



EASTERN AREA
AGENCY ON AGING

SAVE
THE
DATE



EASTERN AREA
AGENCY ON AGING
HEALTHY AGING EXPO

MAY 16
2024

10 a.m. to 2 p.m.
Anah Shrine, Bangor

PRESENTED BY

Northern LightSM
Home Care & Hospice

EAAA is excited to share the Healthy Aging Expo is back!
Watch our website and social media for more information soon.

Save the Lunch



In 2023, Eastern Area Agency on Aging served 215,684 home-delivered meals to community members in need.

However – due to rising meal costs and a reduction in government funding, we have had to implement a waitlist for the first time since the pandemic. Right now, over 70

neighbors are unable to get the nutrition they so desperately need, and that number is growing daily.

This month EAAA is joining Meals on Wheels of America and asking for your help with supporting the Meals on Wheels program. Visit the link below to hear from some of our consumers on why this program is beneficial, as well as how you can get involved to help Save the Lunch for our community members in Penobscot, Piscataquis, Washington, and Hancock counties.

[Donate to Save The Lunch](#)

Volunteer Highlights

Meet our **VOLUNTEER** of the month

[CLICK HERE](#)



[Click here to view EAAA's volunteer opportunities](#)

Durgin Center Events and Activities



MOTIVATE Oral Health Presentation

Join us March 28, 2024 at 12:30pm for a presentation by UMA's Dental Hygiene School, in partnership with Lunder-Dineen's MOTIVATE program, this month's Durgin Center Spotlight Sponsor! This program is designed to provide essential tools and information for effective oral health basics management to family and friends caring for older adults in Maine. MOTIVATE at Home seeks to make a positive impact by teaching caregivers how routine daily care can prevent expensive dental issues for older adults, particularly those facing challenges like lack of dental insurance and funds, along with the absence of non-emergent dental care benefits under Medicare. We ask that you sign up in advance by calling the Durgin Center (207) 941-2865 so we know how many people to expect.



Chair Yoga

Make sure to wear your comfortable clothes for this seated and standing yoga program. For participants who want to do floor work, you are invited to bring a yoga mat and bolster. To learn more or to register for Chair Yoga and other programs at the Durgin Center view the calendar above or call (207) 941-2865 and ask for the Durgin Center.

Community Cafés

Durgin Center Community Café

Brooksville 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](#)

Calais Café

Tuesdays

11:30AM - 12:30PM

849 Main Street

Calais, ME 04619

Call (207) 454-2215 to reserve.

Milo Café

Thursdays

11:30AM - 1:00PM

18 West Main Street

Milo, ME 04463

Call (207) 943-2488 to reserve.

Thursdays

12:00PM - 1:00PM

1 Townhouse Rd

Brooksville, ME 04617

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.

Penobscot Café

Mondays

12:00PM - 1:00PM

14 Southern Bay Rd

Penobscot, ME 04476

Call (207) 479-3000 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

Medicare, Social Security, or other federal agencies will not contact you in this way. If you receive phone calls that include these 3 warning signs, hang up immediately and report the call to SMP or EAAA (207) 941-2865. We will assist you with next steps on reporting scam calls.

THE BIG 3 WARNING SIGNS OF A SCAM

- 1 Unsolicited**
Calling, showing up, or emailing you when you didn't expect it
- 2 Confirmation**
Asking you to confirm or clarify your Medicare number
- 3 Payment**
Stating Medicare will pay or needing bank account numbers

Report these calls, visits, or mailings to the Senior Medicare Patrol.

SMP Senior Medicare Patrol Preventing Medicare Fraud
www.smpresource.org
877.808.2468 SUPPORTED BY GRANT # 90WPPC0002 FROM ACL

MEDICARE 101

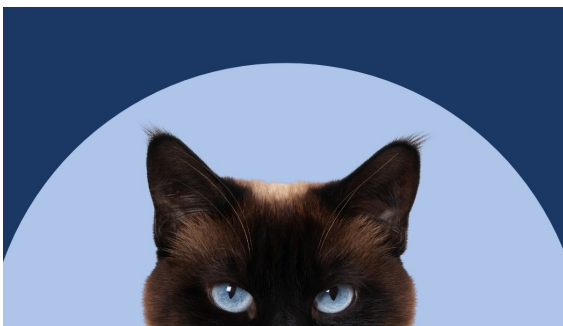
Eastern Area Agency on Aging offers free educational classes to inform you about Medicare and the important choices you have. [Click here](#) to learn when and where these classes are offered!

*Dear Marci,
I received a discharge notice from the hospital, but I need to continue medical care. I think I can appeal but I'm not sure what to do. Please help!
-Lorraine (Buffalo, NY)*



[Read Marci's answer!](#)

NUTRITION NEWS



Enriching the Lives of Your Pets
Furry Friends Food Bank
Brought to you by grant funding from the
Maine Community Foundation



The Unique Nutritional Needs of Older Adults
Commodity Supplemental Food Program
As we age, healthy eating can make a

Animals that live enriched lives are often happier and healthier! Enrichment supports natural behavior and lowers stress, which promotes positive emotions in both animals and people. Click 'Read More' to learn about enriching your pet's life!

[Read More](#)

difference in our health, help improve how we feel, and encourage an overall sense of wellbeing. Click 'Read More' to learn some tips to help you out, and to learn about staying active!

[Read More](#)



Furry Friends Food Bank will host the next education session on Tuesday, March 19th at 12:15pm at the Durgin Center. These sessions are brought to you by grant funding from the Maine Community Foundation. Thank you to Kathryn Ravenscraft from the Bangor Humane Society, for presenting in February. March's speaker is Don Hansen (PCBC-A, BFRAP), Owner and President of Green Acres.

Home Delivered Meals Sample Menu				Spring/Summer 2024
Chicken & Rice Casserole Roasted Garlic Cream Sauce, Mushrooms, Celery & Peas Broccoli & Carrots	Beef Steak Ground Beef Patty In a Mushroom & Onion Gravy Herb Mashed Potatoes w/ Corn, Spinach, and Chickpeas	Cheese Ravioli Butternut Squash Cream Sauce w/ Peas, Garbanzo Beans, and Carrots	Honey Garlic Chicken w/ Diced Potatoes Green Beans	BBQ Pork Pork in BBQ Gravy Cilantro Lime Rice 4-way Veggie Medley
Chicken Paprikash Brown Rice w/ Green Peas & Chickpeas	Shepherd's Pie Green Beans Carrots	Honey Mustard Pork Diced Potato Corn & Zucchini Medley	Chicken Lasagna In Sundried Tomato & Spinach Cream Sauce w/ Peas & Carrots	Beef Steak Ground Beef Patty In a Stroganoff Sauce w/ Bowtie Pasta Broccoli & Carrots
Pork in Tarragon Sauce Sliced Potatoes California veggie blend	Beef Steak Ground Beef Patty In a Port Jus Sauce w/ Brown Rice 4-way Veggie Medley	Orange Chicken Orange Sauce w/ Sesame Seeds Vegetable Rice Medley Green Beans	Shells & Cheese Peas & Carrots	Chicken Pot Pie Chicken, Diced Potatoes, and Veggies in Gravy Broccoli
Tilapia w/ Lemon Dill Cream Sauce Veggie Rice Medley, Chickpeas and Green Beans	Chicken w/ Broccoli Cheese Sauce Sliced Potatoes 4-way Veggie Medley	Beef & Bean Chili Turmeric Rice Corn & Pepper Medley	Turkey Ala King Ala King Sauce Bowtie Pasta California veggie blend	Pork w/ Applesauce Mashed Potatoes California veggie blend

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 March 1st for Employee Appreciation Day.

NEWS FROM OUR COMMUNITY



CA\$H
MAINE

Free Tax Prep

Stop paying to get your taxes prepared. CA\$H Maine volunteers will prepare and file your taxes for free so that you can get 100% of your refund! Our volunteers receive rigorous IRS standards of conduct training and we utilize secure and encrypted online software.

Do You Qualify?

In order to qualify for free tax preparation services, you must meet all of the criteria below.

- > Your household's combined income for the year is **\$64,000 or less**.
- > You didn't have any unusual types of income or expenses, such as rental property, farm income, or self-employment with more than \$35,000 in expenses.
- > No one in the household lived or worked outside of Maine in 2023.
- > You or your spouse were not active military in 2023.
- > No one in your household is a foreign student, teacher or trainee in the US on a F, J, M or Q visa

Don't qualify? Check out AARP or MyFreeTaxes.

Cancer Support Groups

The Beth C. Wright Cancer Resource Center in collaboration with the founders of the Open Arms Support Group holds a monthly support group meeting for women living with breast cancer. The group's mission is to help newly diagnosed breast cancer patients navigate through the process of healing and surviving.

The Beth C. Wright Cancer Resource Center is hosting a prostate cancer support group with facilitator Cadie Saucier, DPT of Mainely Pelvic Physical Therapy. This monthly group is open to men diagnosed with prostate cancer that are seeking a community of support and understanding.

207-664-0339 or email info@bethwrightcancercenter.org for more info.



[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

This institution is an equal opportunity provider.

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

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