



**FOR IMMEDIATE RELEASE**  
Contact: Leslie Bray  
Vice President for Community Services  
**SPECTRUM GENERATIONS**  
One Weston Court, Augusta, ME  
(207) 623-0764 or FAX: (207) 622-7857  
lbray@spectrumgenerations.org

**CYNTHIA TROXEL HIRED AS THE  
CONSUMER INFORMATION SPECIALIST FOR  
SPECTRUM GENERATIONS COASTAL COMMUNITY CENTER**

**Augusta, Maine – July 21, 2008:** Spectrum Generations hires Cynthia

Woodward Troxel as the new Consumer Information Specialist for the Coastal Community Center located at 521 Main Street in Damariscotta. A resident of New Harbor, Troxel has held social service and referral positions in the Lincoln County area for over 35 years. Most recently Cynthia was employed by Sweeter Community Mental Health as a Family and Community Support Specialist. Cynthia also worked with the Disabilities Right Center and Head Start Program. Troxel served on the Board of Directors for Youth Promise Board and the Damariscotta Teen Center.

Cynthia looks forward to working out of the Spectrum Generations Coastal Community Center and offering information and referral assistance, services and resources to the Mid-Coast region's aging population as well as caregivers, family members, friends and neighbors. Troxel's office hours are from 8 a.m. to 4:30 p.m. Monday through Thursday. To schedule an appointment with Cynthia please call the Center during regular business hours Monday through Friday from

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8 a.m. until 3 p.m.

“If I don’t have the information at the time of the call or a person’s visit I will certainly do the research and find the answer. At the present time Medicare supplemental insurance plans and Tax and Rent rebate applications seem to be what most consumers are seeking assistance with,” says Cynthia. “ Because winter is approaching Spectrum Generations will be scheduling informative workshops on winter issues such as staying warm, who to call if one runs out of fuel, what to do if ones pipes freeze, signs of hyperthermia, where to go and what to do in an emergency situation”. Cynthia says that “Spectrum Generations is already receiving calls from consumers who want to know where and when they can sign up for Fuel Assistance and what they can do if they run out of fuel.” Part of Cynthia’s position at Spectrum Generations is to work within the community and to collaborate with other agencies and businesses in the Lincoln County region so that vital information can be shared and distributed to those in need as well as their caregivers.” For more information about upcoming workshops and seminar please contact the Center at 563-1363 or pick-up your monthly edition of Coastal Happenings at the Center, town offices, libraries, medical practices, churches and area businesses.

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Spectrum Generations ([www.spectrumgenerations.org](http://www.spectrumgenerations.org)), is a non-profit agency with community centers throughout Central Maine is the leader in innovative programs, services, and options that enrich the lives of all we serve. Our organization envisions healthy, successful and positive aging in current and for future generations. *Spectrum Generations promotes: life-long learning; health; wellness; nutrition; community engagement and; the social well-being of older Adults.*

**### END ###**

**If you'd like more information about Spectrum Generations or to schedule an interview with Cynthia please contact Marianne Pinkham at (207) 563-1363 or e-mail Marianne at [mpinkham@spectrumgenerations.org](mailto:mpinkham@spectrumgenerations.org).**

**The public is invited to call the Agency's Consumer Helpline at 1-800-639-1553 for more details; or to join the Spectrum Generations Volunteer Corps. The agency's website is located at: [www.spectrumgenerations.org](http://www.spectrumgenerations.org).**