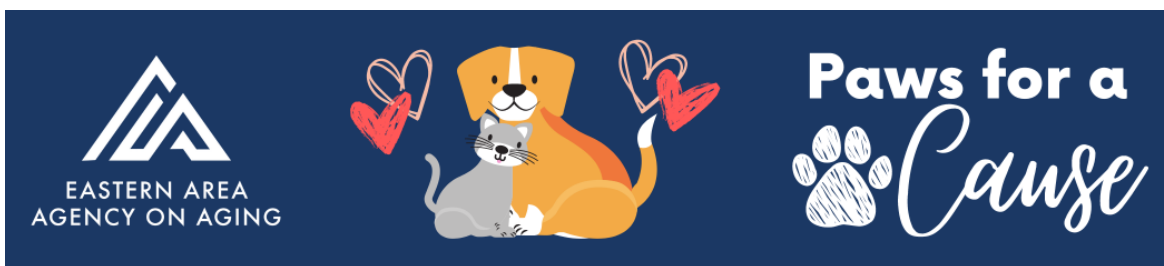




EASTERN AREA AGENCY ON AGING



As the calendar flips to February we're reaching out to our most enthusiastic and passionate Furry Friends Food Bank (FFFB) supporters to invite you to celebrate **National Love Your Pet Day** with us! We are kicking off our annual Paws for a Cause campaign in hopes of reaching our **\$13,000 goal by February 24th - Love Your Pet Day.**



Much of what FFFB is has to do with love. At its heart, FFFB is about preserving the **loving connection** between a pet and their owner, volunteers giving their time and energy because they **love animals and our mission**, and committed donors **who show love with financial support**. We spoke with one of our long-time volunteers Robin to get her view of the program and here is an excerpt:

"Receiving a donation from you is so crucial for us. **We rely solely on donations and grants** and receive no federal or state aid. I can say confidently that if FFFB wasn't around, many people or pets would be forced to go without food, or some would even have to give up their pets completely. Not only would giving up a pet be heartbreaking for them but it may severely impact their physical and mental well-being."

Be sure to check out the full profile [here](#) or click below to donate.

Donate to Paws for a Cause

Volunteer Highlights

Meet our **VOLUNTEER** of the month

CLICK HERE



Click here to view EAAA's volunteer opportunities

Maine Statewide Independent Living Council (SILC) *2024 Survey for People with Disabilities*

The State would like to hear your needs! The Maine Statewide Independent Living Council writes a plan every three years. This survey helps the council know what should be in the plan. The independent living plan is used to make sure you get what you need to live as independently as possible. You do not need to use your name on this survey; no one will know your personal answers. Thank you for taking the time to fill out the survey. Your honest input is greatly appreciated, and it will be used to help the Maine Statewide Independent Living Council set realistic goals to help improve the lives of all people with disabilities wishing to live independently in the State of Maine. The survey is available until February 15th at 5:00pm. *To complete the survey online, please go to the following link:*

<https://forms.office.com/r/JHb6aRUTbc>

Durgin Center Events and Activities





Funeral & Cremation Preplanning Workshop

Join us February 28, 2024 at 10am for a presentation by Bookings-Smith. As we all age it is a wise choice to plan many aspects of your life and end-of-life. The Funeral & Cremation Preplanning Workshop will review the benefits of having your final wishes in a plan with a funeral home. It can be of great benefit emotionally to let your survivors know that you have preplanned your funeral service and that things are in order. Establishing a funeral plan in advance is like a gift to your loved ones as they will not have to guess your choice when the time comes. Walk-ins are welcome, but we ask that you sign up in advance by calling the Durgin Center (207) 941-2865 so we know how many people to expect.



Books Matter

To learn more or to register for Books Matters and other programs at the Durgin Center call 941-2865 and ask for the Durgin Center to sign up.

Community Cafés

Durgin Center Community Café

Monday - Thursday at 11:30AM

Friday at 9:30AM

274 State Street, Brewer

Call (207) 941-2865 to reserve.

[Click here to view café menu](#)

Penobscot Café
Thursdays
12:00PM - 1:00PM
14 Southern Bay Rd
Penobscot, ME 04476

Brooksville Café
Thursdays
12:00PM - 1:00PM
1 Townhouse Rd
Brooksville, ME 04617

Call (207) 479-3000 to reserve.

Milo Café
Thursdays
11:30AM - 1:00PM
18 West Main Street
Milo, ME 04463

Call (207) 943-2488 to reserve.

Call (207) 326-8864 to reserve.

Millinocket Café
Tuesdays & Wednesdays
10:30AM - 1:00PM
80 Maine Ave
Millinocket, ME 04462

Call (207) 723-2045 to reserve.

Caregiver Resources



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 10-11:30 a.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

Medicare Information

If a number you don't recognize calls or texts you, or you receive an email from an unknown source, don't open or answer it. However, if you find yourself on the other end of a possible scam,

here are some things to remember. If you or someone you know has fallen victim to a scam, call EAAA for assistance and the next steps to take to protect yourself.

4 Signs That It's a Scam



consumer.ftc.gov/articles/how-avoid-scam

1. Scammers PRETEND to be from an organization you know.
2. Scammers say there's a PROBLEM or a PRIZE.
3. Scammers PRESSURE you to act immediately.
4. Scammers tell you to PAY in a specific way.



SMPRESOURCE.ORG



877.808.2468

SUPPORTED BY GRANT # 90MPC0002 FROM ACL

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!

*Dear Marci,
I recently enrolled in Original Medicare. I know that with Original Medicare, I can see most any provider. Will my costs be the same regardless of which provider I see? Or is there anything else I should consider to get the best costs for my care?
-Iris (Huntington, NY)*



[Read Marci's answer!](#)

NUTRITION NEWS



What to do if Your Pet Goes Missing
Furry Friends Food Bank
Brought to you by grant funding from the
Maine Community Foundation

When your pet goes missing, you want nothing more than to find them safely.



Food Safety During Power Outages
Commodity Supplemental Food Program

With multiple widespread power outages in the past few months, it's important to remind ourselves of the recommended food safety steps to

Click read more to learn about what to do when your furry friend goes missing.

Click read more to learn about how to take before and after we lose power. Click read more to learn about how to keep food safe during power outages.

[Read More](#)

[Read More](#)



Furry Friends Food Bank will host the next education session on Tuesday, February 20th at 12:15pm at the Durgin Center. These sessions are brought to you by grant funding from the Maine Community Foundation. Thank you to Trish Bruen, Bangor Animal Control Officer, for presenting in January. February's speaker is Kathryn Ravenscraft from the Bangor Humane Society.

 Home Delivered Meals 2024 Sample Menu				
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!



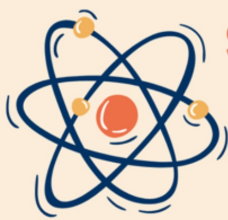
Your logo could be here!
 Contact Eastern Area Agency on Aging for sponsorship opportunities!

Office Closure

Eastern Area Agency on Aging and the Durgin Center will be closed February 19th for Presidents' Day. Additionally, we will be closing at 12:30pm February 22nd for a staff training.

NEWS FROM OUR COMMUNITY





SCIENCE
Cafe



February 6 at 4 p.m.
Black Bear Brewing taproom
— 19 Mill St., Orono —



PRESENTER:

Lenard Kaye,
Center on Aging

Aging Well in the Pine Tree State: Lessons Learned from the Research



Research conducted at the UMaine Center on Aging and elsewhere provides us with a proven road map for successfully addressing common age-related challenges. Ultimately, the key is making needed adaptations and that requires taking advantage of both the internal and external resources available to you.

STAY SHARP

Attend classes through
Penobscot Valley Senior College

Learning for the Fun of It!

Call: (207) 659-1359

Email: PVSCmaine@gmail.com

Website: penobscotvalleyseniorcollege.org

Join Eastern Maine CA\$H as a **Community Volunteer** and make a difference!

FREE TRAINING | NO EXPERIENCE REQUIRED

Provide free tax preparation assistance to qualified tax filers.

Connect tax filers to financial education, savings opportunities, and other services.

WHY VOLUNTEER?

- Assist your neighbors
- Learn new skills
- Build your resume
- Join the volunteers who brought over \$3.9 million in federal tax refunds to Maine households last year

SIGN UP TODAY!

For more details and to sign up, contact us:
Penquis CAP Inc.
207-973-3500
emcash@penquis.org
cashmaine.org



FIND US ONLINE AT

CASHMAINE.ORG



LiveWell: Health and Wellness Program

Making healthy lifestyle choices can reduce your risk of cancer. The Beth C. Wright Cancer Resource Center's LiveWell Program is a holistic approach to creating a personal wellness[...] Starting February 8, 2024, [with] workshop leader Jen Harry[...] Accessible steps offer the opportunity for people living with cancer to achieve better treatment outcomes, and to reduce the risk of cancer recurrence. This free series is also open to those without a cancer diagnosis, who wish to reduce their cancer risk and lead a healthy lifestyle.



[Click here to learn more](#)



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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

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