youngest child graduated high school. By 2018, John began noticing changes in Venus. She was forgetting familiar things and getting lost while driving.

After extensive testing, Venus was diagnosed with early-onset Alzheimer's at just 53.

Early on, John made a decision he would care for her at home. "When you care for someone, you adapt," he said. "It's something you just do." He sees caregiving as a test of commitment. "When I married her, we became one. When she hurts, I hurt."

Venus had worked as a social worker and was deeply creative. She loved

art, painting, and working with her hands, even selling handmade soaps in Freeport stores and volunteering as a docent at the Bowdoin Museum.

Today, her world is much smaller. She sleeps much of the day and speaks very little. Some days she recognizes John; other days she does not.

John now provides round-the-clock care—bathing, feeding, and tending to her daily needs. Conversation has faded, but music still reaches her. "She'll tap her foot or mouth the words," he said. That connection is still there.

Alzheimer's affects women disproportionately, yet John notes that caregiving can be especially isolating for men. "Men struggle to ask for help," he said. He encourages others to seek support and accept it. "It's humbling. You have to be willing to accept where you are, and be able to reach out when necessary — and be open to receiving help." It is hard John says, because there are not nearly enough resources

for individuals going through Alzheimer's.

The disease has also taken a financial toll, exhausting much of their retirement savings. John supplements income through online work and writing — something he is grateful for. His book, *Brownies and Coffee* (browniesandcoffee.com), began as research into alternative treatments and explores a link between caffeine and reduced dementia risk—findings later echoed by a study published in *The Journal of the American Medical Association* (February 2026) John explained.

He expressed his appreciation for the services provided by Spectrum Generations and currently joined the agency's Advisory Council.

Alzheimer's, John says, has "changed our whole world." Caregiving has taught him resilience, humility, and self-discovery. "You learn a lot about yourself," he said. "And you learn the importance of reaching out—and letting others help." ■

SPECTRUM GENERATIONS FAMILY CAREGIVER SERVICES

Caring for a loved one is meaningful, but it can also be overwhelming. Through Family Caregiver Services at Spectrum Generations, you don't have to navigate it alone. Whether you're just beginning your caregiving journey or managing complex, long-term needs, our team is here to help you find balance between the person you care for, your family, and your own well-being. We offer evidence-

based classes (Dealing with Dementia), support groups, and respite options that help you build personalized long-term care plans and connect you with trusted local resources. With compassionate experts by your side, you can feel more confident, prepared, and supported every step of the way. For more information on Family Caregiver Services, call (800) 639-1553 or email:

FCGRespite@spectrumgenerations.org.

Home Repairs, Chores, and Hope

Small Repairs Yield Life-Changing Impact

Two programs from Spectrum Generations help older and disabled adults stay independent by providing home repairs and everyday or seasonal chore assistance that supports aging in place.

“Ramping Up Repairs” (RUR) was launched last fall using a one-time allocation of \$100,000, while the “Chore” program was bolstered with \$40,000 from \$767,813 in state discretionary funding under LD 814, The Older Mainers Act. While 85% of these funds supported existing services such as Meals on Wheels and Outreach, Ramping Up Repairs and Chore address urgent home repair needs across our service area.

Typical RUR projects include building or repairing ramps, replacing or adjusting internal or external doors to aid with heat retention or security, adding bathroom grab bars, installing non-slip tub strips, replacing dim lighting fixtures, and installing motion-sensor lights. Chore helps with yard work, snow removal, lawn mowing, and house cleaning.

According to Community Services Manager David Cornforth, RUR is currently focusing on projects in the Sagadahoc County area and utilizing a volunteer workforce.

“Working with community partners has been invaluable in meeting peoples’ needs in our service area,” David said. “We truly couldn’t make this happen without them.”

Feedback from the people we have served

“This would be amazing!” Patricia said. “You don’t understand how this just makes my day. I never thought that just sitting down with you today (David) was going to go like this. Thank you, thank you!”

Patricia, who is in her late seventies, is visually impaired, homebound, and lives alone on a fixed income in her Brunswick home. She was assessed and qualified for the RUR program which installed grab bars and a basement handrail for her safety. Additional support covering the cost of plowing, shoveling, salting, and sanding was included through the Chore program, which helped her save money on these expenses.

On February 4, Patricia’s case manager emailed David, noting that our services brought tears of joy to her eyes and greatly improved her outlook.



A Somerset County Success Story

When Laureanne first heard about the RUR Program after reading about it in the Spectrum Generations newsletter, she was very excited. David Cornforth visited her Somerset County home and confirmed immediate repairs were needed.



Although not all repairs identified were completed, Cornforth said two doors and a section of her deck were repaired. Additionally, her roof was in bad shape and there was noticeable water damage in her kitchen. Cornforth was able to connect her to a partner agency who agreed she needed a full roof replacement and completed the job within a week.

She is extremely happy with the results of her repairs and with the entire process and said she would recommend the program “100-percent” to anyone needing repairs. “For me, this program is the best in the world. They installed beautiful new doors that let in the light,” she said. “When they fixed my deck, that was another blessing.”

Collaboration and Community Investment help preserve a home

A long-term resident—an elder woman living alone with significant mental health challenges—was facing a lease violation due to unsafe apartment conditions. What began as clutter had escalated into hoarding, putting her safety and tenancy at risk. As her anxiety grew and her health declined, she stopped opening mail, attending appointments, and preparing meals. Eviction became a real possibility.

The resident service coordinator reconnected the resident to essential services. With support from Spectrum Generations’ Community Services Specialist, her MaineCare coverage was restored, allowing her to reestablish primary and mental health care. This access became the foundation for recovery.

Spectrum Generations also addressed her immediate food insecurity through emergency meals, Meals on Wheels, and an on-site congregate meal program—helping her regain

Continued on the next page.



strength and stability. Most critically, Spectrum Generations provided emergency assistance through the Chore program, making it possible to hire a commercial cleaning service. The apartment was restored to safety standards, the lease violation resolved, and eviction prevented.

Because of coordinated support, compassion, and community investment, this resident remains safely housed— connected to services, managing her health, and living in a clean, safe home.

Emergency Repairs Keep a Kennebec County Resident at Home

We recently received an urgent call from a municipality in Kennebec County wondering if we could help one of their residents from a distressing situation.

The resident had just returned home from a seven-day hospital stay only to discover his house had no heat and the water pipes were frozen. The toilet was also cracked and there was no running water. According to the town official, the house was in a state of disrepair because the resident did not have the means to pay for services needed.

Additionally, the resident was battling several ailments, including throat cancer, which caused another barrier, as he difficulty communicating effectively.

The town had limited funds and could not shoulder the costs of paying for a hotel while a plan was solidified. They were also hoping the resident would not have to stay in a shelter through this ordeal.

Working with Spectrum Generations' RUR program, a heating, ventilation and air conditioning (HVAC) partner was secured and a plan was launched. That same day, HVAC professionals were assessing the project to determine the best course of action so the resident would not become homeless.

This quick resolution was able to keep the resident in his home over the weekend and avoid potential hospitalization, or use of town funds for a hotel. This fix was all made possible by the discretionary funds given to Spectrum Generations in the FY26 budget.

To date, RUR has completed 27 projects totaling \$89,674 dollars, while Chore has helped 11 people. To continue these programs, new funding sources or further state support will be necessary.

If you would like to help, visit www.SpectrumGenerations.org. ■

Atlas Room

Spectrum Generations and Maine Pine Catering have teamed up to bring an exciting new gathering space to the Muskie Community Center in Waterville.



Welcome to The Atlas Room — where journeys begin and stories unfold.

Tucked in the heart of Waterville, this intimate gathering space blends the charm of a modern lounge with the spirit of global exploration. Sip from a curated selection of craft beers and wines, savor elevated pub fare, and settle in for conversation, connection, or quiet escape. Gather for game night, catch the latest match, or enjoy the many activities offered. The Atlas Room invites you to unwind where comfort meets craft—tastefully off the map. ■



Poppy (pictured at right,)

caught the first fish of the day at the **Gene & Lucille Letourneau Ice Fishing Derby** on February 15 — and it was her very first time ice fishing! Even more special, her father had given her a fishing pole for Christmas. What an unforgettable memory to make together!

Poppy went on to win third place in the white perch category with a fish weighing in at 14 ounces!



Fish Tales, Snow Dragons, & Reptiles — What could be more fun?



28TH ANNUAL
Gene & Lucille Letourneau
ICE FISHING
Derby

Thank you to everyone who came out to support our fundraiser. In all, we raised \$19,000 to support our programs and services!

Thank you to all the local businesses that donated items for the silent auction!

Thank you to our celebrity guests **Waterville Creates (snow painting), Mr. Drew & His Animals Too!**, and children's book author **Tiffany Ricci!**

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