



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



Monthly News & Updates

September 2022



"Senior" Prom Fundraiser

Friday, September 16, 2022
6 PM - 9 PM

Morgan Hill Event Center, Hermon



Supporting Sponsors:



"Senior" Prom Fundraiser!

Do you have your tickets yet for the biggest event in September? Time is running out, so get your dance shoes on and make your way to the dance floor.

Make it a September to remember and join us for the "Senior" Prom Fundraiser. This fundraiser is open to anyone over 21 years old and helps support programming for older adults. 100% of the proceeds will support programs like Meals on Wheels, Furry Friends Food Bank, and much more. Invite your partner, grandparent, best friend, or anyone who wants to listen to great music and get all dressed up. The Dogs will be playing all of your prom favorites and rumor has it this is their last year together. Come enjoy and support this incredible band during one of their last public performances.

The "Senior" Prom is happening September 16 from 6 pm-9 pm at the Morgan Hill Event Center in Hermon. Get your tickets at eaaa.org/seniorprom. Use promo code **PROM10** at checkout to save \$10.

We have some wonderful silent auction items for prom goers, including New England Patriots tickets against last year's AFC champion Cincinnati Bengals, two reserved seats for any available Waterfront Concert for the 2023 concert season, and many more great items. Follow on Facebook to see a preview of the silent auction items.

This event can be as big and fancy as you'd like or come semi-formal. Whatever your style, you'll have a spot on the dance floor!



SHIP Volunteers Needed

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

- 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.

The next training for SHIP volunteers begins on October 19th and includes three online classes that meet 9:00 a.m. - 3:00 p.m. on October 19, 25, and 27. 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

HOT WEATHER TIPS FOR PETS

From Furry Friends Food Bank



- Provide your pets **with plenty of fresh, clean water** when it's hot or humid outside. Make sure they have a shady place to get out of the heat, and be careful not to over-exercise them.
- **Know the symptoms of overheating in pets**, such as excessive panting, increased heart rate, and excessive drooling.
- **Never leave your pets alone in a parked vehicle.** Not only can it lead to fatal heat stroke, but it is illegal in several states.
- When the temperature is very high, **don't let your dog linger on hot asphalt.** Their bodies can heat up quickly, and their sensitive paw pads can burn.



Dear Marci,

I have Original Medicare but have been seeing a lot of ads for Medicare Advantage Plans that seem great. I don't want to fall for just good marketing, though. Are Medicare Advantage Plans better than Original Medicare? How should I choose?

-Lauren (Chicago, IL)

Dear Lauren,

It's great that you are taking the time to learn about your options before enrolling in a plan. There are many important choices to make about your health care coverage, and being informed can help you make the best decisions for your own needs.

People with Medicare can get their health coverage through either **Original Medicare** or a **Medicare Advantage Plan** (also known as a Medicare private health plan or Part C). While there are many differences between the two, remember that Medicare Advantage Plans must provide the same benefits offered by Original Medicare, but may apply different rules, costs, and restrictions.

Let's review some of the main differences between these two ways to get your Medicare:

Costs

- **Original Medicare:** You will be charged for standardized **Part A and Part B costs**, including a monthly

PROTECT MY PAWS

Hot Surfaces On My Walk Can Quickly Cause Serious Damage

If Air Temp Is	80 °F	85 °F	90 °F	95 °F
Concrete Temp Can Be	95 °F	105 °F	125 °F	140 °F
Asphalt Temp Can Be	120 °F	130 °F	140 °F	155 °F

👉 7 Second Rule = If the back of your hand held against the pavement is too hot for you to stand for 7 seconds then it's too hot for me!

For more information, visit aspc.org or call Eastern Area Agency on Aging at 207-941-2865 EXT 167

ASPCA. "Hot Weather Safety Tips." ASPCA

Caregiver Support Group



Are you caring for a loved one and would enjoy the opportunity to share your experience with others who are facing the same obstacles and challenges within a confidential and supportive setting?

Once a month, Eastern Area Agency on Aging offers an in-person Caregiver Support Group at our Durgin Center. The support group helps caregivers gain skills, build confidence, and learn helpful resources available within the community. We would love to see you there!

Call EAAA for more information.

Part B premium (\$170.10 in 2022). You are responsible for paying a 20% coinsurance for Medicare-covered services if you see a participating provider and after meeting your deductible.

- Medicare Advantage: Your cost-sharing varies depending on plan. You usually pay a copayment for **in-network** care. Plans may charge a monthly premium in addition to Part B premium.

Supplemental insurance

- Original Medicare: Have the choice to pay an additional premium for a **Medigap policy** to cover Medicare cost-sharing.
- Medicare Advantage: Cannot purchase a Medigap policy.

Provider access

- Original Medicare: Can see any provider and use any facility that accepts Medicare (participating and non-participating).
- Medicare Advantage: Typically can only see in-network providers.

Referrals

- Original Medicare: Do not need referrals for specialists.
- Medicare Advantage: Typically need referrals for specialists.

Drug coverage

- Original Medicare: Must sign up for stand-alone prescription drug plan.
- Medicare Advantage: In most cases, plan provides prescription drug coverage (you may be required to pay a

Learn more about our Caregiver Program

Worried about the cost of food?

From your friends at CSFP



With the continuous rise of food cost, how would you like to receive \$600+ worth of free groceries every year?

The Commodity Supplemental Food Program* provides a 30 pound box of FREE groceries every month, to be picked up at one of our many distribution sites in Penobscot, Piscataquis, Washington, or Hancock County. The Commodities Food Box provides shelf-stable items such as:

- Juice
- Shelf stable milk
- Cereal
- Peanut Butter
- Canned protein
- Pasta or Rice
- Assorted canned fruits and vegetables
- 2 pound block of cheese

Applicants must be 60 years of age or older and meet income requirements. To apply, contact Eastern Area Agency on Aging at 941-2865

Learn more about CSFP

higher premium).

Other benefits

- Original Medicare: Does not cover vision, hearing, or dental services.
- Medicare Advantage: May cover additional services, including vision, hearing, and/or dental (additional benefits may increase your premium and/or other out-of-pocket costs).

Out-of-pocket limit

- Original Medicare: No out-of-pocket limit.
- Medicare Advantage: Annual out-of-pocket limit. Plan pays the full cost of your care after you reach the limit.

Between the two options, one is not better than the other.

Medicare Advantage and Original Medicare are just different, and you may prefer one over the other depending on your needs and priorities. To review the differences and receive counseling on your options, I recommend calling your local **State Health Insurance Assistance Program (SHIP)**.

-Marci

Medicare 101

Have Medicare questions? We can help!

Starting Monday, October 3rd, Eastern Area Agency on Aging will begin scheduling Open Enrollment

appointments. Call us at 941-2865 to review your 2023 prescription drug plan options. You don't want to wait, appointments fill up quickly.

Medicare Open Enrollment

noun

Span of time from October 15 through December 7 when you can change your stand-alone prescription drug plan (Part D) and/or your Medicare health plan choice (Original Medicare or a Medicare Advantage plan) for the following year.

www.medicareinteractive.org

 **SMP** RESOURCE.ORG
SUPPORTED BY GRANT # 90MPFC002 FROM ACL



Eastern Area Agency on Aging and the Durgin Center will be closed September 5th for Labor Day. The Durgin Center will be closed September 13th for a Staff Training.

Have you had the conversation?

I KNOW I NEED TO TALK ABOUT MY WISHES FOR CARE THROUGH THE END OF LIFE... BUT HOW DO I START?

- 1. PICK YOUR PERSON**
 - WHEN YOU THINK OF TALKING WITH SOMEONE ABOUT YOUR WISHES FOR CARE THROUGH THE END OF LIFE, WHO COMES TO MIND?
 - THAT'S THE PERSON YOU NEED TO TALK WITH.
- 2. GET YOUR THOUGHTS TOGETHER**
 - WHAT MATTERS MOST TO YOU WHEN IT COMES TO CARE THROUGH THE END OF LIFE?
 - WHAT DO YOU WANT TO MAKE SURE PEOPLE KNOW ABOUT WHAT YOU WANT – AND DON'T WANT?
- 3. HAVE THE CONVERSATION**
 - MAKE A PLAN TO GET TOGETHER WITH YOUR PERSON – WHEN AND WHERE.
 - TELL THEM WHAT MATTERS TO YOU.
 - KEEP TALKING – YOUR WISHES MIGHT CHANGE WITH TIME, AND THAT'S OKAY. YOU MAY ALSO WANT TO TELL YOUR DOCTOR OR OTHERS IN YOUR LIFE.

the conversation project

You're at that point where you're ready to have the conversation about your wishes for care, but where do you start?

Follow these steps:

1. Watch the **video**
2. Take the **survey**
3. Download the **starter guide**

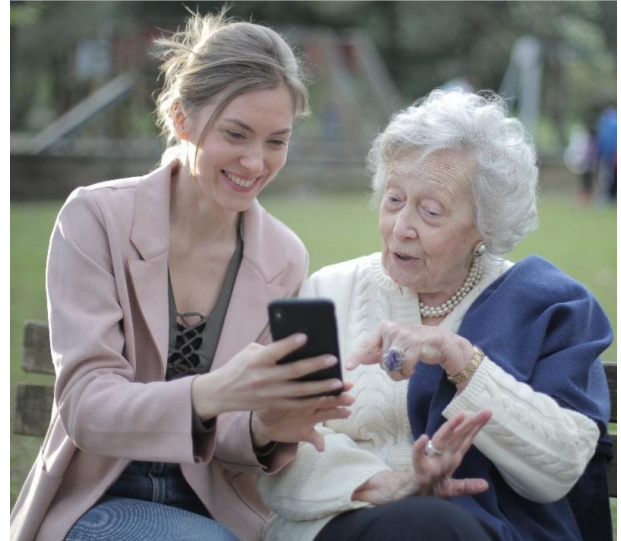
proud champion of
the **conversation project**

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.



EASTERN AREA AGENCY ON AGING

BACK TO SCHOOL IS NOT JUST FOR KIDS

STUDIES SHOW THAT ONGOING LEARNING AND HIGHER EDUCATION ARE DIRECTLY CONNECTED TO LOWER RATES OF DEMENTIA DIAGNOSES.

Learn more at Alz.org

This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$249,891.00. The contents and those of the author(s) and do not necessarily represent the official views of, nor are endorsed, by HRSA, HHS, or the U.S. Government. For more information, please visit HRSA.gov.

Higher Ed, Lower Risk

“The brain is like a muscle; the more the brain is used, the stronger it becomes,” says Ozioma Okonkwo, Ph.D. [...]

The majority of dementia risk studies have examined the benefits of obtaining education early in life. But [...] some studies have shown that learning new skills and working in jobs that are cognitively complex in mid and late life could also help protect the brain.

New Community Cafés

Milo Café
 Thursdays
 11:30AM - 1:00PM
 15 Harris Pond Rd
 Milo, ME 04463
 Call (207)-943-2488 to reserve.

Millinocket Café
 Tuesdays & Wednesdays
 10:30AM - 1:00PM
 80 Maine Ave
 Millinocket, ME 04462
 Call (207)-723-2045 to reserve.

Brooksville Café
 Thursdays
 12:00PM - 1:00PM
 1 Townhouse Rd
 Brooksville, ME 04617
 Call (207)-326-8864 to reserve

Coming Soon to the Durgin Center:



Community Café Dates

September 5 - *Café Closed*

September 6 - Turkey w/ apple and mushroom gravy

September 12 - Beef Steak with Red Wine and Horseradish sauce

September 13 - *Café Closed*

September 19 - Honey Mustard Chicken

September 20 - Chicken Alfredo

September 26 - Honey Garlic Pork

September 27 - Meatballs in Marinara

Ask A Librarian

Foot Care Clinic

Tai Chi 2

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!

Click here for the full monthly schedule and menu!



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 IS NOW OPEN!

Help a low-income older adult and their feline Furry Friend have a clean litter box - Cat's Pride® is here to help provide donations! All you have to do is...

1. Go to catspride.com/register and join the free Cat's Pride Club.
2. Click "Nominate" and find us by ZIP code (04412).
3. Save \$2.00 on a GREEN JUG™ of Cat's Pride® litter today by downloading a coupon.



BANGOR'S GREAT FIRE OF 1911
With Matt Bishop, Curator, Bangor Historical Society
Tuesday, September 20
5:30 PM Crofutt Room

Presentation will include historical images and maps of the fire district.

Bangor Savings Bank
Peanut Butter & Jelly Drive
September 2022

Here's How it Works

Drop Off Jars of Peanut Butter & Jelly
Jars of peanut butter or jelly can be dropped off at any Maine or New Hampshire branch during operating hours from Thursday, September 1st through Friday, September 30th.

We'll Match Your Donation
That's right! For each donation received, Bangor Savings Bank will donate **one** additional jar of peanut butter or jelly to local food insecurity programs.

Bangor Savings Bank

Would you like to help?

EASTERN AREA AGENCY ON AGING
Amazon Wish List

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



Your logo could be here!
 Contact Dan Frye at dfrye@eaaa.org for sponsorship opportunities!



*In accordance with Federal Civil Rights law and U.S. Department of Agriculture (USDA) Civil Rights regulations and policies, the USDA, its agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior credible activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident. Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the responsible Agency or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at How to File a Program Discrimination Complaint and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. USDA is an equal opportunity provider, employer, and lender.

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

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