



EASTERN AREA AGENCY ON AGING

CELEBRATING 50 YEARS

Thank you for joining EAAA's 50th Birthday Breakfast



We wish we had more time to celebrate with all of you! The turnout was incredible and we felt the love and appreciation from everyone in the community.



Interested in learning more about the Power in Aging Project or joining the Age+ Movement? Visit Maine Council on Aging's Website [here](#).



50 Donations for our 50th Birthday

EAAA is inviting you to help us reach the milestone of 50 donations for our 50th Birthday! We are grateful for the grants, state funds, and federal funds we receive. However, it is not enough funding to continue to



support all of the aging adults in our community. The donations from our supporters are the glue that holds it all together. If you would like to contribute, please scan the QR code or go to <https://www.eaaa.org/50for50> to make an online payment. *Thank you for your support.*

Community Partner Award Recipients

We would like to take a moment to recognize our award-winning community partners, and share with you just a small part of what makes them so great!

American Legion Post 41 - The American Legion hosts our Milo community lunch every week on Thursday.

Christine B. Foundation - The CBF offers a Cancer Nutrition Assistance program. Through this program, people with cancer receive medically tailored grocery packages.

Downeast Community Partners - 1700 rides have been provided to older adults to meal sites, medical appointments, adult day service programs, shopping, and socialization activities within Hancock and Washington counties.

Mount Desert Island & Ellsworth Housing Authority - MDI Housing assesses for eligibility, prepares meals, and delivers the nutritious meals to eligible adults in their coverage area.

Millinocket Memorial Library - The MML provided about 150 people with over 1100 hours of grocery shopping and delivery. In addition to grocery shopping, MML partnered with EAAA to offer Caregiver Support at the Library.

Thank You to our Sponsors



VOLUNTEER HIGHLIGHTS



EASTERN AREA
AGENCY ON AGING

IS SEARCHING FOR ...

volunteers

**CLICK HERE TO VIEW
OPPORTUNITIES**



EASTERN AREA
AGENCY ON AGING

We are looking for
someone interested
in hosting additional

**Arthritis
Foundation
Exercise Program**

Classes

- Once a week on Fridays
- Ability to fill in for other instructors as needed
- Training will be offered in order to pass AFEP instructor course and CPR certification



Volunteer
WANTED!

Meet our
VOLUNTEER
of the month

CLICK HERE



**Durgin Center
Events and
Activities**





November

6

12:00 pm to 3:00 pm

Durgin Center
274 State Street
Brewer, ME 04412

Immunization Event **Coming Soon**

The AgeWiseMaine Initiative is bringing immunization clinics to your community. Our healthcare team will be offering vaccines including Flu (offering both the vaccine for people ages 60+ and a vaccine for everyone under 60), the updated Covid-19 vaccine and RSV.

Please bring your insurance card or a picture of your card to the clinic. If you are uninsured, please call your local Area Agency on Aging to understand your vaccination options.

Visit [AgeWiseMaine.org](https://www.AgeWiseMaine.org) to book your appointment!

For more information or to schedule a vaccination visit:

[AgeWiseMaine.org](https://www.AgeWiseMaine.org)

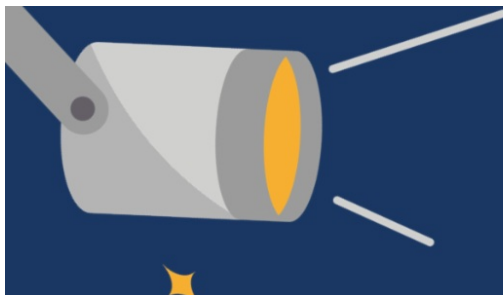
Call for more information!
(207) 941-2865
info@eaaa.org
[eaaa.org](https://www.eaaa.org)



Thank you to our partner



This Initiative is supported by the Administration for Community Living (ACL, U.S. Department of Health and Human Services (HHS)) through USAging as part of a financial assistance award to USAging totaling \$74,999,835 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official view of, nor an endorsement, by USAging, ACU HHS, or the U.S. Government.



**October Durgin Center
Spotlight Sponsor**

Thank You For Your Support!

In October, Eastern Area Agency on Aging and the Durgin Center will spotlight RH Foster as part of our Durgin Center Spotlight Sponsorship series. RH Foster provides residential energy services to Machias, Ellsworth, Lincoln, Penobscot, and Hampden. With over 400 employees, the heating experts also own 17 Shell Brand stations with convenience stores. As part of the sponsorship, RH Foster will talk to our Durgin Center community on Oct. 27 from 1:30-3 p.m. to discuss

heating efficiency for the coming winter months. The event is free, and no registration is necessary. We hope to see you there!



Would you like to help the Durgin Center get supplies? View our Amazon Wish List!

ATTENTION CAREGIVERS



Respite for ME is a \$5,000 grant from the state of Maine to help you take care of a loved one at home—and to also help take care of you. Click the image above to learn more, or visit our [website](#) to learn about other respite options!



Caregiver Support Groups

Are you a caregiver? In our caregiver support groups, caregivers come together to share their experiences in a confidential and supportive setting. These support groups help caregivers gain skills, build confidence, and learn about helpful resources available in the community.

In Person at the Durgin Center:

Monthly every second Friday 9-10:30 a.m.

Monthly every fourth Friday 10:30-12 p.m.

In Person at the Millinocket Memorial Library:

Monthly every second Tuesday 10-12:30 p.m.

In Person at The Piscataquis Regional YMCA:

Monthly every second Thursday 12-1:30 p.m.

In Person at the Ellsworth Library:

Monthly every second Thursday 2-3:30 p.m.

Zoom Support Group:

Monthly every third Thursday 2-3:30 p.m.

Call (207) 941-2865 to register





POWERFUL TOOLS FOR CAREGIVERS

This class will give you the **tools to help:**

Locate Resources • Reduce Stress
Manage Emotions • Make Tough Decisions
Improve Self Confidence • Manage Time, Set
Goals, & Solve Problems

Date: Wednesdays, Oct. 4th - Nov. 15th

Time: 2:00 - 4:00pm

Location: Online via Zoom

Call 207-941-2865 to register

We have had tremendous success with our new caregiver training, **Powerful Tools for Caregivers**. Our 4th and final training for 2023 is now scheduled to begin in October. If you are a caregiver and interested in attending, call EAAA and ask to speak with a Family Caregiver Specialist who can register you for the class. Additional classes will not be scheduled until 2024, after the holiday season.

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MEDICARE RESOURCES

MEDICARE 101

Eastern Area Agency on Aging offers free educational classes to inform you about Medicare and the important choices you have. [Click here](#) to learn when and where these classes are offered!

•••

Medicare

OPEN ENROLLMENT



Medicare **Open Enrollment** is
October 15 - December 7

Call EAAA beginning *October 2nd*
to schedule an appointment.

Your insurance company may have made changes to your current plan. Each year during open enrollment, people who are Medicare eligible have the opportunity to review and enroll into Part D plans for the following year.

[Looking to save on Medicare Costs?](#)

There are programs that may be able to help if you're struggling to afford the costs of your Medicare health care and prescription medications. Call Eastern Area Agency on Aging to find out if you qualify.




MEDICARE
RIGHTS CENTER
Getting Medicare right

*Dear Marci,
I called my pharmacy to schedule an appointment to get my flu vaccine. They told me I could also schedule my RSV vaccine, which was news to me. Does Medicare cover this?*
-Matteo (St. Louis, MO)

[Read Marci's answer!](#)

Prevent. Detect. Report. Help fight fraud by checking your Medicare statements. This helps ensure what was billed to Medicare matches the services you received.



WHAT IS MEDICARE FRAUD?

Knowingly and intentionally submitting false claims or making misrepresentations of fact to obtain a federal health care payment for which no entitlement would otherwise exist.



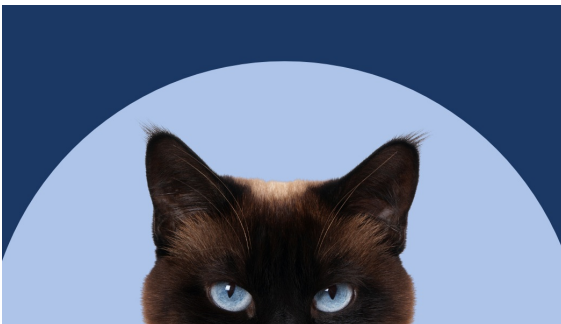
SMPRESOURCE.ORG



877.808.2468

SUPPORTED BY GRANT # 90MPRC002 FROM ACL

NUTRITION NEWS



Affordable Vaccinations for your Furry Friends, offered at Pet Smart by ShotVet!

From Furry Friends Food Bank

ShotVet offers low cost pop-up vet clinics at PetSmart where you can get your pet vaccinated and avoid the cost of an office fee.

ShotVet Clinic Dates in Bangor

October 7th	9 AM - 10 AM
October 28th	9 AM - 10 AM
November 18th	9 AM - 10 AM
December 9th	9 AM - 10 AM



Identifying Whole Grains

From CSFP

The USDA suggests that at least one serving of grains each day contains a whole grain-rich component. Foods that meet the whole grain-rich criteria are foods that contain at least 50% whole grains and the remaining grains in the food are enriched, or are 100% whole grain.

The first ingredient (second after water) must be whole grain, and the next two grain ingredients (if any) must be whole grains, enriched grains, bran, or germ.



Huckleberries Card and Gift in Brewer will be hosting a fundraiser for Furry Friends Food Bank!

Throughout the month of October, Huckleberries Card and Gift will be accepting pet food donations for the Furry Friends Food Bank.

In addition, for every \$10 donation between now and October 28, 2023, Huckleberries Card and Gift will give the donor a chance to win a Paw basket filled with either dog or cat supplies. Huckleberries Card and Gift is located at 98 North Main St, Brewer.



14th annual

Limited Edition Photo Sessions

To support the EAAA Furry Friends Food Bank

Held at Green Acres Kennel Shop,
1653 Union St., Bangor

bffpetphotos.com
deb@bffpetphotos.com
Bangor's Best Pet Photographer
2014-2023



Fall Field Photos

Sunday, Oct. 15, 8 a.m.–4 p.m.
Choose a field or an indoor session

Field session: \$160

40-minute session with a \$20 donation

Indoor session: \$80 or \$160

20-minute session with a \$10 donation

40-minute session with a \$20 donation



Holiday Pet Portraits

Sunday, Oct. 29, 9 a.m.–5 p.m.
20- or 40-minute indoor sessions
with a holiday theme

Indoor session: \$80 or \$160

20-minute session with a \$10 donation

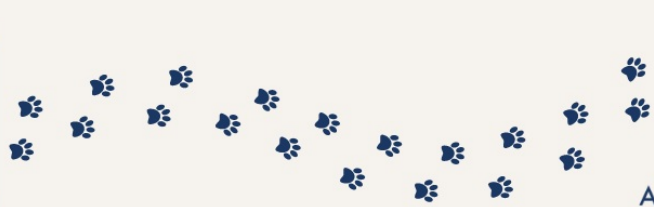
40-minute session with a \$20 donation

All sessions include:

- 5x7 gift print and gift bag
- Donation to Furry Friends Food Bank
- Personal image review session to order products and gifts
- One social media digital file

Reserve your spot:

- Call Green Acres Kennel Shop, 207-945-6841 or email deb@bffpetphotos.com
- **Sessions fill quickly, book today!**
- People and pets welcome



Donate to Furry Friends!



COMMUNITY CAFÉS

Milo Café
 Thursdays
 11:30AM - 1:00PM
 18 West Main Street
 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

DURGIN CENTER COMMUNITY CAFÉ MENU

Monday - Thursday at 11:30AM
Friday at 9:30AM

- Monday, Oct 2nd - Pork with Tarragon Sauce
- Tuesday, Oct 3rd - Chicken with Herbed Gravy
- Wednesday, Oct 4th - Cheese Ravioli
- Thursday, Oct 5th - Ham and Pineapple
- Friday, Oct 6th - French Toast Breakfast
- Monday, Oct 9th - *No Café*
- Tuesday, Oct 10th - Chicken Lasagna
- Wednesday, Oct 11th - Beef and Bean Chili
- Thursday, Oct 12th - Pork with Wine and Herb Sauce
- Friday, Oct 13th - Scrambled Egg Breakfast
- Monday, Oct 16th - Shells and Cheese
- Tuesday, Oct 17th - Chicken and Rice Casserole
- Wednesday, Oct 18th - BBQ Pork
- Thursday, Oct 19th - Beef Stroganoff
- Friday, Oct 20th - Pancake Breakfast
- Monday, Oct 23rd - Chicken Tenders
- Tuesday, Oct 24th - Meatballs in Marinara
- Wednesday, Oct 25th - Turkey with Mushroom Gravy
- Thursday, Oct 26th - Shepard's Pie
- Friday, Sept 27th - Scrambled Egg Breakfast
- Monday, Oct 30th - Honey Mustard Pork
- Tuesday, Oct 31st - Beef and Bowtie Pasta





Home Delivered Meals Sample Menu

2023

Chicken & Rice Casserole Roasted Garlic Cream Sauce, Mushrooms, Celery & Peas Broccoli & Carrots	Beef Steak Mushroom & Onion Gravy Herb Mashed Potatoes w/ Corn, Spinach, and Chickpeas	Cheese Ravioli Vegetable Primavera Sauce w/ Peas, Garbanzo Beans, and Carrots	Beef & Cheese Macaroni w/ Cheese Sauce Green Beans	BBQ Pork w/ BBQ Gravy, Cilantro Lime Rice and 4-way Veggie Medley
Spring Chicken Stew Chicken with Spring Veggies, Rice & Quinoa w/ Green Pea & Chickpea	Shepherd's Pie Green Beans Carrots	Honey Mustard Pork Veggie Rice Medley Corn	Chicken Lasagna In Sundried Tomato & Spinach Cream Sauce w/ Peas & Carrots	Beef Steak In a Stroganoff Sauce w/ Bowtie Pasta Broccoli & Carrots
Pork in Tarragon Sauce Sliced Potatoes Broccoli, Carrots, and Cauliflower	Beef & Bowtie Pasta Cheese & Tomato Sauce Green Beans, Corn, Peas & Carrots	Chicken Meatballs Marsala Sauce Vegetable Rice Medley Green Beans	Shells & Cheese Peas & Carrots	Chicken in Herbed Gravy Mashed Potatoes Corn and Spinach
Tilapia w/ Lemon Dill Cream Sauce Veggie Rice Medley, Chickpeas and Green Beans	Chicken Lo Mein Corn, Green Beans, Peas & Carrots	Beef & Bean Chili Turmeric Rice Corn & Pepper Medley	Pork in White Wine & Herb Sauce Sour Cream Mashed Potatoes, Peas and Chickpea Medley	Chicken Tetrazzini White Wine, Vegetable & Cheese Sauce Farfalle Pasta Broccoli, Carrots, and Cauliflower

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 Eastern Area Agency on Aging for sponsorship opportunities!



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Contact Eastern Area Agency on Aging for sponsorship opportunities!

Office Closure

Eastern Area Agency on Aging and the Durgin Center will be closed October 9th for Indigenous Peoples Day.

NEWS FROM OUR COMMUNITY



STEP 1 | ASSESS YOUR NEEDS



STEP 2 | MAKE A PLAN



STEP 3 | ENGAGE YOUR SUPPORT NETWORK

GET PREPARED TODAY



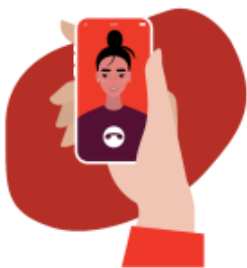
This September marked the 20th annual National Preparedness Month; a time for everyone to recognize the importance of preparedness and take steps that protect themselves and their loved ones. As part of this year's preparedness campaign, FEMA released the Disaster Preparedness Guide for Older Adults. This guide focuses on empowering older adults and is intended to support them in preparing in three easy steps: assess your needs, create a plan, and engage your network. Download your copy [here](#).

Broadband Bootcamp in Bangor!

You are invited to participate in the **Broadband Bootcamp** brought to you by the **Institute for Local Self-Reliance and AARP**.

This two-day broadband bootcamp is aimed at helping participants better understand broadband, the importance of digital equity in increasing access for all, and to engage and inform the community on digital access specifically for older adults.

Topics to be covered include:



• Broadband technology basics

• Digital equity

• Funding opportunities for Maine communities



The program will take place at Husson University in Bangor on October 4th from 8:30AM to 5PM, and October 5th from 9AM to 3PM.

For more information and to register, visit
<https://events.aarp.org/bootcamp2023>

Save the Date!

18th Annual University of Maine Clinical Geriatrics Colloquium

SEXUAL HEALTH AND AGING

Wednesday, October 25, 2023

8:30 a.m. – 3:30 p.m.

In-person and Zoom online webinar

Eastern Area Agency on Aging | [Website](#)



In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted 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; or

2. fax:

(833) 256-1665 or (202) 690-7442; or

3. email:

Program.Intake@usda.gov

This institution is an equal opportunity provider.

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

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