

February - 2021



EASTERN AREA
AGENCY ON AGING

Live well ... Age Well
With us!

Your monthly news & updates

An Update On



Senior Expo 2021

After closely monitoring the COVID -19 pandemic, it is with an abundance of respect and concern for the attendees, vendors and sponsors of the 2021 Senior Expo that the EAAA Board of Directors has made the decision to cancel this year's event.

We share your disappointment in having to cancel the 14th annual Senior Expo, but our first priority is the health and safety of our communities.

Thank you for understanding as we navigate these uncertain times. We appreciate your support of EAAA.

Dyan

Dyan Walsh
Executive Director



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Medicare 101

Offered via ZOOM



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While we continue to have our in-person presentations on hold, ZOOM will allow an interactive experience and live Q and A as you receive introductory information about Medicare.

Medicare 101 ZOOM will be offered again on Tuesday, February 16th from 1:30pm - 3:00 pm.

If you or someone you know is turning 65 and would like to sign up, call EAAA at 941-2865 to register. [Registration is required.](#)





ship state health insurance
assistance programs

ARE YOU

65 & STILL WORKING?

*Check to see how your current
coverage works with Medicare*





While AARP is not doing taxes at EAAA's office this year, there are other options.

No AARP Taxaide sites are opening before mid February. All sites require at least 2 visits, one for intake and one for receiving the tax return. Face mask and social distancing required.

Bangor:

Bangor Elks Lodge: 108 Odlin Road, drive up/walk up
Tuesdays and Thursdays, 10 AM to 4 PM

Penquis CAP: call 973-3500

Ellsworth:

Ellsworth Public Library: call 667-6363

Downeast Community Partners: call 664-2424X0

Dover-Foxcroft:

Dover Foxcroft Penquis CAP: call 974-2440

Waldo County

Belfast and Searsport locations: call 567-3137

Not near one of these locations? Call AARP at 1-888-687-2277 and see if there is a location nearer you!

AARP Foundation®
For a future without senior poverty.

Furry Friends Food Bank

helps low-income seniors & their pets stay together by providing them with supplemental pet food on a monthly basis.



Are you 60 years of age or older & receive less than \$1368 per month in income?

If so, you can sign up to receive dog or cat food every month.

We have 27 distribution locations to choose from!



**Call 941-2865 ext. 150
to apply.**





This Valentine's Day season consider the gift of guidance and reassurance to your loved ones. Dr. Karen Boudreau wrote this letter to her loved ones to offer guidance in case they ever need to make difficult decisions at the end of her life. To learn more follow these steps:

- 1. Watch the video**
- 2. Take the survey**
- 3. Download [The Conversation Project Starter Guide](#)**

AFTER VIEWING THE VIDEO BELOW, PLEASE ALSO CLICK THE SURVEY LINK TO HELP US UNDERSTAND WHETHER LEARNING ABOUT THE

CONVERSATION PROJECT HAS BEEN HELPFUL TO YOU.



[Click here to take The Conversation Project SURVEY](#)

Remote Delivery

Arthritis Foundation Exercise Program



A group exercise class for people with arthritis and/or arthritis-related disease, are new to exercise or have been sedentary for quite a while, or are returning to exercise after recovering from illness or injury.

This class provides safe ways to stay active, reduce pain, and move more easily. Learn from a trained instructor how to handle challenges like pain that keep you from staying active. Find what types of exercise are right for you and how much you can do safely.

AFEP can help you control pain, feel less tired, boost your mood, and feel more confident about staying active and managing your arthritis.

**Offered via Zoom starting February 9, 2021
Tuesday & Thursday at 10:00 AM**

For more information or to register
call 207-941-2865 or email info@eaaa.org
Space is limited and pre-registration is required.



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Caregiver Services

Caregiver Support Group

Join us by...



In response to CDC recommendations for social distancing, we are offering virtual Caregiver Support Groups.

Caregiving can get overwhelming. Talking about the experience with others can make a big difference.

**Groups are held on the third Thursday each month
from 2-3:30pm.**

Phone access is also available to those without
internet connection.

**Register 48 hours in advance of the group you wish
to join by calling 207-941-2865**

Zoom link will be provided upon registration.

EAAA has HIPAA secure access via Healthcare Zoom to ensure your privacy.



SMP SCAM WATCH: COVID-19 VACCINE

Be on the lookout for COVID-19 scams:

- You *likely* will not need to pay anything out-of-pocket to get the vaccine during this public health emergency.
- You cannot pay to put your name on a list to get the vaccine early.
- No one from Medicare or the Health Department will contact you.
- Beware of providers offering other products, treatments, or medicines to prevent the virus.
- No one from a vaccine distribution site or health care payer will call and ask for your Medicare number, Social Security number, or banking information to sign you up for a vaccine.

**Contact the SMP to report Medicare fraud, errors, or abuse
at 877.808.2468 or at [smpresource.org](https://www.smpresource.org).**

SUPPORTED BY GRANT # 90MPC0002 FROM ACL

The USDA Senior Food Box Program
provides low-income seniors
with a **free box of non-perishable food**
every month!



If you are **60 years of age or older** & **meet income guidelines**,
you are eligible to receive a free box of food!

Every 30-pound box contains items such as
canned fruits & vegetables, soup, canned protein,
pasta, rice, beans, cereal, shelf stable milk,
peanut butter & a two-pound block of cheese!

There are **56** distribution locations to choose from throughout
Washington, Hancock, Piscataquis & Penobscot counties.

Call 941-2865 to sign up today!

All of our sites practice social distancing & our volunteers are screened
prior to volunteering & wear masks at all times.



EASTERN AREA
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#OurHearts
motivate each other



February is American Heart Month

When we take care of our hearts as part of our self-care, we set an example for others. **Share how you're caring for your heart.**



Make Heart Health Part of Your Self-Care Routine

Devoting a little time every day to care for yourself can go a long way toward protecting the health of your heart. Simple self-care, such as taking a moment to de-stress, giving yourself time to move more, preparing healthier meals, and not cheating on sleep can all benefit your heart.

And that's a good thing, because heart disease is largely preventable and focusing on improving your heart health has never been more important. Heart disease is a leading cause of death for women and men in the United States, and many Americans remain at risk of getting it, according to the National Heart, Lung, and Blood Institute (NHLBI). People with poor cardiovascular health are also at increased risk of severe illness from COVID-19.

"Studies show self-care routines, such as taking a daily walk and keeping doctor's appointments, help us keep our blood pressure in the healthy range and reduce our risk of heart disease and stroke," said David Goff, M.D., NHLBI's director of cardiovascular sciences.

It may be easier than you think to "put your heart" into your daily routine. Each Sunday, look at your week's schedule and carve out 30 minutes daily for heart-healthy practices. Take an online yoga class, prepare a heart-healthy recipe, schedule your bedtime to get at least seven hours of sleep, or make a medication checklist. Then seek out support from others, even if it's online or via a phone call, to help you stick to your goals.

Learn more about heart health and heart-healthy activities in your community, and see what others are doing for their heart health, at nhlbi.nih.gov/ourhearts or follow #OurHearts on social media.

#

Source: National Heart, Lung, and Blood Institute

TURN YOUR RESOLUTIONS INTO
REAL SOLUTIONS

1. Start with small changes

Instead of a diet overhaul, make small changes to what you eat and drink that will work for you now and in the future.



2. Take one day at a time

Sometimes things don't go as planned, even with the best of intentions. If you miss one day or one milestone for your goal, don't give up!

3. Be active your way

Pick activities you enjoy! If you focus on having fun or learning a new skill that interests you, you will be more likely to stick with it.



4. Team up

Find a friend with similar goals—swap healthy recipes and be active together. Staying on track is easier with support and a cheerleader.

5. Celebrate successes

Think of each change as a “win” as you build positive habits and find ways to reach your goals. Reward yourself—you've earned it!



MyPlate
MyWins

December 2016
For more information go to ChooseMyPlate.gov
USDA, Center for Nutrition Policy and Promotion.
USDA is an equal opportunity provider, employer, and lender.



Caregiver Respite



Are you providing care for a person with dementia?

The Caregiver Respite Program supports family caregivers by helping to pay for someone else to provide care for the person with dementia. Respite care may be provided at home by another family member, neighbor, or by someone from a home care agency. Respite can also be provided at an adult day program or overnight in a facility, on a limited basis.

Call today for eligibility screening!

207-941-2865

Caregiver
Respite Program



WHEN CAN I ENROLL IN MEDICARE PART A & PART B?

There are three time frames when you can enroll in Medicare Parts A and B for the first time.

INITIAL ENROLLMENT PERIOD

the three months before, the month of, and the three months after your 65th birthday. The effective date of your Medicare coverage will depend on when you enroll.



IEP



SEP

PART B SPECIAL ENROLLMENT PERIOD

lets you delay enrollment in Part B without penalty if you were covered by group insurance based on your, your spouse's, or sometimes a family member's current work when you first became eligible for Medicare.

GENERAL ENROLLMENT PERIOD

if you did not enroll in Medicare when you first became eligible for it or if you're not eligible for an SEP. The GEP takes place January 1 through March 31 each year, with coverage starting July 1.



GEP



American Heart Association.
Healthy for Good™

BLUE & PURPLE

- blackberries
- blueberries
- black currants
- dates
- eggplants
- grapes
- plums
- prunes
- purple figs
- raisins

RED & PINK

- beets
- cherries
- cranberries
- pink grapefruit
- pomegranates
- radicchio
- red radishes
- red apples
- red grapes
- red peppers
- red potatoes
- rhubarb
- strawberries
- tomatoes
- watermelons

EAT MORE COLOR

The best way to get all of the vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and veggies. Add color to your plate each day with the five main color groups.

GREEN

- artichokes
- asparagus
- avocados
- bok choy
- broccoli
- Brussels sprouts
- celery
- collard greens
- cucumbers
- green beans
- green cabbage
- green grapes
- green onions
- green peppers
- kale
- kiwis
- leeks
- limes
- mustard greens
- okra
- pears
- peas
- romaine lettuce
- snow peas
- spinach
- sugar snap peas
- watercress
- zucchini

ORANGE & YELLOW

- acorn squash
- butternut squash
- apricots
- cantaloupes
- carrots
- corn
- grapefruit
- lemons
- mangoes
- nectarines
- oranges
- orange peppers
- papayas
- peaches
- pineapples
- pumpkins
- summer squash
- sweet potatoes
- tangerines
- yams
- yellow apples
- yellow peppers
- yellow squash

WHITE

- bananas
- cauliflower
- garlic
- Jerusalem artichokes
- mushrooms
- onions
- potatoes
- parsnips
- shallots

EAT SMART **MOVE MORE** **BE WELL**

heart.org/HealthyForGood

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MEDICARE RIGHTS CENTER

Getting Medicare right



Dear Marci

Dear Marci,

I have been thinking about making changes to my Medicare coverage. I know there are specific times of the year during which I can make changes, though. When can I change my Medicare coverage in 2021?

- Alexandra (Roswell, NM)

Dear Alexandra,

Yes, there are certain periods of time when you can make changes to your Medicare coverage. These periods of time are called enrollment periods.

If you have a Medicare Advantage Plan, you may be able to use the Medicare Advantage Open Enrollment Period (MA OEP).

- The MA OEP occurs each year from January 1 through March 31.
- During the MA OEP you can switch from your Medicare Advantage Plan to another Medicare Advantage Plan or to Original Medicare with or without a prescription drug plan.
- You may only make one change during this period, and it will be effective the first of the next month after you make the change.
- Remember, you can only use this enrollment period if you have a Medicare Advantage Plan.

Depending on your circumstances, you may qualify for a Special Enrollment Period (SEP) to change your Medicare health and drug coverage.

- There are many circumstances in which you may have a [Special Enrollment Period \(SEP\)](#), such as if you moved outside of your plan's service area, your Medicare Advantage Plan terminated a significant amount of its network providers, or you are enrolled in a State Pharmaceutical Assistance Program (SNAP).
- Those with [Extra Help](#), the federal program that helps pay for drug costs, have an SEP to enroll in a Part D plan or switch between plans once per quarter in the first three quarters of the year.
- If you need to make changes to your coverage but you are not sure whether you qualify for an SEP, call your State Health Insurance Assistance Program (SHIP) to learn more. If you do not know how to contact your SHIP, call 877-839-2675 or visit www.shiptacenter.org.

If you enrolled in a plan by mistake or because of misleading information, you may be able to disenroll and change plans.

- Typically, you have the right to change plans if you joined unintentionally, joined based on incorrect or misleading information, or, through no fault of your own, were kept in a plan you did not want.
- You can call 1-800-MEDICARE to explain to a customer service representative how you joined the plan by mistake and to request retroactive disenrollment or a Special Enrollment Period.

Finally, both individuals with Original Medicare and those with a Medicare Advantage Plan can make changes during Fall Open Enrollment.

- The Fall Open Enrollment Period occurs each year from October 15 through December 7.

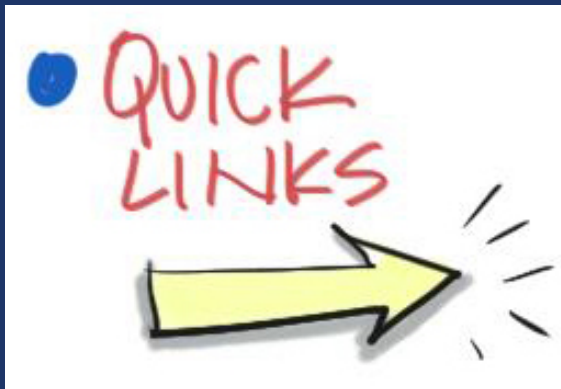
- During this period you can join a new Medicare Advantage Plan or stand-alone prescription drug plan (Part D) plan. You can also switch between Original Medicare with or without a Part D plan and Medicare Advantage.
- You can make as many changes as you need during this period, and your last coverage choice will take effect on January 1.

As you can see, there are various enrollment periods in which you can change your Medicare coverage. Which enrollment period you use depends on your specific circumstances and the kind of coverage you have.

- Marci



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Need to send us a referral?

Eastern Area Agency on Aging now has an easy, secure way for providers to send us referrals for clients or patients who need to access our services. The electronic link below is a HIPPA compliant form that any provider can use to request assistance from EAAA for any of our programs. EAAA staff will follow-up with you after receiving the referral to ensure effective and accurate communication about the needs of the person you are referring.

REFERRAL FORM HERE

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