

With you along the journey...wherever it takes you



Monthly News & Updates

March 2022



Letter From the Executive Director

The Board of Directors and Leadership Team are excited and pleased to announce the Ribbon Cutting Ceremony of the Durgin Center on Wednesday, March 30, from 10:00-11:00 am, followed by an Open House and variety of activities until 3pm. Please consider this your cordial invitation and we hope you will consider joining us!

Last year we announced that we were building a welcoming space for adults of all ages in the community to enjoy enrichment programs, wellness classes, socialization opportunities, and meals. Beginning in

December 2021, we opened our doors in a limited capacity and we are happy to be rolling out an expanded schedule that can be found on our website at www.eaaa.org/durgincenter

The Ribbon Cutting Ceremony will be our chance to publicly honor Nelson Durgin's legacy and impact on our organization's mission of service as well as celebrate our staff's hard work and accomplishments in opening this new center. Come tour the facility, meet our staff and instructors, try out a sample class, or just drop by to say hello!

The Durgin Center is located at 274 State Street Brewer in the Twin City Plaza next to Dollar Tree. Please follow us on social media for continued information!

-Rebecca Kirk



Interested in volunteering? These positions are our greatest needs:

Café Support Volunteers, Mondays, 10:45-



Dear Marci,

1:30pm

Brewer Meal Packers, Thursday mornings at the Durgin Center, 8-10am

Durgin Center Front Desk, Multiple shifts available, M-F, 9am-12pm or 12-3pm

We have other volunteer opportunities as well!

Learn More About Volunteering

FURRY FRIENDS FOOD BANK YARD SALE

*Saturday, March 19th
at the Durgin Center
274 State Street
in Brewer
from 9 am to 11 am*

All proceeds go towards purchasing pet food for low income older adults. All items are new and have been donated by local businesses and organizations.



Learn Mahjongg

Learn to mahjongg on Monday mornings from 9AM until

My husband still works, and I am covered by his employer's insurance. I am turning 65 in a few months and wondering if I should enroll in Medicare?

-Mariko (Sallisaw, OK)

Dear Mariko,

It is great that you are looking into this ahead of time and making a plan! Job-based insurance allows you to delay Medicare enrollment in many cases. There are two questions to consider:

- Will I have an opportunity to enroll in Medicare Part B later without a penalty and without waiting for a specific time of year?
- Will my job-based insurance pay primary on my health care claims?

In other words, before you delay enrollment, you should determine whether you will have a Part B Special Enrollment Period (SEP) and whether your job-based insurance pays primary or **secondary**.

In most cases, you should only delay Part B if you will have an SEP and your job-based insurance is the primary payer (meaning it pays first for your medical bills) and Medicare is secondary.

Part B Special Enrollment Period
Because you will be **eligible for Medicare due to age** (meaning you will be 65+) and are covered by your spouse's job-based insurance, you will have a **Special Enrollment Period (SEP)** to enroll in Part B while you have that coverage from current work up to eight months after the coverage or the work ends (whichever is first). This means that you can enroll in Part B after your **Initial Enrollment Period (IEP)** ends without facing a penalty and without having to wait for the **General Enrollment Period (GEP)**.

Primary or secondary job-based insurance

Next, consider whether your job-based insurance will be the primary payer.

- Job-based insurance is primary if it is from an employer with 20+ employees. Medicare is secondary in this case, and some people choose not to enroll in Part B because of the additional monthly premium.
- Job-based insurance is secondary if it is from an employer with fewer than 20 employees. Medicare is primary

11:00. This game is full of excitement, strategy, observation, and fun!

The first 4 people to register at 941-2865 will begin their class series on March 7 and continue through March 28.

There is a \$2.00 fee per class.

For those folks who already are mahjonn players, please contact the Durgin Center to express your interest in an on-going game.

Learn More



Oatmeal Apple Muffins

From the Commodity Supplemental Food Program

Ingredients:

- 1 1/2 c. oats *
- 1 1/4 c. flour
- 3/4 tsp. cinnamon
- 1 c. applesauce *
- 3 tbsp. dry milk *
- 3/4 c. water
- 1/2 c. brown sugar
- 2 tbsp oil
- 1 egg

Directions:

- Preheat oven to 400 degrees
- Spray muffin tin with cooking spray or use muffin liners
- In a bowl, combine oats, flour, and cinnamon
- Mix in applesauce, dry milk, brown sugar, water, oil, and the egg into the dry mixture
- Fill the muffin cups about 3/4 of the way full and bake for 20 minutes or until golden brown
- Cool for 10 minutes in the tin and then transfer to a wire rack to finish cooling

* These items are in your CSFP Box!

Learn more about CSFP

in this case, and if you delay Medicare enrollment, your job-based insurance may provide little or no payment. You should enroll in Part B for coverage when you are first eligible.

Note: There are different rules about the SEP and which insurance is primary if you are Medicare-eligible due to **disability** or because you have **ESRD**.

To find out if your job-based insurance is primary or secondary, contact your or your spouse's human resources department for information about your employer's size. If you plan to delay enrollment into Part B and use the SEP later, keep records of your health insurance coverage. You will be required to submit proof of your enrollment in job-based insurance when using the SEP to enroll in Part B later. Proof of enrollment in job-based insurance includes:

- Written notice from your employer or plan
- Documents that show health insurance premiums paid, including W-2s, pay stubs, tax returns, and/or receipts
- Health insurance cards with the appropriate effective date

Note: If you have insurance from an employer that is not because of current work, like **COBRA** or **retiree insurance**, there are different rules for the SEP and which insurance is primary.

In summary, you should find out if your husband's insurance will be primary to Medicare. If it is primary, then you can delay Medicare enrollment if you'd like, since you would already have primary insurance from your husband's current work.

I hope this helps you decide whether or not to enroll in Medicare during your Initial Enrollment Period!

-Marci

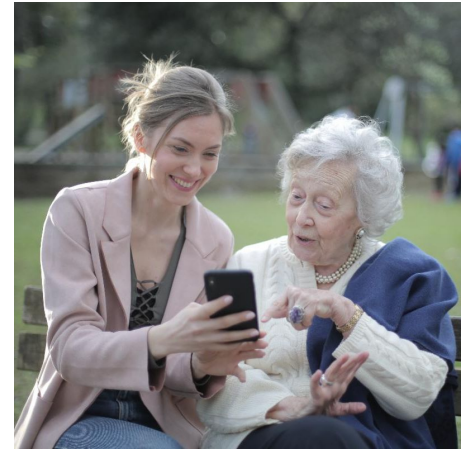
Medicare 101

Have Medicare questions? We can help!

Caregiver Respite Program

The Caregiver Respite Program supports family caregivers by helping to pay for someone else to provide care for the person with dementia. Caregivers can utilize agencies, friends, relatives, or day programs to provide care. Respite gives caregivers a chance to take care of their own needs while knowing that their loved one is safe and being cared for.

Respite funds are currently available, [click here to learn more.](#)



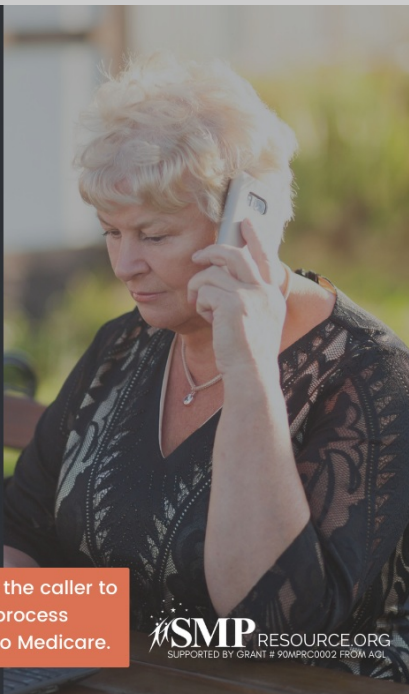
- DON'T SAY YES -

SMP SCAM WATCH

Don't Say Yes

- "Can you hear me?"
- "Are you on Medicare?"
- "Do you have your red, white, and blue card?"
- "Are you a veteran?"

These are all questions phrased to get the caller to say "yes" in an attempt to record and process fraudulent products or services billed to Medicare.



SMP RESOURCE.ORG
SUPPORTED BY GRANT # 90MPC0002 FROM AGI

Scammers call and ask questions to get a "yes" that they can record and then use, saying you have agreed to a product or service. Instead, try other phrases like "I can," "I do," or "I hear you."

We can't plan for everything, but we can put steps in place to help ourselves and our loved ones through difficult times. Click the image on the right to view it larger and learn what being a health care proxy means.

Have you had the Conversation?

Download the Starter Guide

Someone asked you to be their health care proxy... what does that mean?

- You would advocate and speak on their behalf if they become unable to make their own health care decisions due to an illness or accident.
- You can talk with their health care team and read medical records to help make decisions for the person you're representing.
- Although decisions you make on behalf of the person you are representing could have some financial impact, as a proxy, you do not make financial decisions. You only speak about health care decisions. Serving as a proxy does not make you responsible to pay for that person's care.
- A health care proxy may also be called: health care agent, power of attorney for health care, or surrogate decision-maker.
- By talking with this person now about the kind of health care that works for them, you can prepare to make decisions about tests, procedures, and treatments if they became too sick to make those decisions themselves.

[the conversation project](#)



We're Hiring!

Multiple positions are available, including:
Program Supervisor (Full time)
Resource Center Specialist (Part Time)
Elizabeth West Program Driver (Per-Diem)

Eastern Area Agency on Aging offers a competitive benefits package including: 13 paid holidays per year in addition to up to five weeks of paid time off AND paid inclement weather days!

[Click here to learn more!](#)

Coming Soon to the Durgin Center:



Community Café Dates

March 1st - Beef and Cheese Macaroni

March 8th - Vegetable Cheese Ravioli



- Matter of Balance -

This program emphasizes practical strategies to manage falls.
April 2022

- Pottery workshop -

March 15th - Swedish Style Meatballs

March 22nd - Shells and Cheese

March 29th - Steak in Mushroom Sauce

Click here for the full monthly schedule and menu!

Make windchimes from clay
Monday mornings from 10am-12pm
4/25/2022 - 5/9/2022

**- Social Security: Your Questions -
- Answered -**

*Online and in-person hybrid presentation
with an Edward Jones Financial Advisor*
Tuesday lunch hour talk from 12pm-1pm on
4/19/2022

News from our community:



CELEBRATE • INNOVATE • EDUCATE
acl.gov/snp50

SENIOR NUTRITION PROGRAM



Senior Nutrition Programs
Decreasing isolation, improving healthy eating, and promoting overall health

#SNP50

BANGOR PUBLIC LIBRARY
FEBRUARY-MARCH EXHIBITION
LECTURE HALL GALLERY

Our Changing Landscape

in coordination with the
Maine Science Festival

Exhibit Open House - Thursday, March 17
5:00 - 6:30 pm

LOCAL AND REGIONAL ARTISTS



alzheimer's association
NEW ENGLAND FAMILY CONFERENCE

March 4-5, 2022

To register, visit
AlzFamilyConference.org
or call our 24/7 Helpline
at **800.272.3900**

A free, virtual conference featuring programs for family caregivers and people living with memory loss.

Thank you



Northern Light Health

For providing 1,125 Home Delivered Meals



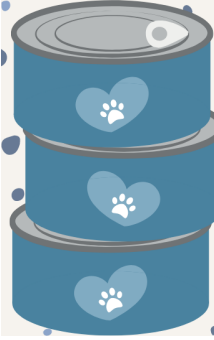
EASTERN AREA
AGENCY ON AGING

Would you like to help?



Amazon Wish List

Would you like to help Eastern Area or the Durgin Center? View our Wish List!



Donate to Furry Friends!



Meals on Wheels Sample Menu

Fall
2021

| | | | | |
|--------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|
| Mild Chicken Curry Basmati Rice Broccoli & Carrots | BBQ Pork Squash Mashed Potatoes, Peas, Corn, Carrots & Green Beans | Cheese Ravioli w/ Garden Vegetable Cream Sauce Sliced Carrots Pea & Bean Medley | Cheese & Beef Macaroni Green Beans | Turkey w/ Apple and Mushroom Gravy Roasted Potatoes Corn & Spinach |
| Autumn Chicken Stew Veggie Broth w/ Peas, Carrots, Potatoes, Squash, Sweet Potato & Quinoa Peas & Chickpea Medley | Shepherd's Pie Green Beans | Honey Garlic Pork Hawaiian Style Rice Corn | Chicken Alfredo Whole Wheat Pasta Carrots Spinach | Beef Steak w/ Mushroom Gravy Roasted Red Potatoes Vegetable Medley |
| Pork w/ Apricot Sauce Rice Green Beans | Beef Goulash Peas & Chickpea Medley | Swedish Style Meatballs Whole Wheat Pasta | Shells & Cheese Peas | Chicken w/ Herbed Gravy Mashed Potatoes Corn, Green Beans, Peas & Carrots |
| Tilapia Florentine w/ Mushroom Sauce Vegetable Rice Medley Green Beans | Chicken Lo Mein Corn, Green Beans, Peas & Carrots | Beef & Bean Chili Turmeric Rice Corn & Pepper Medley | Pulled Turkey w/ Cranberry Gravy Mashed Potatoes Peas & Carrots | Vegetable Lasagna Broccoli |

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



WELCOME HOME!

Winterberry Heights
Assisted Living & Memory Care
932 Ohio St., Bangor, ME 04401

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!

Call now for your complimentary meal & personal tour! 207-942-6002



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Eastern Area Agency on Aging | 240 State St, Brewer, ME 04412

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