

Tai Chi



Learn gentle, slow movements designed to improve your balance, concentration, strength and coordination.

Tai Chi is an ancient practice proven to reduce pain and improve your mental and physical

well-being. The Tai Chi routines are safe, easy to learn and suitable for every fitness level.

This Tai Chi Program will help you:

- Increase balance and flexibility
- Feel relaxed
- Improve your overall mind, body and spirit

The one-hour classes meet two times per week and are designed to be relaxing and enjoyable.

Each session includes:

- Warm-up and cool-down exercises
- Basic movements that can be done seated or standing
- Direction changes to add challenge

Falls Risk Assessments

A falls-risk assessment determines a person's risk for having a fall. This is done by having the person do a series of brief activities. There is also a vision test, home environment screening and medication evaluation.

Other EAAA services:

Nutrition Services:

Community Cafes
Meals on Wheels
Elder Buddies

Furry Friends Food Bank
3-D Catering

Family Caregiver Program:

Partners in Caring Respite
Support, Education, Resources

Volunteer Opportunities:

Elder Buddies
EZ Fix, minor home repair
See [Volunteer](#) brochure
for other opportunities

Community Services



Call us first. We're your one-stop shop for answers.

Eastern
Area Agency on Aging

1-800-432-7812

www.EAAA.org

**EAAA covers Hancock,
Penobscot, Piscataquis and
Washington counties.**

**Eastern Area Agency on Aging
450 Essex St.
Bangor, ME 04401**

941-2865

1-800-432-7812

Fax: 941-2869

TTY 992-0150

EAAA.org



CALL US!



Community Services

We serve seniors 60 + and adults with disabilities in Penobscot, Piscataquis, Hancock and Washington counties.

Services include:

Information and Assistance

is the first stop at EAAA. Individuals are assessed and staff discusses which services would be most beneficial. A referral may be made to an EAAA Community Services Specialist.

ADRC (Aging and Disability Resource Center)

provides services, community referrals and resources to seniors and adults who are living with a disability. We work closely with other agencies to ensure that the clients' needs are met.

Community Services Specialists

assist individuals with filling out forms in order to receive additional benefits and educate them on all the available services and programs in their areas. This includes phone calls and home visits with the client.



**CALL US
TODAY**

Medicare, Medigap, Medicare Advantage and other insurances

State Health Insurance Assistance Program (SHIP)

staff and volunteers offer support as you weave your way through the maze that is Medicare.

Here's how we can help..

- Provide information and answer questions
- Help you understand the Medicare Part D program
- Screenings for low income assistance
- Provide presentations in your community about available benefits

Senior Medicare Patrol (SMP)

Increase your awareness of and teach you how to identify errors, abuse and fraud with regard to Medicare.

Options counseling

Options counseling is an interactive decision-support process whereby individuals, family members, caregivers, and /or significant others are supported in their deliberations to make informed long-term support choices related to the individual's preferences, strengths, needed services, values, and circumstances.

Health and Wellness Programs



Matter of Balance:

A falls risk awareness class that provides education, exercises and a home safety check to reduce falls for seniors.

Living Well:

A chronic disease self-management program in which participants are educated on ways to take control of their long-term health conditions.

Growing Stronger:

A program that helps seniors gain strength and flexibility through the use of weights.