



www.spectrumgenerations.org

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Hello Phippsburg residents,

Spectrum Generations is incredibly thankful for the contribution your town made to our nonprofit last year to help us provide services to older and disabled residents in your community and beyond. Your town's donation of **\$3,600** made a real impact, helping us leverage **\$5,776** in benefits for your community. Here's a breakdown of the services we provided to **13** members of your community last year:

- **734** meals worth an estimated **\$4,947** were delivered to homebound seniors and adults with disabilities;
- Aging and Disability Resource Specialists provided **15** hours of outreach and counseling on topics including elder abuse, prescription drug coverage and long-term care options. This counseling valued at **\$227** was provided to **11** individuals;
- **1** community member received **4** hours of caregiver services valued at **\$252**;
- **1** community member participated in a health and wellness program worth **\$350**;
- Healthy Living for ME, a statewide network of local organizations, health systems and volunteers, worked together to provide 123 free or low-cost workshops to nearly 1,000 participants, empowering them to take control of their health.

Thank you for contributing to 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. Your support ensures that older and disabled adults will continue to receive these vital services in your community. If you or a loved one would like to volunteer, or learn more about our services, please contact me at vabbott@spectrumgenerations.org or call (207) 620-1631.

Sincerely,

A handwritten signature in black ink, appearing to read "V. Abbott", with a long horizontal stroke extending to the right.

Victoria Abbott
Community Engagement Director

Spectrum Generations is the Central Maine Area Agency on Aging with Community and Aging and Disability Resource Centers
in:

Belfast | Brunswick | Camden | Damariscotta | Hallowell | Skowhegan | Waterville