



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



Monthly News & Updates

August 2022



Letter From the Executive Director

What a wonderful and perfect summer we are having in Maine! I find it hard to believe we are already into August and the seasons will be changing before we know it. It has been a busy summer for us at EAAA as we continue to serve our communities and push forward with our plans to reopen some of our Community Cafe locations.

This month we are gearing up in Millinocket, Milo, and Brookville to reopen our Community Cafe hot meal service sites. More information about the community cafés and how to sign up to join us or volunteer to assist with service can be found below in the newsletter or by visiting our website. We hope to see you there!

Our big September fundraiser is right around the corner, and we are excited to see all of you dressed up and hitting the dance floor with us! The "Senior" Prom for adults 21+ will take place on September 16, 2022, from 6-9 PM at Morgan Hill Event Center in Hermon. We are thrilled to announce "The Dogs" will perform live at our Prom! "The Dogs" are a well-known local band who play a variety of music from across decades and genres. Make sure you get your tickets at eaaa.org/seniorprom 100% of the funds raised from this event will go to support our mission of helping older adults, caregivers, and adults with disabilities with information and access to resources they need to be healthy, engaged and supported in their communities. Be sure to tag us in your social media posts so we know to look for you on the 16th!

-Rebecca Kirk



SHIP Volunteers Needed

The State Health Insurance Assistance Program (SHIP) volunteers for EAAA assist individuals with Medicare in the following ways:



Dear Marci,

- Provide one-on-one counseling to review medical or prescription drug plan options for those new to Medicare and during Medicare's annual Open Enrollment periods.
- Connect individuals struggling to afford Medicare premiums and copays to programs that can reduce their costs.
- Educate consumers about how Medicare works, including eligibility guidelines and Medicare's relationship to Medigap plans, retiree coverage, MaineCare, and other insurance.



Harry Madson, SHIP Volunteer, has been with EAAA for five years. He shared, "The opportunity to help people better understand how to access Medicare health insurance, to explain the programs and policies of Medicare along with the potential of providing information that may significantly reduce the cost of health insurance makes being a SHIP volunteer a very, very rewarding experience."

The next training for SHIP volunteers begins August 10 and includes three online classes that meet 9:00 a.m.-3:00 p.m. on August 10, 15 and 17. If you are interested in joining our team, please contact Debra Chalmers, Community Resource Specialist Supervisor, at 941-2865 or 1-800-432-7812.

Learn More About
Volunteering

Top 10 Ways to Keep Your Pet Happy
and Healthy
From Furry Friends Food Bank

I recently enrolled in Medicare and learned that Medicare does not cover dental care. Why is this? And how should I receive dental care then?

-Brody (Dallas, TX)

Dear Brody,

Yes, dental care is excluded from Medicare coverage.* Medicare is health insurance that exists because of federal laws that were passed to create it. Initially, as created in 1965, Medicare consisted of Part A and Part B and reflected the restrictions and limitations of most health insurance at that time. (Some additions have been made over time, including prescription drug coverage through Part D.) The federal law that created Medicare benefits has specific provisions that exclude coverage for certain things, like dental care and routine vision services.

Just because something is not covered by Medicare, though, does not mean that it is not needed. You may be able to get assistance through the programs listed below:

- Medicare Advantage Plans: Some Medicare Advantage Plans offer routine dental coverage. Contact your plan to learn about services it may cover, any rules or restrictions, and costs. If you are **considering joining Medicare Advantage**, make sure the plan suits your other care needs.

- Medicaid: In some states, **Medicaid** covers some dental services. You may qualify for Medicaid if you have a low income



1. Proper nutrition - feeding your pet the right kind of food, as well as the right amount of food, can give them a longer and happier life
2. Exercise - regular walks, outside playtime, and even swimming is a great way to allow your pet to stay physically fit and active
3. Regular checkups - it's important for pets to get screenings as often as possible, once a year is recommended
4. Preventative medications - vaccines, and treatments such as flea and tick treatments can help them avoid pests and medical conditions
5. Grooming - keep an eye on their nails, skin, teeth, and fur with regular grooming habits
6. Affection - a bond is important for both of you! Cuddles, brushes, and petting are all great ways to show love.
7. Socialization - especially in dogs, it is important to get socialization with both people and other animals
8. Spay/neuter your pet - getting your animal spayed/neutered can spare them from several medical conditions, diseases, and cancers
9. Know what's "normal" - keep an eye on your pets behavior and try to notice any changes in sleep, diet, and bathroom habits
10. Pet safety - consider getting your pet microchipped, always keep ID tags on them, and do your best to keep toxins away from them

Source: VetSource.com

□ Fairy House □ Pottery Workshop



Participants will make garden fairy houses using earthenware clay through hand crafting techniques. Decorate and glaze each piece to your taste! These are great for decorating your own home or make a great gift!

and minimal assets.
Contact your local Medicaid office for more information.

- Private stand-alone dental plans: You can purchase a separate dental plan from a private company.
- Reduced-cost or free dental clinics: These clinics are available in many states. Use resources available at [NeedyMeds](https://www.NeedyMeds.com), [healthcareare.gov](https://www.healthcareare.gov), [freeclinics.com](https://www.freeclinics.com), and [hhs.gov](https://www.hhs.gov) for more information.
- Local hospitals: Call the hospitals in your area to ask if they offer dental clinics, how you can become a patient there, which services they offer and at what cost, and if payment plans are available.
- Federally Qualified Health Centers (FQHCs): FQHCs are health care facilities located in medically underserved areas. People with Medicare are eligible to receive services from an FQHC. Some FQHCs may offer dental care.
- Community Health Centers (CHCs): CHCs provide free or reduced-cost health services, including dental care. CHCs are funded by the Health Resources & Services Administration (HRSA).
- Dental schools: Some dental schools provide low-cost dental care. Dental students work with patients under the supervision of

Projects can be adapted to fit all skill levels!
Everyone is welcome!

Workshop is with Teresa Reid of **Yellow Chickadee Art Company**. Workshop price is \$95, includes all materials. August 2nd, 9th, and 16th, 10 am at the Durgin Center.

To sign up call Ashlee Marin at 941-2865 ext 168 or email amarin@eaaa.org

Healthy eating is important at every stage of life.

From your friends at CSFP



Take a look at your current eating routine. Pick one or two ways that you can switch to choices today that are rich in nutrition. A healthy eating routine can help boost your health now and in the years to come. Think about how your food choices come together over the course of your day or week to help you create a healthy eating routine.

Try:

- Keeping ready-to-eat fruits in the refrigerator for a quick snack.
- Try a stir-fry with fresh or frozen vegetables for a quick meal or easy side dish.
- Create your own trail mix with whole-grain cereal.
- Meatless meals are tasty and budget friendly. Try bean-based vegetarian chili or lentil soup.

It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. Choose options for meals, beverages, and snacks that have limited added sugars, saturated fat, and sodium.

Learn more about
CSFP

experienced, licensed dentists.

To learn about local resources, you should either contact your **State Health Insurance Assistance Program** or use the government's **Eldercare Locator tool**.

*Note: While Medicare does not cover dental services that you need primarily for the health of your teeth, it does offer very limited coverage for dental care needed to protect your general health. [Read more here.](#)

I hope this helps!

-Marci

[Are you struggling to pay for Medicare premiums? Costs everywhere are rising and Medicare and pharmacy costs are no exception. Call Eastern Area Agency on Aging at 947-2865 for more information and to see if you qualify for the Medicare Savings Program.](#)

Medicare 101

Have Medicare questions? We can help!

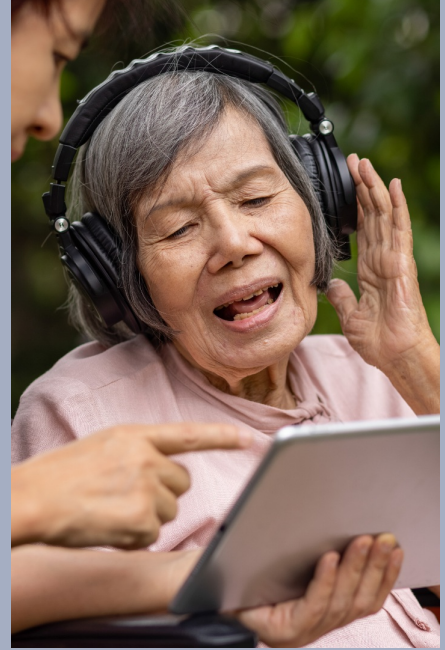
Eastern Area Agency on Aging is piloting a Music and Memory program starting July 22, that will last for 8 weeks. While this class is full, if you are interested in learning more and participating in the program, call us and we can register you for the next 8-week session.

Care Partner Music and Memory Group: We'll help personalize playlists for the participants and assist them while they listen.

A Caregiver Support Group will take place at the same time in a separate space.

To sign up or learn more call EAAA at 941-2865.

Music & Memory® brings the joy of personalized music to individuals living with Alzheimer's and dementia, and other cognitive limitations.



- Scammers will try and trick you -

Common Medicare Fraud Schemes:

- Ambulance
- COVID-19
- Durable Medical Equipment (DME)
- Genetic Testing
- Home Health Care
- Hospice
- Medical Identity Theft
- Medicare Marketing Violations and Enrollment
- Nursing Home Care
- Outpatient Mental Health Care
- Pharmacy and Prescription Drug

● Prevent ● Detect ● Report

There are several types of scams and they can look different from each other to those who are receiving Medicare benefits. Be on the lookout for these common Medicare fraud schemes you may come across so you can spot a scam immediately and report it. If there is any doubt if something is a scam, call your doctor, the SMP resource number, or Eastern Area Agency on Aging at 941-2865.

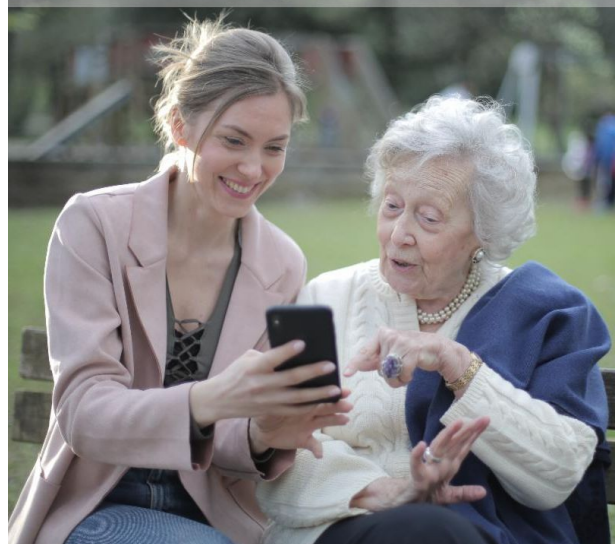
Caregiver Respite Program

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.](#)

[CLICK HERE TO VIEW OUR FAMILY CAREGIVER PROGRAM FLYER](#)



Coming Soon to the Durgin Center:



Community Café Dates

- August 1st** - Shepherd's Pie
- August 2nd** - Meatballs in Marinara
- August 8th** - Honey Garlic Pork
- August 9th** - Honey Mustard Chicken
- August 15th** - Turkey with Apple and Mushroom Gravy
- August 16th** - Beef Steak in Red Wine & Horseradish Sauce
- August 22nd** - Ham and Pineapple
- August 23rd** - Chicken & Herbed Gravy
- August 29th** - Pork with Mango Sauce
- August 30th** - Chicken Lo-mein

Click here for the full monthly schedule and menu!

Ask a Financial Advisor
August 8th, 11:30 am

Humana Presents: Advanced Care Planning
August 9th, 1pm

Humana Presents: Nutrition as you Age
August 23rd, 1 pm

Ask a Librarian
August 25th, 1 pm

Walking Meditation
August 29th, 10 am

Wow! The Durgin Center now has its own [Facebook page](#). Make sure you follow us for updates on the fun happenings at the Durgin Center!



DURGIN CENTER

Do you want to receive exclusive Durgin Center e-mails, with more information on upcoming classes, events, and other exciting news?

[Sign up for our Durgin Center e-mail list!](#)

News from our community:



MARK YOUR CALENDAR
for the 17th annual
**UNIVERSITY OF MAINE VIRTUAL
CLINICAL GERIATRICS COLLOQUIUM**

Our confirmed speakers include national authorities on various facets of health sciences research, technology, clinical practice and extended life span including:

Registration information coming soon.
Questions? Please contact Lenard Kaye at len.kaye@maine.edu.

Click to see full sized flyer

**NAVIGATING
THE STARS**

VERSANT POWER
ASTRONOMY CENTER
Join the Reading Series Experience

EARN READ PLAY CREATE CONNECT 2022 Summer Reading Program

The United Way of Eastern Maine is excited to announce the return of our "Fill the Bus" event in partnership with Penquis on Friday, August 12, 2022!

Items We're Collecting

- Pens/Pencils
- colored Pencils/Markers/crayons
- Notebooks
- Folders
- Binders
- Pencil Boxes/cases
- Erasers
- and more!

Click to learn more!

Keep Your Cool in Hot Weather!

Everyone should take these steps to prevent heat-related illnesses, injuries, and death during hot weather:

- Stay in an air-conditioned indoor location as much as you can.
- Drink plenty of fluids even if you don't feel thirsty.
- Schedule outdoor activities carefully.
- Wear loose, lightweight, light-colored clothing and sunscreen.
- Pace yourself.
- Take cool showers or baths to cool down.
- Check on a friend or neighbor and have someone do the same for you.
- Never leave children or pets in cars.

Would you like to help?

Amazon Wish List

EASTERN AREA AGENCY ON AGING

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

Donate to Furry Friends!

chewy
GIVES BACK

EASTERN AREA AGENCY ON AGING



Home Delivered Meals

Sample Menu

Spring/Summer
2022

Chicken Korma Chicken w/Coconut Curry Sauce Basmati Rice Broccoli & Carrots	BBQ Pork Squashed Mashed Potatoes Corn, Green Beans, Peas & Carrots	Cheese Manicotti w/ Butternut Squash & Spinach Cream Sauce Sliced Carrots Pea & Mushroom Medley	Beef & Cheese Macaroni w/ Cheese Sauce Green Beans	Turkey w/ Apple and Mushroom Gravy Roasted Potatoes Broccoli, Cauliflower & Carrots
Spring Chicken Stew Creamy Broth w/ Potatoes, Spinach, Mushrooms, Carrots & Quinoa Peas & Chickpeas	Shepherd's Pie Green Beans	Honey Garlic Pork Hawaiian Style Rice Corn	Chicken Alfredo Whole Wheat Pasta Carrots Spinach	Beef Steak Red Wine & Horseradish Sauce Potatoes Broccoli, Carrots, Green Beans, & Red Peppers
Pork w/ Caribbean Mango Sauce Cilantro Lime Rice Green Beans	Beef Goulash Tomato Sauce Peas & Chickpeas	Tomato & Basil Meatballs Campanelle Pasta Broccoli, Carrots, Green Beans, & Red Peppers	Shells & Cheese Peas & Carrots	Chicken in Herbed Gravy Mashed Potatoes Broccoli
Tilapia w/ Hollandaise Sauce Rice w/ Quinoa and Summer Vegetables Green Beans	Chicken Lo Mein Corn, Green Beans, Peas & Carrots	Beef & Bean Chili Turmeric Rice Corn & Pepper Medley	Honey Mustard Chicken Mashed Potatoes Brussel Sprouts Peas & Carrots	Vegetable Lasagna w/ Cream Sauce 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
 922 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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