

**FOR IMMEDIATE RELEASE**  
**Center Operations**

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**SENIOR SPECTRUM**  
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## **SENIOR SPECTRUM CELEBRATES NATIONAL VOLUNTEER WEEK**

*(Augusta –April 1, 2007)* SENIOR SPECTRUM, your path to living well, is recognizing over 900 members of its Volunteer Corp by offering appreciation events at its seven community centers throughout central Maine. The National Volunteer Month theme, “Inspire By Example” reflects the power volunteers have to inspire the people they help and to inspire others to serve!

Last year Senior Spectrum volunteers delivered 184,000 meals on wheels, and gave over 35,000 hours of their time to support all agency programs including adult day break, center wellness activities, Medicare Part D support, tax assistance, in-home care, caregiver support and socialization. This year’s appreciation events are scheduled at the following Senior Spectrum centers during the month of April: Somerset Center in Skowhegan, Muskie Community Center in Waterville, Cohen Community Center in Hallowell, Waldo Community Center in Belfast, Coastal Community Center in Damariscotta, Brunswick Center in Brunswick and Knox Community Center in Rockland. Luncheons, dinners, comedy skits, musical entertainment, and gifts will be offered by Senior Spectrum, and its grateful employees, in recognition of the positive impact volunteers make every day in the lives of older adults.

During National Volunteer Week, April 15 - 21, thousands of volunteers nationwide will receive presidential recognition for their service through the President's Volunteer Service Award – the most prestigious volunteer award currently associated with the White House. Like National Volunteer Week, this award seeks to inspire by example, honoring the service of our country's most committed volunteers and sharing their achievements to encourage more Americans to volunteer.

National Volunteer Week began in 1974 when President Richard Nixon signed an executive order establishing an annual celebration of volunteering. Every president since has signed a proclamation promoting the week.

The public is invited to call the Agency's Consumer Helpline at 1-800-639-1553 for more details; or to join the Senior Spectrum Volunteer Corps. The Agency's web site is located at [www.seniorspectrum.com](http://www.seniorspectrum.com).