

March - 2021



**EASTERN AREA
AGENCY ON AGING**

Live well ... Age Well
With us!

Your monthly news & updates

Are you an older Mainer?



Do you have **QUESTIONS** about the COVID-19 vaccine?



Do you need help **SIGNING UP** for a vaccine?



Do you need a **RIDE** to your vaccination location?



Are you not able to leave your home due to **LIMITED MOBILITY?**

Eastern Area Agency on Aging is here to help!

Call **1-800-225-5335** and we can:

- Answer general questions about the vaccine
- Provide information about where and when you can get the vaccine
- Assist you with scheduling appointments when it is your turn to get the TWO doses you need to be fully vaccinated
- Connect you with transportation services to help you get to and from your vaccine location

For more information on the COVID-19 vaccine, phases, and more visit:
maine.gov/covid19/vaccines



Medicare 101

Offered via ZOOM



EASTERN AREA
AGENCY ON AGING

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, March 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.](#)



Got Space?

In January 2021, Furry Friends Food Bank helped 408 consumers over the age of 60 and their pets, and distributed 14,221 lbs of pet food and supplies.

Now, Furry Friends Food Bank needs *your* help!

We have an amazing opportunity to receive 20-26 pallets of FREE pet food, supplies, and toys. We absolutely want to make this unique offer of a truckload of pet food and supplies work!

This one drop shipment needs to be stored in a large space with either a loading dock or a ground level entrance for initial delivery. We are also looking to borrow a pallet jack to unload the truck. We need this indoor space for approximately 4 months (maybe less) and pallets cannot be stacked.

If you have storage space to donate, we'd love to promote your business or your personal generosity as we undertake this project.



WASHINGTON COUNTY

COVID VACCINE CLINICS



**All Vaccine Clinics are following
Maine's Phased Approach**



Version 02/22/2021

**EAST GRAND
HEALTH CENTER**
DANFORTH
CURRENT PATIENTS &
PUBLIC
207-448-2347

**ST. CROIX
REGIONAL FAMILY
HEALTH CENTER**
PRINCETON
PATIENTS ONLY
207-796-5503

**CALAIS REGIONAL
HOSPITAL**
CALAIS
PUBLIC
[WWW.CALAISHOSPITAL.
ORG/COVID-19/](http://WWW.CALAISHOSPITAL.ORG/COVID-19/)
207-454-9299

**EASTPORT
HEALTH CARE**
EASTPORT
PATIENTS ONLY
207-853-6001

**REGIONAL
MEDICAL
CENTER AT LUBEC**
LUBEC
PATIENTS ONLY
207-733-5541

**DOWN EAST
COMMUNITY
HOSPITAL**
MACHIAS
PUBLIC
[WWW.DECH.ORG/COVID-
VACCINE/ABOUT-DECH](http://WWW.DECH.ORG/COVID-VACCINE/ABOUT-DECH)

**HARRINGTON
FAMILY HEALTH
CENTER**
HARRINGTON
PATIENTS ONLY
BY APPOINTMENT



TALKING ABOUT 
Administration for Community Living
BRAIN HEALTH & AGING

THE BASICS

Date: Monday, March 15, 2020

Time: 10:30 AM

Location: Zoom Link available upon registration

For information or to register,
please **call: 207-941-2865**
or **email: info@eaaa.org**



EASTERN AREA
AGENCY ON AGING

This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number UIQHP330800200, Geriatrics Workforce Enhancement Program, Year Two—total award amount \$754,907.00. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by, HRSA, HHS or the U.S. Government.



		<h1>Meals on Wheels</h1> <h2>Sample Menu</h2>		Winter 2020/2021
Orange Glazed Chicken Brown Rice Broccoli & Carrots Bread	BBQ Pork BBQ Gravy Roasted Potatoes Corn Apple Sauce	Cheese Ravioli w/ Garden Vegetable Cream Sauce Sliced Carrots Pea & Bean Medley	Cheese & Beef Macaroni Green Beans Bread	Chicken w/ Broccoli Cheese Sauce Roasted Potatoes Peas Bread
Turkey Stew Broccoli Diced Peas Bread	Shepherd's Pie Green Beans Bread	Korean Style Pork Stir Fry Brown Rice Mixed Veggies Bread	Chicken Alfredo Whole Wheat Pasta Carrots Spinach Bread	Salisbury Steak Onion Gravy Mashed Potatoes Peas w/ Pearl Onions Bread
Pork w/ Apple Onion Sauce Brown Rice Medley Green Beans Apple Sauce	Turkey Ala King Bow Tie Pasta Broccoli Carrots Bread	Swedish Style Meatballs Whole Wheat Pasta Bread	Shells & Cheese Peas Bread	Pulled Turkey w/Cranberry Gravy Mashed Potatoes Peas & Carrots Bread
Lemon Dill Tilapia Red Skin Potatoes Peas Bread	Chicken w/ Tarragon Mushroom Gravy Whole Wheat Pasta Broccoli Bread	Beef & Bean Chili Turmeric Rice Green Beans Bread	Chicken w/ Spinach Tomato & Parmesan Sauce Roasted Potatoes Broccoli	Honey Mustard Pork Brown Rice Pilaf Broccoli Carrots Bread

Sample Menu (Subject to change) Please note: Meal selections vary by site and may not be available at time of order
For more information contact Eastern Area Agency on Aging at 1-800-432-7812

Serving your personal and business banking needs



KatahdinTrust.com
MEMBER FDIC. EQUAL HOUSING LENDER



WELCOME HOME! Winterberry Heights feels like home, with the additional services you need!

Monthly rent includes:
Three delicious, chef-prepared daily meals;
24-hour caring health staff; safety call system in every suite; weekly housekeeping/linen service;
scheduled local transportation; planned activities, and so much more!

Winterberry Heights
Assisted Living & Memory Care
932 Ohio St., Bangor, ME 04401
Call now for your complimentary meal & personal tour! 207-942-6002

Scam and Fraud Directory

Senior Medicare Patrol (SMP) for fraud, errors, or abuse related to Medicare - **877.808.2468**

Federal Trade Commission (FTC) for consumer scams and identity theft - **877.382.4357**

Federal Communications Commission (FCC) for unwanted calls - **888.225.5322**

National Center for Disaster Fraud for fraud related to natural or man-made disasters - **866.720.5721**

Medicare for lost or stolen Medicare cards - **800.633.4227**



Elizabeth West

Transportation

Call today for eligibility screening

207-941-2865

- ▶ Safe, reliable transportation options from a trusted community agency for towns contiguous to Bangor/Brewer
- ▶ Mileage reimbursement for medical rides, when eligibility criteria are met, throughout our four county coverage area.
- ▶ Private pay options for non-medical transportation and for those who do not qualify for program funding, within the van's coverage area.

A Service of:



EASTERN AREA
AGENCY ON AGING

* The Elizabeth West Transportation program is made possible through the generosity of Elizabeth West and Northern Light Health.



VOLUNTEER MEALS ON WHEELS DRIVERS NEEDED!

WE ARE CURRENTLY LOOKING FOR DRIVERS TO
DELIVER MEALS IN
ELLSWORTH AND SURROUNDING AREA

If you're interested in volunteering with us, call 1-800-432-7812 or visit eaaa.org to fill out our volunteer application.





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



You can ask for a new IRMAA determination.

*MEDICARE INCOME-RELATED MONTHLY
ADJUSTMENT AMOUNT (IRMAA)

DEATH OF A SPOUSE

MARRIAGE

DIVORCE OR ANNULMENT

YOU OR YOUR SPOUSE STOPPED
WORKING OR REDUCED THE NUMBER
OF HOURS YOU WORK

INVOLUNTARY LOSS OF INCOME-PRODUCING
PROPERTY DUE TO NATURAL DISASTER,
DISEASE, FRAUD, OR OTHER CIRCUMSTANCES

LOSS OF PENSION

RECEIPT OF SETTLEMENT PAYMENT FROM A
CURRENT OR FORMER EMPLOYER DUE TO
THE EMPLOYER'S CLOSURE OR BANKRUPTCY

**IF YOU NEED HELP UNDERSTANDING YOUR
APPEAL RIGHTS, INCLUDING HOW TO FILE
AN APPEAL, CONTACT YOUR STATE HEALTH
INSURANCE ASSISTANCE PROGRAM.**

This project was supported, in part, by grant number 90SATC0002 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

HANCOCK COUNTY

COVID VACCINE CLINICS



**All Vaccine Clinics are following
Maine's Phased Approach**



Version 02/22/2021

**BUCKSPORT
REGIONAL
HEALTH
CENTER**
BUCKSPORT
PATIENTS ONLY
BY APPOINTMENT
ONLY

**MOUNT DESERT
ISLAND
HOSPITAL**
BAR HARBOR
PUBLIC
[WWW.MDIHOSPITAL.
ORG/COVID-19-
VACCINE/](http://WWW.MDIHOSPITAL.ORG/COVID-19-VACCINE/)
207-801-5900

**NORTHERN
LIGHT
BLUE HILL
HOSPITAL**
BLUE HILL
PUBLIC
[COVID.NORTHERNL
IGHTHEALTH.ORG/P
UBLICVACCINE](http://COVID.NORTHERNLIGHTHEALTH.ORG/PUBLICVACCINE)
207-204-8551

**NORTHERN
LIGHT MAINE
COAST
HOSPITAL**
ELLSWORTH
PUBLIC
[COVID.NORTHERNL
IGHTHEALTH.ORG/P
UBLICVACCINE](http://COVID.NORTHERNLIGHTHEALTH.ORG/PUBLICVACCINE)
207-204-8551



EASTERN AREA
AGENCY ON AGING

HAVE YOU HAD THE CONVERSATION?

the conversation project

**TO LEARN MORE FOLLOW
THESE STEPS:**

- 1. WATCH THE VIDEO**
- 2. TAKE THE SURVEY**
- 3. DOWNLOAD THE STARTER GUIDE**



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

[**Click here to download The Conversation Project Starter Guide**](#)

SIMPLE YOGA ON ZOOM

Starts March 3, 2021
Wednesdays & Fridays
at 10:30 AM

This CHAIR YOGA class offers all of the benefits of yoga without having to get on the ground! Zoom link will be provided upon registration. All participants must have access to a device with both a webcam and microphone.

For more information or to register
call 207-941-2865 or email info@eaaa.org





EASTERN AREA
AGENCY ON AGING

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.



BETWEEN JANUARY 1– MARCH 31 EACH YEAR

You can sign up for Part A and/or Part B during the General Enrollment Period between January 1–March 31 each year if both of these apply:

- You didn't sign up when you were first eligible.
- You aren't eligible for a Special Enrollment Period.

TALK TO A SHIP IF YOU HAVE QUESTIONS
ABOUT WHEN TO ENROLL OR ANY LATE
ENROLLMENT PENALTIES YOU MAY HAVE.

The Senior Food Box Program

works to improve the health of low-income seniors by supplementing their diets with a free monthly box of nutritious USDA food.



6 Ways to Eat Well As You Get Older

- **Know what a healthy plate looks like**

See how to build a healthy plate at ChooseMyPlate.gov
- **Look for important nutrients**

Eat enough protein, fruits and vegetables, whole grains, low-fat dairy, and Vitamin D.
- **Read nutrition labels**

Be a smart shopper! Find items that are lower in fat, added sugars, and sodium.
- **Use recommended servings**

Learn the recommended daily servings for adults aged 60+ at heart.org
- **Stay hydrated**

Water is an important nutrient too! Drink fluids consistently throughout the day.
- **Stretch your food budget**

Get help paying for healthy food at BenefitsCheckUp.org/getSNAP

ncoa
National Council on Aging

If you would like to learn more about the *Senior Food Box Program* or to see if you qualify, call us at 941-2865 extension 167.

Online Tai Chi Classes

Tuesdays and Thursdays at 11:30am

Starts March 9!

For more info call (207)941-2865

or email info@eaaa.org

Class will be offered via Zoom.

Link will be provided after registration.

Open to 10 participants.



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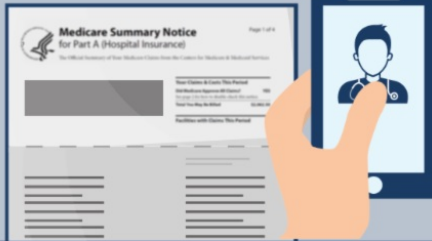
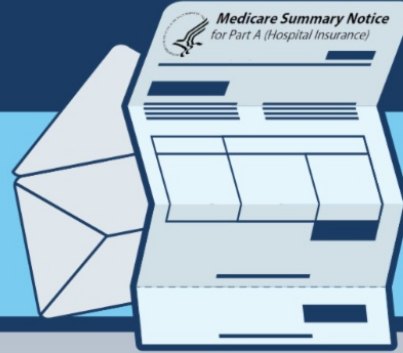
Eastern Area Agency on Aging—serving Penobscot, Piscataquis, Hancock, and Washington counties.

HOW CAN I APPEAL A DENIAL BY ORIGINAL MEDICARE?

IF I GET A DENIAL FOR A HEALTH CARE SERVICE OR ITEM?

CHECK YOUR MEDICARE SUMMARY NOTICE (MSN)

to find out if Original Medicare has covered or denied the health care services you have received,



IF YOUR MSN SAYS THAT MEDICARE DID NOT PAY FOR SERVICES,

and you think that it should, call your doctor to make sure that there was not a billing error before appealing.

FOLLOW THE INSTRUCTIONS LISTED ON YOUR MSN

or Redetermination Request form. Circle the denied service listed and fill out the shaded section at the end of the MSN.



SEND YOUR APPEAL TO THE MEDICARE ADMINISTRATIVE CONTRACTOR (MAC),

using the name and address listed on the shaded section of your MSN, within 120 days of the date on your MSN. Make sure to file each appeal in a timely manner.



THE MAC SHOULD MAKE A DECISION WITHIN 60 DAYS. IF YOUR APPEAL IS SUCCESSFUL, YOUR SERVICE OR ITEM WILL BE COVERED. IF YOUR APPEAL IS DENIED, YOU CAN MOVE ON TO FURTHER LEVELS OF APPEAL. CALL YOUR STATE HEALTH INSURANCE ASSISTANCE PROGRAM (SHIP) IF YOU NEED HELP APPEALING A DENIAL.

Chewy & Furry Friends!



**Eastern Area Agency on Aging has
partnered with Chewy for donations to
our Furry Friends program!**

Now you can view our wishlist to see our most needed items, and when you order from Chewy they will be directly delivered to our agency. Just click on 'Find a Rescue', add our 04412 zip code, and look for Eastern Area Agency on Aging.

<https://www.chewy.com/g/animal-shelters-and-rescues>



STAR

Stress & Resilience in
the wake of Covid-19
STUDY



Older Adult Volunteers Needed for Paid Online Study!

The Maine Mood Lab at UMaine in Orono is recruiting adults, 60 years of age and older, to participate in a paid research study that investigates *life stress, emotion regulation, and resilience* in the wake of Covid-19.

Participants will be invited to complete a set of online questionnaires from home. Questionnaires take about one hour to complete and participants will receive a \$10 Amazon e-gift card *with thanks* for their help.

Who is Eligible?

- Adults 60 years of age and older
- With internet access and an email address

This study is being conducted by the Maine Mood Lab at UMaine in Orono. Have questions or interested in participating? Call us at 207.518.8089 or email mainemoodlab@gmail.com.


Maine Mood Lab
329 Corbett Hall
University of Maine
Orono, Maine 04469-5782
207.835.1994

UMaine does not discriminate on the grounds of race, color, religion, sex, sexual orientation, including transgender status and gender expression, national origin, citizenship status, age, disability, genetic information or veteran status in employment, education, and all other programs and activities. Contact the Director, Equal Opportunity, 5754 North Stevens Hall, Room 101, Orono, ME 04469-5754 at 207.581.1226 (voice), TTY 711 (Maine Relay System), equal.opportunity@umaine.edu with questions or concerns.



1865 THE UNIVERSITY OF
MAINE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 MARCH NEWSLETTER	01 9:00 AM EnhanceFitness® 4:00 PM Savvy Caregiver Last Class	02 10:00 AM Arthritis Foundation Exercise Program (AFEP)	03 9:00 AM EnhanceFitness® 10:30 AM Simple Chair Yoga STARTS	04 10:00 AM - AFEP	05 9:00 AM EnhanceFitness® 10:30 AM Simple Chair Yoga	06 12:00 PM Guided Meditation *Facebook Only
07	08 9:00 AM EnhanceFitness® 1:00 PM Novel Seniors Book Club	09 10:00 AM - AFEP 11:30 AM Intro to Tai Chi STARTS	10 9:00 AM EnhanceFitness® 10:30 AM Simple Chair Yoga	11 10:00 AM - AFEP 11:30 AM Intro to Tai Chi	12 9:00 AM EnhanceFitness® 10:30 AM Simple Chair Yoga	13 12:00 PM Guided Meditation *Facebook Only
14  Daylight Savings: Set Clocks Ahead AND Change Batteries in Smoke Detectors	15 9:00 AM EnhanceFitness® 10:30 AM EDUCATION SERIES: Brain Health & Aging	16 10:00 AM - AFEP 11:30 AM - Intro to Tai Chi 1:30 PM Medicare 101 Class	17 9:00 AM EnhanceFitness® 10:50 AM Simple Chair Yoga	18 10:00 AM - AFEP 11:50 AM - Intro to Tai Chi 2:00 PM Caregiver Support Group	19 9:00 AM EnhanceFitness® 10:30 AM Simple Chair Yoga	20  WELCOME SPRING 12:00 PM Guided Meditation *Facebook Only
21	22 9:00 AM EnhanceFitness®	23 10:00 AM - AFEP 11:30 AM Intro to Tai Chi	24 9:00 AM EnhanceFitness® 10:30 AM Simple Chair Yoga	25 10:00 AM - AFEP 11:30 AM Intro to Tai Chi	26 9:00 AM EnhanceFitness® 10:30 AM Simple Chair Yoga	27 12:00 PM Guided Meditation *Facebook Only
28	29 9:00 AM EnhanceFitness®	30 10:00 AM - AFEP 11:50 AM Intro to Tai Chi	31 9:00 AM EnhanceFitness® 10:30 AM Simple Chair Yoga	<p><i>Unless otherwise noted all classes are offered via Zoom.</i> For more information or to register for a class Call 207-941-2865 or 1-800-432-7812 or Email info@aaa.org</p>		



Volunteers (age 40-65) Needed for Paid Research Opportunity on Alzheimer's Disease

- The Maine Health, Aging, and Lifestyle Lab is looking for volunteers for a research study on health and thinking skills (such as memory and attention)
- This study will take place at the University of Maine, Orono campus under the direction of Dr. Fayeza Ahmed (Assistant Professor of Psychology).
- Your participation will help advance research in dementia
- Eligible participants will receive a total of \$65 for participation.
- There are **three** parts to this study:
 - Part 1: In order to maintain proper public health safety requirements, part 1 will involve a virtual meeting over Zoom. During this meeting, you will complete questionnaires and tests of cognitive function (e.g., memory). This will take 1.5-2 hours. You will receive an email with a \$25 Amazon gift card for your participation
 - Part 2: You will be asked to travel to Lacasse Phlebotomy Services in Bangor, ME for a blood draw. You will receive a \$15 Amazon gift card for this part.
 - Part 3: Wear an activity monitoring device for one week continuously, which we will mail to you. You will receive a \$25 Amazon gift card for this part.
- You may be eligible if you are:
 - between 40 and 65 years old
 - do NOT have neurologic disorder (e.g., epilepsy or brain injury)
 - do NOT have untreated/unmanaged psychiatric disorder • If you are being treated by a medical or mental health provider, you may still be eligible
 - do NOT have uncontrolled cardiovascular or metabolic disease
- If interested, please email us at maineHALlab@gmail.com or call us at **207-581-1813**. Please include your telephone number so that we may call you to discuss being in our study
 - There is a series of questions we will ask you over the phone to determine eligibility (no payment for this part).



Dear Marci

Dear Marci,

I would like to begin individual therapy sessions with a psychologist and focus more on my mental health. Will Medicare cover therapy appointments with a psychologist?

-Jesus (Santa Rosa, CA)

Dear Jesus,

I am so happy that you are taking steps to care for your mental health. Yes, Medicare does cover outpatient mental health care services, like individual therapy sessions. There are some important considerations to take when choosing your provider, if you would like to ensure your care is covered and to save money. Let's discuss Medicare coverage and outpatient mental health care services more.

Medicare Part B covers outpatient mental health care, including the following services:

- Individual and group therapy
- Substance use disorder treatment
- Tests to make sure you are getting the right care
- Occupational therapy
- Activity therapies, such as art, dance, or music therapy
- Training and education (such as training on how to inject a needed medication or education about your condition)
- Family counseling to help with your treatment
- Laboratory tests
- Prescription drugs that you cannot administer yourself, such as injections that a doctor must give you
- An annual [depression screening](#) (speak to your primary care provider for more information)

Original Medicare covers the outpatient mental health services listed above at 80% of the Medicare-approved amount. This means that as long as you receive services from a [participating provider](#), you will pay a 20% coinsurance after you meet your Part B deductible. If you are enrolled in a Medicare Advantage Plan, contact your plan for cost and coverage information. Your plan's deductibles and copayments/coinsurance may differ.

Medicare covers mental health care you receive through an outpatient hospital program, at a doctor's or therapist's office, or at a clinic. You may receive services from the following types of providers:

- General practitioners
- Nurse practitioners
- Physicians' assistants
- Psychiatrists
- Clinical psychologists
- Clinical social workers
- Clinical nurse specialists

If you see a non-medical doctor (such as a clinical psychologist or clinical social worker), make sure that your provider is Medicare-certified and [takes assignment](#). Medicare will only pay for the services of non-medical doctors if

they take assignment.

It is also important to note that psychiatrists are more likely than any other type of provider to opt out of Medicare. Be sure to ask any provider if they take your Medicare insurance before you begin receiving services. Remember, if you see an opt-out provider, they must have you sign a private contract. The contract states that your doctor does not take Medicare and you must pay the full cost of the service yourself. Medicare will not reimburse you if you see an opt-out provider. If your provider does not have you sign a contract, you are not responsible for the cost of care.

If you have Original Medicare and need help finding a participating provider, you can use Medicare's [Physician Compare](#) tool online or call 1-800-MEDICARE. If you have a Medicare Advantage Plan, call your plan directly for a list of mental health care providers in your plan's network. For additional assistance accessing behavioral health care providers and other local resources, call the [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#) at 800-662-4357.

-Marci



EASTERN AREA AGENCY ON AGING

DONATE TODAY



[EAAA Website](#)

[Nutrition Services & Menus](#)

[EAAA Events Calendar](#)

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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FOLLOW US ON SOCIAL MEDIA!

