

SPRING 2025

The Central Maine Area Agency on Aging  
and Disability Resource Center

# WICKED Aging

spectrum  
generations

1.800.639.1553  
spectrumgenerations.org

## TAKING STOCK OF 2024

At Spectrum Generations, we work strategically throughout the year to help serve a community where older and disabled adults are valued, engaged, and living with dignity. It is our honor to do this work, and we are pleased to share the following achievements for fiscal year 2024.

**(Services were delivered between 10/1/23 – 9/30/24)**

**SPECTRUM GENERATIONS SUPPORTED OVER 15,000 PEOPLE** – our friends, family members, and neighbors throughout central and Midcoast Maine communities, and in some cases state-wide! 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.



**We prepared 291,992 Meals on Wheels (MOW)** and delivered to **1,920 people**. These nutritionally balanced meals, expertly crafted by our chefs, are delivered throughout the service area by incredible teams of generous, committed volunteers!

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 were sharing home delivered meals with their furry companions. Last year we provided **325 MOW recipients with 14,737 bags of pet food** as part of their MOW deliveries. Pet food donations and monetary gifts are accepted as part of this program.



We had **2,176 people attend social dining** at our Cohen Community Center (Hallowell) and Muskie Community Center (Waterville) where **38,068 meals were prepared and served**. Both centers are continually improved to better serve our communities, including **the new Cohen Pack Room** (read more about this inside). In addition, **1,208 people received 8,251 USDA Supplemental Food Boxes** to further combat food insecurity.

Through our certified direct care staff, **Bridges Home and**



**Community Based Services provided 116,968 hours of invaluable personal support** including, but not limited to: daily tasks, gentle guidance, transportation, bed-bound patient care, and overnight care. **Bridges Adult Day and Community Support Services provided 52,750 hours of support to 250 adults** with memory diagnoses or intellectually and/or developmentally disabled adults through programs located at our community centers, in the community, or in the person's home. Spectrum Generations also provided

## IN THIS ISSUE

- 1** A Year in Review
- 2** Volunteer, Carmen Bedard
- 3** What our Volunteers are saying
- 4** Chief Financial Officer's Report
- 5-7** FY24 Donors
- 8-9** Spotlight on Nutrition Teams
- 10** Introducing Tyra Parker
- 10** Maine Pine Catering news
- 11** From the CEO
- 11** Spotlight on Community Services Specialist
- 12** Bridges HCBS offers Extended Hours

**Targeted Case Management services to 278 people** in need!

We provided **473 people and their families with caregiver support services** such as respite, education, training, and counseling. An impressive **\$1,024,602 was reimbursed to caregivers through the Maine Respite Program**.



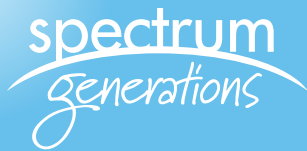
**The Healthy Living for ME (HL4ME) Evidence-Based Program Network Partners completed 200 workshops, reaching 2,238 participants** (not including Social Care Coordination services). Spectrum Generations provided **30 workshops, reaching 222 participants in five counties across 16 implementation sites**. Workshops include A Matter of Balance, Enhance® Fitness, Living Well for Better Health, Tai Chi for Health and Balance, and many other classes to support positive health outcomes for Mainers.

Volunteers who guide others through Medicare are extremely valuable to the community. Our Medicare volunteers provide nonbiased Medicare information to a vulnerable population who may not otherwise receive it. **Our Medicare volunteers logged 4,008 calls providing 370 hours of outreach. Additionally, five new Medicare volunteers were recruited.**



In all, **a total of 330 volunteers generously provided a total of 34,315 hours**, teaching classes, working as receptionists at our centers, serving on the Board of Directors or the Advisory Council, helping with fundraising events, and many other important roles. We could not do our work without you!

We are so grateful to the many volunteers, advocates, and donors who help us fulfill our mission. **THANK YOU FOR TRUSTING US TO PROVIDE THE 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 FY24

##### Officers

Karen Foxwell, Chair  
Rick Ness, Vice Chair  
Anne Conners, Secretary  
Terry Reddy, Advisory Council Chair

##### Members

Linda Ball  
Peter Bedard  
Allen Cairns  
David Farago  
Dean Jackman  
Diane Morrison  
Carey Paradis  
Joseé Shelley

#### COMMUNITY CENTERS:

##### 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 CENTER:

##### Midcoast Regional Center

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



Long-time Meals on Wheels volunteer, Carmen Bedard, recently concluded her role as a driver after 14 years of service with the program. Carmen, who was based out of the Muskie Community Center, had served on the Spectrum Generations' Board of Directors for six years and facilitated Healthy Living and Matter of Balance classes for the agency.

Starting her career at Spectrum Generations in 2000 and retiring from the workforce in 2011, she said working at the agency will always have a special place in her heart, and was an answer to her prayers.

At that time, she had become a full-time caregiver to her mother with dementia, and quickly learned answers to what would lie ahead for her. "I was where I belonged and Spectrum won my heart," she said.

When asked who she thinks of when recalling her days delivering Meals on Wheels, Carmen described several individuals who she became more than just a volunteer driver to.

"I think of the 95-year-old lady who I found standing in her basement, with shining bright blue eyes, apologizing to me finding her down there and saying to me, 'Yesterday I put clothes in my washer — today I remembered them.'"

Carmen said the woman was always home and always unlocked the door for her.

"Often, I would find her asleep in front of the TV. I'd place a banana on her lap, and she would know I had been there," she said.

One day she did not answer, and a police safety check discovered she had passed away.

Another individual, a vulnerable 60-year-old man with serious health issues also occupied her thoughts. "I wondered if he would be in the hospital or home each delivery day." Too often he was not home.

She thought of a 95-year-old woman

from France who was all alone in her house that she and her husband built. "I put her as my last stop on the route so that I could sit at her kitchen table and listen to stories of her youth and coming to America.

"I think of the caregiving spouses who are discouraged and bewildered by the dementia of their loved one. To these I would deliver a copy of 'The 36-Hour Day' and information about Spectrum's programs for Adult Day Care and Caregiver help and offer what

I could about my own experiences as a caregiver.

"I think of the individuals who are all alone; no family, no one to check on them. No one who cares.... except us.

"Someday, I may be one of those receiving Meals on Wheels and I pray that there will be volunteers to pack and deliver these meals to me."

**"I think of the individuals who are all alone; no family, no one to check on them. No one who cares.... except us."**

—CARMEN BEDARD



## WHAT OUR VOLUNTEERS ARE SAYING...

“I have volunteered at several places before I came to Spectrum Generations. This place is very different than any of the others. From the first day I started volunteering I felt very comfortable. Everybody at the Muskie Center made me feel very welcomed. I have only been here for a little over a year. *I feel that the people here are family. The staff is always letting us know how they appreciate us. I enjoy working here and I enjoy knowing that I am contributing to the community.* I guess the reason I am here is because this is family and family helps each other.”

-Judy, Muskie Volunteer

Bob reported injuring his hip and has been limping during deliveries. His consumers noticed him limping and are now meeting Bob outside their homes so that he doesn't have to walk as far or take the stairs. So, while Bob is volunteering to help his consumers, they are also helping him and it means a lot to him.

-Bob, Volunteer Driver (Midcoast)

“My life changed five years ago. My husband passed away and I was left by myself in Baltimore. Lonely and not sure what to do next, our daughter asked me to move to Waterville and live with her and her husband.

“I needed to find myself again, and wanted to give back, so I started volunteering at the Muskie Center in Waterville for Meals on Wheels. I have been there since. I've met wonderful people and made friends that will last my lifetime. *Knowing what we do is helping individuals in need is very fulfilling.*

“The work I do is not hard and only takes a few hours on the days I'm scheduled to work. The Muskie Center has been very good for me personally and I'm very happy about that.”

-Linda, Muskie Volunteer



**HERB NIXON IS 90-YEARS-OLD.** He, along with his loyal sidekick and wife, Judy, have been driving for Spectrum Generations Meals on Wheels for 15 years. When asked why he continues his weekly route, Herb chuckles and says, “Some of my consumers tell me that I should be receiving Meals on Wheels myself, I'm so old!” *But Herb's age has never been a barrier — rather, it's a source of wisdom and connection.*

Herb's passion for his work is clear. ***“I think it's something good, and it tickles me,” he says with a smile. “You are helping people who need food and are in distress.”*** *But it's not just the act of delivering meals that brings Herb joy; it's the opportunity to make a difference in the lives of those he serves — to offer them not just nourishment, but also companionship.*

Judy, a renowned watercolor artist whose work hangs in galleries all over the Coastal Area, accompanies him each week as they deliver meals to homebound people in Lincoln County.

Herb recalls one moment that particularly stood out to him: “I had a consumer who was always away due to medical appointments. I had to leave the meals with her neighbor. When I stopped by, the neighbor said, ‘Does that mean I'm not going to see you anymore?’ I had been delivering to her for five years. And like a lot of the people we deliver to, they enjoyed the visits.” Herb paused for a moment, reflecting on the deeper impact of his work. ***“As we age, we all need companionship. And I think that is one of the things we also provide to the people we serve.”***

Herb and Judy's service is a testament to the belief that you're never too old to make a difference. Age, rather than limiting their capacity to help, has enriched their ability to connect and offer support in our communities.



## A MESSAGE FROM THE CHIEF FINANCIAL OFFICER

### A Passion to Make a Difference

It takes a dedicated individual to call Spectrum Generations their home — whether through employment, volunteering, donating resources, or all of the above. The testimonials from our staff and volunteers reflect the passion that drives and inspires us — the passion to make a difference. This passion transcends initiatives, departments, and challenges. At our core, we are all united in our mission to serve those in need.

From a financial perspective, this dedication is evident in the countless volunteers — including staff who donate their time — who have contributed their energy and resources. Their efforts translate into a substantial fiscal impact. In FY24, we recorded over 34,000 hours of volunteer service, valued at over \$1M, an amount we would have otherwise needed to allocate to service delivery.

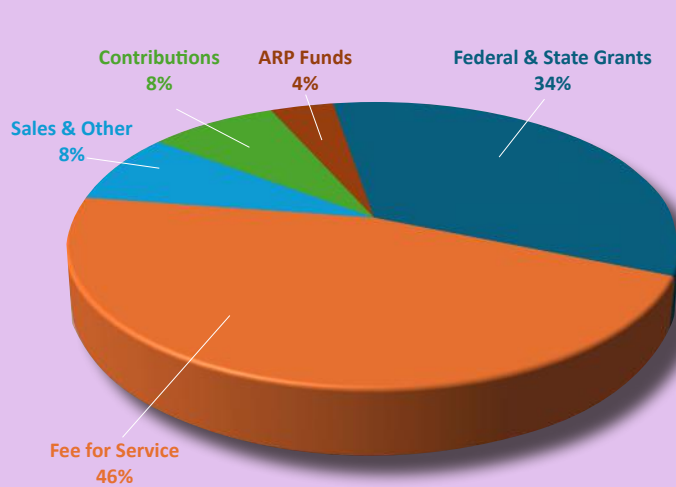
This passion is also demonstrated through the many generous donations and financial support we receive throughout the year. Given the past year's funding challenges, without this generosity we would be unable to meet the growing needs of our community.

To our volunteers, employees, donors, and supporters — THANK YOU!

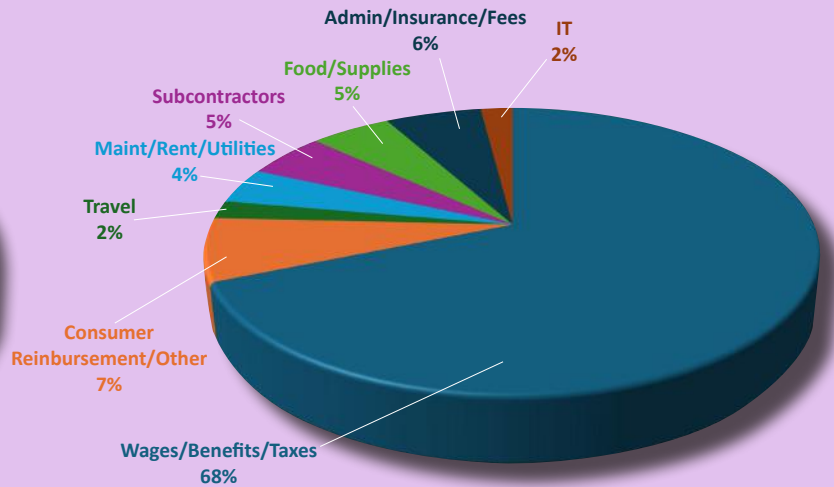
It is a shared commitment that unites us, and it is that passion that drives our mission forward.

**Sharon Cleveland**  
**Chief Financial Officer and Board Treasurer**  
**Vice President of Administration**

“Life’s most persistent and urgent question is, ‘What are you doing for others?’”  
-Martin Luther King Jr.



**FY24 FUNDING SOURCES**



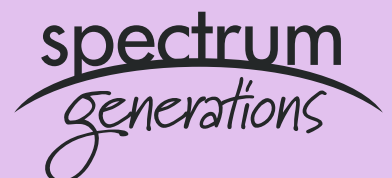
**FY24 EXPENSES**

I'm so thankful for the Meals on Wheels program and the volunteers who make the deliveries. They are always friendly and won't take a dime for helping. Thank you! -Larry, MOW recipient



Federal Meals on Wheels funding is currently not matched, with significant community need. We rely on donors like you to help us serve homebound and/or disabled older adults. Please consider a gift today.

**SPECTRUM GENERATIONS**  
One Weston Court, Augusta, ME 04330  
(Make checks payable to Spectrum Generations)  
[donatenow.networkforgood.org/spectrumgenerations](https://donatenow.networkforgood.org/spectrumgenerations)



# THANK YOU

## FY 2024 DONORS

### THE COHEN COMMUNITY CENTER DECK PROJECT

#### BUSINESSES AND ORGANIZATIONS:

Bread of Life Ministries  
Bridges Home &  
Community Based Services  
Choice Wealth Advisors  
Kennebec Savings Bank  
Rotary Club of Augusta  
Sappi North America, INC

#### INDIVIDUALS:

Andrew Dunbar  
Karen Foxwell  
John Spinney  
John T. Sutton  
Josée L. Shelley  
Matthew Arbo  
Maurice Philippon  
Michele Pelletier & Daniel  
Webster III  
Muriel Blanchette  
Pamela A. Morin (in honor of)  
Sandra Arbour  
Lionel & Virginia Howard

#### LEGACY MEMBERS \$10,000 +

Elsie & William Viles Foundation  
Hannaford\*  
Heart of Maine United Way  
Karen Foxwell  
Kennebec Savings Bank  
Lewis J. Sheaffer Community  
Foundation  
Maine Health Access Foundation  
Meals on Wheels America  
Pamela A. Morin (in honor of)  
Southern Maine Agency on Aging  
Southern Midcoast Maine  
Chamber  
United Way of Kennebec Valley  
United Way of Mid Coast Maine

#### ADVOCATES \$5,000 - \$9,999

Anonymous  
Bangor Savings Bank Foundation

Bryce Knowlton Edwards\*  
Central Maine Power Company  
Federal Emergency  
Management Agency (FEMA )  
Key Bank National Association  
Trust Division  
Maine Council on Aging  
Maine Credit Union League,  
Campaign for Ending Hunger  
Maine State Credit Union  
T-Mobile\*  
United Midcoast Charities

#### LEADERS \$1000 - \$4,999

Carey Paradis  
Connected Credit Union  
David Barry  
Diana McKenzie  
First National Bank  
Gerard and Caroline Queally  
Hannaford Bags 4 My Cause  
James and Alison Nichols  
Jesse Bifulco  
John and Pamella Blamey  
Karen Wiswell  
Landree W. Snyder  
Laura Kimball  
Lorraine Aube  
Michele Pelletier &  
Daniel Webster III  
Monmouth Masonic Lodge 110  
Morgan Stanley Gift Fund  
New Balance  
PayPal Giving Fund  
Raymond West  
Riley Insurance  
Rosalie Deschenes  
Rotary Club of Augusta  
Suzie Jacques  
The Harold Alfond Foundation  
The Reny Charitable Foundation  
Travis and Mary Bean  
Waterville Housing Authority  
Stantec Consulting Services, Inc  
Vital I/O  
Walmart Foundation  
Suzanne Joyce  
Bracy Memorial Trust Fund  
Charles and Nancy Gaunce

Bessie D. Brooks Funds  
Maine Community Foundation  
Kennebec Valley Board of  
REALTORS®  
Karl Wrigley  
Sappi North America, INC

#### SUSTAINERS \$500 - \$999

Allen Cairns  
Allen Cairns\*  
Barbara Atkins  
Arthur Dostie\*  
Bernard Gareau  
Bonnie Savage  
Bridges Home &  
Community Based Service  
Candace A. Avery  
Central Maine Motors, Inc.  
Choice Wealth Advisors  
Christopher Caldwell\*  
Congregational Church of  
Bristol  
Damariscotta-Newcastle Lions  
Club  
Damon's Beverage  
David and Carol Fuller\*  
Debbie Dodge  
Donna Drake  
Elizabeth A. Grimard\*  
Gregory Coleman\*  
Healey & Associates, Inc.  
Josée L. Shelley  
Karen E Haney\*  
Karen C. Marsh  
Kennebec Behavioral Health  
Kimberly Webber\*  
Linda K. Ball  
Margaret Pratt  
Matthew Arbo  
Nale Law Office, LLC  
New Balance\*  
NRF Distributors  
Patricia Diane Vigilante\*  
Robert D. Dee  
Robin B Glassman\*  
Samantha Whiting  
Sidney Farr  
Somerset Humane Society\*  
Tom A. Daggett\*  
Vicki L. Larrabee  
Waterville Lodge 33F  
Wild Oats Bakery & Cafe\*

#### SUPPORTERS \$0 - \$499

Abby and Monique Michaud\*  
Al and Florence Bergeron  
Alan Claude Gallery\*  
Alan Orr  
Alicia Gaudet  
Allan and Debra Szarka  
Allison J. Pierce  
American Glass Company  
Amy and Rosario Vitanza  
Andre R Drolet  
Andrew Dunbar  
Ann M. Lambert  
Anna Beth Rynders  
Anne E. Carter  
Anne M. Putnam\*  
Anonymous\*  
Antonia Gaudette  
Arnold and Judith Stebbins  
Arnold G. Thibodeau  
Augusta Emblem Club #233  
Augusta Florist\*  
B. A. and Michelle Bartrug  
Barbara Delvecchio  
Barbara Desmarais  
Barbara Gauthier\*  
Bartley and Katherine Calder  
Batch's Kitchen\*  
Beatrice Roy  
Belfast Jewelry\*  
Berry & Berry Floral\*  
Beth Bourett  
Betsy E. Mace\*  
Betsy L. Burpee  
Bette-Jane Bessey  
Billie Nelson-Clark  
Bobbi Macdonald  
Boynton's Greenhouse\*  
Bradley D. Wing  
Bread of Life Ministries  
Brenda Goodrich  
Brenda Saucier  
Brian and Celeste Perkins  
Bruce Burnham  
Burano's Wood-Fired Pizzeria  
of Hallowell\*  
C.L. Sargent  
C.O. Beck & Sons  
Candice Clements  
Carl and Sylvia Swanson  
Carla Dickstein  
Carmen T. Larue  
Carol A. Demo  
Carolyn M. Knight  
Carrabassett Coffee\*  
Carrie White\*  
Cashman & Sons Maintenance  
Catherine B. Clark  
Cecile Vigue\*



Celia Emmons  
 Central Maine Garden Club\*  
 Charles H. MacConney  
 Charlotte A. Pease\*  
 Chartrand Farms Beef\*  
 Chelsea Bellows  
 Cheryl Dubois  
 Cheryl Dubois\*  
 Cheryl Parkman\*  
 Cheryl Rust  
 Choral Maxwell  
 Chris Frost  
 Chris Lee\*  
 Chris Paradis  
 Christina Khailoo  
 Christine Lajoie-Cameron\*  
 Christy's Country Store\*  
 CIPPS Power Line Construction  
 Clarence and Bethany Struck  
 Claudette Allen  
 Clyne Hodges\*  
 Cobbossee Bait  
 Cobbossee Bait\*  
 Conrad and Nancy Schilke  
 Constance Beckim  
 Constance Chase-Wells  
 Constance Chasse  
 Crooked Face Creamery\*  
 Crooker Construction, LLC  
 Curry Ander  
 Cushnoc Senior Citizens Club  
 CV Metal Services  
 Cynthia and Leon Harkleroad  
 D. Mark Stebbins  
 Dana W Sennett  
 Daniel A. Veilleux  
 Daniel and Elizabeth Rush\*  
 Daniel and Kathleen Petersen  
 Daniel Doiron  
 Daniel Michaud  
 Daniel Strauss\*  
 Darlene T. Graves  
 Darlene T. Graves\*  
 Daryl S. Shaw  
 David and Donna Crockett  
 David Bolduc  
 David F. Williams  
 David G. Coffin  
 David Libby  
 David Libby\*  
 Deane R. Brewer  
 Deborah B. Hidu  
 Debra E. Terone\*  
 Delia Dotson  
 Delta Omega Delta\*  
 Denise Dorrian\*  
 Denise McNamara  
 Dennis and June White  
 Devon Turcotte

Diane Jerome and Marian MacDonald  
 Diane Morrison  
 Diane Smith\*  
 Dianna McLaughlin  
 Domino's\*  
 Donald and Barbara Russell  
 Donald and Louise Marchildon  
 Donald J Coe\*  
 Donald Smallidge\*  
 Donald Smith  
 Donald W. Bibber  
 Donna McKinnon  
 Doris Pelletier  
 Dorothy Lee  
 Douglas Mayberry  
 Duane H. Ferrante  
 Eben Lovejoy\*  
 Edward T. Reddy  
 Edward T. Reddy\*  
 Eileen Ringel\*  
 Elaine Bridge  
 Elijah Kellogg Church  
 Elizabeth J. Poulin  
 Elizabeth Manning  
 Elizabeth Wilson\*  
 Elizabeth-Ellen Clark  
 Ellen Currier  
 Emelene M. Fickett  
 Eric Seekins  
 Erick Weiss\*  
 Erik Johnson  
 Erlene R. Dube  
 Esther Shores  
 Ethel Marie Leeman  
 Evelyn A. Reitchel  
 Evelyn A. Reitchel\*  
 Evelyn Brooks  
 Fairfield United Methodist Church  
 Florence I. McDonald  
 Florence K. Carter  
 Frances L. Cray  
 Friendly Ties Quilt Group\*  
 G & E Roofing Company, Inc.  
 Gail Corley  
 Gale Whitten\*  
 Garett Bottger  
 Gary and Judy Hubley  
 Gary Winchenbach  
 Generators of Maine, INC.  
 Genesta Cartonio  
 George and Suzanne Beyea  
 George E. Libby  
 George H. Hunt  
 Gerald Madore\*  
 Geraldine Roley  
 Gerard and Caroline Queally\*  
 Geri Herbster\*  
 GFWC Semper Fidelis Club  
 Gisele Morin

Glenice Skelton and Hank Aho  
 Gloria Harrington  
 Gloria L. Ellis  
 Goldfinch Creamery\*  
 Gregory and Dorothy Piper  
 Gregory and Dorothy Piper\*  
 Gretchen Merry St. Pierre\*  
 Gryffon Ridge Spice Merchants\*  
 H. James Cole  
 Hammond Lumber Co.  
 Hammond Lumber Co.\*  
 Hannaford  
 Hannah Toretto\*  
 Harry Bonish\*  
 Harry Hopcroft  
 Helen B. Holman  
 Helen Gallagher  
 Herbert and Lee Brock  
 Herbert Everett  
 Holly Hannon\*  
 Hope Frost  
 Horace J. Fortier Jr.  
 Incense & Peppermints - Candy, Gift & Ice Cream Shop\*  
 Ingrid Vancil\*  
 Interstate Bowling & Townline Sports Grille\*  
 Irene Bilodeau\*  
 Irene Gamache  
 Isaac Sparks  
 J. S. McCarthy Printers\*  
 Jack Carter\*  
 James and Cecilia Cumming  
 James and Geraldine Gurney  
 James and Jill Labbe  
 James and Judith Marine  
 James Couture  
 James E. Palmer  
 James Marden  
 James P. Nickles  
 Janet A Molboski  
 Janet Maliga\*  
 Janet V. Goold  
 Janice M. MacConney  
 Janice Pratt  
 Jason and Jennifer Hann-Deschaine  
 Jean Ludden\*  
 Jean McCormack  
 Jeanne L. Codere  
 Jeanne Marchus  
 Jeff Higgins  
 Jeffery J. Dutch  
 Jen Paquet  
 Jenna Libby\*  
 Jennifer Welch  
 Jessey Plourde\*  
 Jill Mayhew  
 Jim and Susan Moorhead  
 Jo Nickerson  
 Joan Cwierniewicz  
 Joan Gosselin

Jody Ellis  
 Joel Selwood  
 John A. Slowe\*  
 John and Barbara Allan  
 John and Jacqueline Dalton  
 John and Linda McCormick  
 John and Lynn Callinan  
 John Clark\*  
 John D. Jenne  
 John J. Sperzel  
 John R. Clark  
 John Spinney  
 John T. Sutton  
 Jonathan G. Biehler\*  
 Jonathan S. Hartill  
 Joseph and Linda Caputo  
 Joseph C. Laun  
 Joseph J. Bodnar\*  
 Joseph Kus  
 Joseph R. Query  
 Josephine Wood  
 Joyce Decker  
 Joyce L. Fenner  
 Joyce M. Ferendo\*  
 Judith Paquette\*  
 Julia Z. Rea  
 June Wagner  
 Karen A. Ottum  
 Karen L. Hoffman  
 Karen Wiswell\*  
 Katharina Burdet  
 Katherine A. Gerard  
 Keith and Cheryl Grass  
 Keith L. Lumbert  
 Ken Arseneault\*  
 Kennebec Internal Medicine Association, PA  
 Kenneth Kellogg  
 Kenneth Rossignol\*  
 Kevin Couture  
 Kevin P. Joseph\*  
 Kim Hammersley\*  
 KMD Driving School\*  
 Korner Store  
 Lakeside Storage\*  
 Lambert R. Walker  
 Lana J. Laplant-Ellis  
 Larry and Margaret Veilleux  
 Larry and Rachel Wentworth  
 Laura Stubbs  
 Laurel H. Truchon  
 Laurence Holmes  
 Laretta and James Grady  
 Laurie Bannen  
 Lawrence Duquette  
 Lee Graham  
 Leon Wiswell  
 Lincoln County Theater\*  
 Linda A. Hill  
 Linda Ault  
 Linda K. Ball\*

Linda Roderick*	Midcoast Kayak*	Rebecca T. Gilbert	Stephen Jacobs*
Linda Williams*	Midcoast Tree Festival	Reed Pepper	Steven Knight*
Linden and Heather Frederick*	Monkitree*	Remedy Salon & Spa*	Steven P. Lavoie
Lindsay MacDonald	Mrs. Dawn Colburn	Rene Roy	Steven P. Lavoie*
Lionel and Virginia Howard	Muriel Blanchette	Richard A. Pottle	Strictly Roofing Inc.
Lisa Dumais	Nancy Bell	Richard and Karlene Strout	Sue Cobb*
Lisa Rizzo	Nancy Charette	Richard and Linda Miller	Sue Noel*
Lorna M. Deamaral	Nancy D. Gault	Richard J. Spettel	Susan LaPlante-Dube*
Lorraine A. Main	Nancy E. Hale	Richard Thompson*	Suzanne M. Brown
Lorraine Quirion	Nancy Horkavy	Rick Ness	Sydney and Deborah Sewall
Lynda Quinn	Nancy J. Dalot	Rita Murray	T. Blen Parker
Lynette Tropp	Nancy K Dykstra*	Rita Oellers	Teddy Thompson
MacKenzie Landscaping, Inc.*	Nancy L Zurbach*	Robert and Mary Rand	Terence and Moira McCabe
Madeline Kimball	Nancy Sanford	Robert Bernier	Terrance Thomas
Maggie Hay*	Nichole Fuebush	Robert Bourgel*	Terri R. Burgess
Maine Forest Yurts*	Norma Julia	Robert Bremm*	Terry Deatrich
Maine Integrative Chiropractic	Norma Piper	Robert Sullivan	The Brunswick Hotel*
Maine State Employee Association	Norman and Diane Bailey	Robin King	The Chocolate Shoppe at Merkaba Sol*
Maine State Music Theater*	Norman and Trudy Hart	Roger and Carmen Bedard	The Hunter Family Trust
Mainely Trusses- Hancock Lumber*	North Country Car Wash & Laundromat*	Roger and Carmen Bedard*	The Sunset Grille*
Manchester Lions Club*	Northern Light Home Care & Hospice	Roger and Mary Derosier*	Thelma A. Brackett
Maple Lane Pottery*	Norway Savings Bank	Rolande Colfer	Thomas and Jackie Manning
Marcel G. Larue	Now You're Cooking*	Rona Backstrom	Timothy and Gloria Morrill*
Marcella Dowling	Office of Cornelia C. Viek, CPA	Ronald and M. Elaine Kurtz	Tracey L. Horton
Marden's Inc.*	Oliver & Friends Bookshop*	Ronald and Marie Christensen	Universalist-Unitarian Church
Margaret McGuire	Pam Rhoda*	Ronald C. Hayes	Vergie E. Sears
Margaret Smith	Pamela Amrein	Ronald E. Morgan	Victoria Bedard
Margaritas*	Pande and Rita Stevens	Ronald F. Spiegel	Vignettes*
Marguerite Jandreau	Patrice I. Wehner*	Ronald Sullivan and Susan Shattuck	Vivian A. Morissette
Maria Otero	Patricia Damon	Roy R. Bischoff	Vivian M. Flamm
Marie B. Baxter	Patricia Hewins	Russell Stickle	Wallace Rose
Marilyn M. Hall	Patricia Vashon	Ruth E. Berglund	Walter and Barbara Zaccadelli
Marion Grant	Patrick Michaud	Sally Joy	Warren and Marlene Spaulding
Marion P. Keene	Paul and Daria Forman	Sandra and Larry MacDonald	Warren Hill Flower Farm*
Martha N. Brown	Paul Emerson	Sandra Arbour	Waterfront Concerts*
Martin Hall	Paul Jacques	Sandra Corcoran	Waterville Stamp Club
Mary A. Meade	Paul Lachance	Sandra J. Bragg*	Wayne and Marilyn Ladd
Mary A. Hall	Paul M. Tenan	Sandra Kerr Daley Denman	Wendy A. Shaw*
Mary and Chris Kaminsky	Paul Westin	Sandra Lowery*	Wicked Good Elderberry*
Mary G. Parker	Paula Knight	Sandra Warner	Wilbur Stevens
Mary Hanley	Paula Olson*	Sara Lozefski	William and Frances
Mary Jane Sullivan	Pauline Davis	Sara McLaughlin	Weatherbie
Mary Katherine Baker	Pauline Farrin	Sarah A. Grant	William and Lorraine Schwanemann
Mary L. Dunlap	Pearley LaChance*	Sarah Rhineland*	William F. Morin
Mary T. Bourque	Peggy Oben	Selah Tea Cafe	William J. Galbraith
Matthew Witham	Peter Altmann	Selene's Fly Shop*	William J. Vaughan Jr.*
Maurice and Patricia Pelletier	Peter Cook	Senator Inn & Spa*	Wrapped Up Coffee House & Kitchen*
Maurice and Shirley Ladd	Peter E. Bedard*	Seve DeSalme*	Zimba Company Inc.
Maurice Philippon	Peters Shortier Unit 16	Shannon E. Demarest	
Melanie Davis	American Legion Auxiliary	Sharon L. Cleveland	
Michael and Gail Kay	Pike Industries, INC.	Shawna L. Varrelman	
Michael and Lorraine Pelletier	Portland Sea Dogs*	Shaw's - Give Back Where it Counts Program	
Michael and Mary Stevens	Priscilla A. Stinson	Shirley Bennett	
Michael Capponi	R. A. Smith	Sidney and Julie Dupont	
Michael Cosgrove	R. Kevin Duffy	Soules Woodworking	
Michael G. Byron	Rachel Choate*	Standard Waterproofing Inc.	
Michael Jones	Ray and Dianne Smith	Stanley T. Browne	
Michael Marchus	Raylyn Charles	Stanley W. Puchala	
Michelle Aquino	Rebecca Foster*	Stephen A. Hunter	
Michelle Roberts			

\* Indicates in-kind donors





# NUTRITION

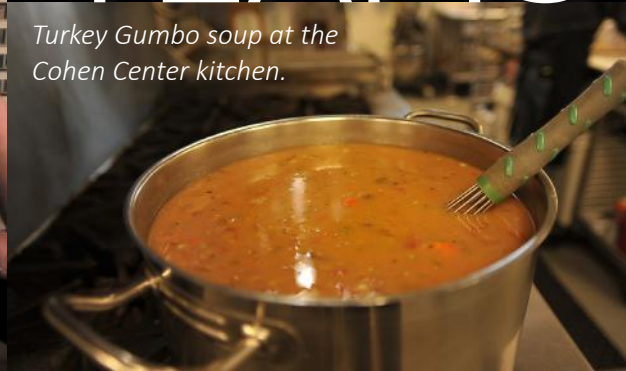


# TEAMS



## COHEN CREW

*The kitchen crew at the Cohen Community Center. From left, Tony Vasquez, Andrea, Mary Knight, Paige Collier, and Ashley Ladd.*



*Turkey Gumbo soup at the Cohen Center kitchen.*

Paige Collier, has been with Spectrum Generations for eight years and is the Sous Chef at the Cohen Center. The kitchen team feeds anywhere between 50 and 200 people daily depending on the meal, she said. Pot Roast and Baked Stuffed Haddock are two of the most popular dishes at the Cohen Center. Besides congregate/social dining, the kitchen staff also make provisions for the Meals on Wheels program. The kitchen, she said, has five staff. Additionally, there are approximately 10 volunteers that help everyday with packing meals for Meals on Wheels. There are also volunteer dining servers. There's a lot going on, she said, "It's crazy."

Paige said she enjoys being a part of the inner workings and playing a key role in providing nutrition to people that will benefit.

**"It's nice to know you're actually making a difference in your job."  
-Paige Collier**

Gary Hurtubise, Executive Chef for Spectrum Generations, has been with the agency 20 years this May. He says the most popular dish at the Muskie Center is by far the turkey dinner. "It's always a favorite," but adds that the baked stuffed haddock is "coming on strong." On average, Muskie attracts between 65 and 90 people daily to congregate dining. Additionally, Gary notes the Meals on Wheels numbers range around 490 people per day. So cumulatively, the Muskie team produces approximately 600-700 meals per day, five days a week. "We are looking at 3,000-3,500 meals per week with Cohen Center doing about the same number as well," he added.

The part of his role he enjoys the most is interacting with the congregate diners and volunteers. The extensive menu, he said, is a collaboration between Rob Stone (Muskie Sous Chef), Paige Collier, and himself. Together they come up with a seven-week cycle menu which becomes what is served with Meals on Wheels. They consider nutrition, how labor-intensive a meal may be, pricing, and the likelihood that everyone will enjoy the meal. From there, Gary works with Ann Boe, a volunteer Registered Dietician, to make sure the food measures up to state requirements. From that menu Gary derives the congregate meal



*Paige Collier at the Cohen Center kitchen.*



## MUSKIE CREW

*The kitchen crew at the Muskie Community Center. From left, Gary Hurtubise, Bill Booker, Abby Collier, Kate Welch, and camera-shy Rob Stone.*

offerings, adding different meals to the lineup which will attract diners to the centers, like turkey day, baked stuffed haddock, or BBQ ribs which he says draws "a nice crowd of 100 people or more."



# Spotlight on the Meals on Wheels PACK ROOM:

A Key Component of Our Program's Success

**AT THE HEART OF THE MEALS ON WHEELS PROGRAM IS THE PACK ROOM**, where the crucial work of preparing meals for delivery to our community's older adults takes place. This is where the magic happens—where dedicated volunteers and staff come together to ensure that thousands of nutritious meals are delivered every week to those in need. Thanks to the generosity of foundations and community donors, the Pack Room recently underwent much-needed upgrades, enhancing its efficiency and capacity.

These updates included the installation of a new freezer unit, the addition of stainless steel tables, flooring with anti-fatigue mats, a three-bay sink, and metal racks to organize the cooler bags used for transporting frozen meals. These improvements allow for a smoother, more streamlined process, ensuring that each meal is carefully prepared and efficiently packed for delivery, while also supporting volunteers in their role.

Every Tuesday and Thursday afternoon, a team of dedicated volunteers and nutrition staff gather to pack approximately five frozen meals per person into takeout bags, ready for distribution. These meals are delivered to an average of 530 people across three counties each week, totaling approximately 2,650 meals weekly or 10,600 meals every month!

The process continues every Wednesday and Friday morning, when volunteers pack beverage bags. These bags include essentials like lowfat milk, frozen juice, sliced bread, butter, fresh fruit, and a variety of snacks. These beverage bags accompany the frozen meals, ensuring recipients have a complete and nutritious package.

The Cohen Community Center serves as one of two hub sites for the Meals on Wheels program. It is here where meals are cooked,



*Southern Region Nutrition Supervisor Donna Schwab, center, helps pack meals along with volunteers Cheryl Clukey (purple hat), and Nancy Zurbach on January 24, at the Cohen Center.*

packaged, and frozen before being carefully selected and assembled in the Pack Room. The process is almost entirely run by volunteers, under the oversight of the nutrition team, who ensure all components meet our high standards of quality and care.

Once packed, meals are shipped from this hub to two satellite locations in Damariscotta and Brunswick, serving the residents of Southern Kennebec, Lincoln, and Sagadahoc Counties, and the towns of Brunswick and Harpswell. These efforts would not be possible without the invaluable support of our volunteers, donors, and community partners, all of whom play a vital role in ensuring that Meals on Wheels continues to make a difference in the lives of our neighbors.

The Pack Room update has not only improved the efficiency of meal production, but it has also contributed to the overall success of the Meals on Wheels program, allowing us to better serve our community and provide nutritious meals to those who need it most.

*MOW Assistant Coordinator Wil Galbraith (right) and volunteer Dave Ellis (left) prepare meals for transport on Friday, January 24 at the Cohen Center.*



The Cohen Community Center Pack Room was made possible with grants from the **Bangor Savings Bank Foundation**, the **Bessie D. Brooks Trust**, **Connection, Health and Equity through Food (CHEF) Program**, **Elsie and William Viles Foundation**, and **Home Care for Maine Fund** from the Maine Community Foundation. We also received a generous donation from an anonymous donor. We could not do all of this without your support. **You truly make a difference, and we are extremely grateful!**





*Tyra Parker*

Tyra is a dynamic, high-energy professional with over 20 years working with for profit and non-profit companies. Fifteen years specifically providing leadership and operational management to nonprofit organizations including everything from starting and directing the operations of day, emergency, transitional and permanent housing programs to working one-on-one with people in need living on the streets.

## INTRODUCING...

### TYRA PARKER

#### VICE PRESIDENT OF AGING AND DISABILITY SERVICES

Before coming to Maine, she lived in the Washington DC/Baltimore metropolitan area. There she served as the Director of the Weinberg Housing and Resource Center (a massive low barrier homeless shelter in Baltimore City serving over 500 men and women per day) with Associated Catholic Charities; and the Director of Homeless Services (overseeing Baltimore Counties three largest homeless programs serving men, women and families) with the Community Assistance Network. Tyra also served as Vice President of Program Operations at Volunteers of America Northern New England starting in 2017.

Prior to entering the nonprofit sector,

Tyra worked in the defense industry supporting mostly Navy defense programs. One of the highlights of her career was working directly under retired RADM Wayne E. Meyer, also known as the Father of the Aegis Class Cruiser, for eight years providing short term and strategic planning.

Tyra graduated with honors from Marymount University with an International Business Degree. She loves the outdoors including hiking, biking, kayaking and now snowshoeing. She lives with her small dog Peanut that has a very large personality.

## NEW FACES AT

### Maine Pine Catering



*Melysa Cassidy*

#### MELYSA CASSIDY MPC EVENTS DIRECTOR

Melysa began at Spectrum Generations in December 2024 and has over 30-years of experience in the food and beverage industry. She is hoping to lend her catering know-how to help grow Maine Pine Catering (MPC) through new and fun special events, as well as through traditional gatherings and weddings. As a former sommelier, Melysa has her eye on the bar and cocktail menu at MPC and is planning future tasting events in 2025. Check out the evolving MPC website to see what's happening! In her spare time Melysa tends her small farm in Mount Vernon.



*Emily Willett*

#### EMILY WILLETT BUSINESS MANAGER

Emily has been serving MPC as Catering Assistant over the last year. A graduate of University of Maine at Augusta, Emily has recently accepted the position of Business Manager for MPC. In her new role, she will be providing new and existing customers with help in planning their special events. Emily is a detail-oriented person who can take events from dream phase to reality while minding your budget. When she's not behind her desk at MPC you may find her on a local stage acting in community theatre.



*Barbara Bondeson*

#### BARBARA BONDESON CATERING CHEF

Barbara first joined Spectrum Generations as part of the nutrition team before being recruited to help with MPC events. Her unique talents and culinary creativity has led her to accept the position of Catering Chef. In Spring of 2025, she will help launch an updated catering menu in preparation for more specialized and hand-crafted options for fall and winter. Barbara cares deeply about the Spectrum Generations community and it shows in her food. Every bite is infused with love. Outside of MPC Barbara keeps busy crafting, spending time with family, and cooking with her husband.



Dear Central Maine Community,

There are three bills of critical importance to older adults in Maine before the 132<sup>nd</sup> Legislature this session.

The first two are interrelated: *LD 709 - An Act to Establish the Respite for ME Program*, and *LD 815 - An Act to Provide Funding for Respite Care and Supplemental Services Provided by the Family Caregiver Support Program*. The first appears innocuous in that it brands all state funded respite for older adults and their caregivers with the popular name “Respite for ME;” a successful COVID-19 funded program that distributed over \$2 million per year between 2023-2024. However, LD 709 does not come with funding and the current state respite funding is approximately \$760,000 per year and restricted to people with Alzheimer’s/dementia diagnosis. That is where LD 815 comes in, funding state respite for older adults and their caregivers at \$2.25 million per year. **Without the funding in LD 815, LD 709 is a hollow bill.**

**The third bill is *LD 814 - An Act to Provide Funding to Area Agencies on Aging for Community-based Services and Programs to Support Older Adults*; also known as the Older Mainer’s Act. If funded, it would provide \$9.75 million to improve the service delivery of federal Older American Act programs. Spectrum Generations’ share of that funding would be approximately \$2.5 million. If funded, Spectrum Generations is committed to the following:**

- Not having a Meals on Wheels waitlist for the near future.
- Fully fund a Community Connections Liaison.
- Hire one full-time employee to broker In-Home Services (homemaker, chore, transportation, Personal Support Services, and Adult Day Services).
- Fund In-Home Services at the community-demand level of \$750,000.
- Keep our Help-line open until 8 p.m. on weekdays and 10 a.m. to 2 p.m. on Saturdays.
- Conduct six additional Family Caregiver support groups, serving at least 60 caregivers.
- Serve two hundred additional Mainers with evidence-based health promotion and disease prevention classes.



**Gerard Queally, Spectrum Generations President and CEO, lends a hand with Meals on Wheels preparations at the Muskie Community Center in Waterville.**

- Serve 250 more people via complex case management/ social care coordination.
- Provide social dining at 2-3 more sites within central Maine, serving an additional 1,000 people.
- One employee fully dedicated to year-round Medicare counseling/education.
- Commit to using artificial intelligence (AI) to improve consumer experience and service delivery decision making.
- Expand our public education/ outreach to underserved communities.

LD 814 brings our services into the 21<sup>st</sup> century; we can no longer allow Maine’s older adults to languish using last century’s methods of service delivery. If you believe Maine’s older adults deserve maximum opportunity to live in their community of choice with the support of their caregivers, then please contact your state Representative and Senator; ask them to both pass and fund all three legislative bills. Thank you.

Sincerely,

Gerard Queally  
President & CEO

## SPOTLIGHT ON Community Services Specialist



**Shirley Kershner on left, and Anna Keeley, Spectrum Generations’ Community Services Specialists.**

Spectrum Generations has restructured the role of the Community Services Specialists to promote efficiency and faster response time to assist more individuals throughout the counties of Somerset, Waldo, Kennebec, Knox, Lincoln, Sagadahoc, and the towns of Brunswick and Harpswell.


**Community Services Specialists enhance local outreach services and resources for individuals aged 60 years and older through telephonic assistance or scheduled in-person meetings.**

Responsibilities of the Community Services Specialist include: assisting individuals to navigate available resources and programs, conducting outreach and educational activities to raise awareness of available services, facilitating and coordinating support groups for caregivers, and helping people understand and complete applications for programs regarding food stamps, housing, Medicare Savings Program, fuel assistance, and home repair, along with many others.

**If you or someone you know are in need of resources or assistance, please call**

**1-800-639-1553**

**to speak with one of Spectrum Generations Community Services Specialists.**



**You Don't Have  
To Do This Alone**

**ADULT DAY CARE SERVICES EXTENDED HOURS**

**Thursdays 7:30 a.m. to 6 p.m.  
Saturdays 9 a.m. to 5 p.m.**

*Both options include a nutritious meal and snacks*

Family caregivers need a break to focus on their health and well-being while ensuring that their loved one is in capable and caring hands. We are in this with you.

**1-800-876-9212**  
Call to learn more

**Bridges Adult Day Care Services | Connecting Care to Community**