

# What does *Eastern Area Agency on Aging* do for older adults, people living with disabilities and their caregivers?

## Nutrition Related Services

**Meals on Wheels** uses volunteers to deliver the meals to frail and homebound seniors.

**Community Cafes** bring seniors together, to share town news, meet with friends and enjoy a good, hot meal. Many of these Cafes are run by dedicated volunteers, of which EAAA is always in need.

**3D Catering** delivers delicious, ready to heat meals to seniors who don't meet the Meals on Wheels eligibility requirements, starting at \$5 each.

**Food Insecurities Solutions Program** aims to improve nutrition and reduce food insecurity for at-risk seniors.

**The Commodity Supplemental Food Programs** works to improve the health of low-income elderly people by supplementing their diets with nutritious USDA foods.

**Pantry Partners** provides assistance to low income seniors who do not meet eligibility requirements for publicly funded programs. This includes sustainable farming partnerships.

## Family Caregiver Services

**SAVVY Caregiver** provides training for families and friends caring for someone with memory loss, Alzheimer's disease or dementia.

**Caregiver Respite Program** supports family caregivers by helping them pay for someone else to provide care for the person with dementia.

**Options Counseling** is an interactive decision-support process where individuals and/or their caregivers are educated and supported to make informed long-term support choices related to the individual's preferences, strengths, needed services, values, and circumstances.

**Caregiver Support Groups** bring caregivers together to share their experience, gain skills, build confidence, offer help and support, and learn of resources available.

## Community Services

**Aging and Disability Resource Center (ADRC)** serves as a single point of entry into the long-term services and supports system for older adults, people with disabilities, and caregivers. The ADRC Specialists provide eligibility screening, services, resources, and referrals.

**State Health Insurance Assistance Program (SHIP)** helps people understand their Medicare benefits and other health insurances. **Medicare Part D** assistance and education is provided to seniors who need help deciding on and enrolling in a drug plan.

**Senior Medicare Patrol (SMP)** provides Medicare beneficiaries with the most current information on Medicare benefits and educates them on ways to identify and prevent errors, waste, fraud and abuse of the Medicare system.

**Veterans Independence Program (VIP)** is a Veteran's directed approach to home and community based services. VIP is designed to assist a Veteran in directing services and supports while they continue to live in their own home. The VA Medical Center at Togus determines eligibility and sends the referral to EAAA.

## Wellness Services

**Matter of Balance** is an eight week evidence-based program for falls risk awareness.

**Living Well** is a six week evidence based program for chronic disease self-management.

**Senior Strength** is a program that helps seniors gain strength and flexibility.

**Tai Chi** is a program designed to improve balance, concentration and coordination.

**EnhanceFitness** Based on scientific research and input from older adults, EnhanceFitness combines strength training, flexibility, and cardiovascular conditioning. All to GREAT music!

**Arthritis Foundation Exercise Program** is an arthritis exercise class developed to help ease pain and improve energy levels.

## Independent Community Living Services

**Furry Friends Food Bank** provides supplemental pet food to low-income seniors.

**EZ Fix** volunteers perform minor home repairs and housekeeping services for seniors and adults with disabilities. There is a sliding fee scale which makes the program affordable to all incomes.

**Money Minders** provides trained volunteers to help consumers organize and sorting bills, establish a budget and prepare (but not sign) checks to pay their monthly expenses.

## Transportation Services

**Elizabeth West** provides transportation for qualified individuals to and from medical appointments (in the Bangor area). For those outside the Bangor area, we can provide mileage reimbursement.

## Miscellaneous Services

**Novel Seniors** is a senior book club that meets monthly. Seniors can use our call-in service to participate if they are homebound or otherwise unable to attend the meeting.

## Community Collaborations

**Legal Services for the Elderly** provides free, high quality legal services to Maine's socially and economically needy elderly age 60 and over.

**Penobscot Valley Senior College** provides educational and social opportunities through non-credit courses for adults age 50 and older in a wide array of topics.

**Penobscot County Triad** works to fight and prevent crime and fraud against seniors. Their goal is to educate seniors about the various types of fraud and crime, to help reduce fear and provide moral support for older persons and to use trained volunteers to assist police and sheriff departments.

**We are committed to being a one-stop shop. Many of our services are free of charge with only a *donation* requested. Check our website [www.eaaa.org](http://www.eaaa.org) for other programs.**

**Call us: 1-800-432-7812**