



EASTERN AREA AGENCY ON AGING

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HEALTHY AGING EXPO
**MAY 22,
2025**
10 a.m. to 2 p.m.
Anah Shrine, Bangor
More info to come...

Mark your calendars! Our popular Healthy Aging Expo is returning on Thursday, May 22, from 10:00 a.m. to 2:00 p.m. at the Anah Shriners in Bangor. This long-standing resource fair is the go-to event for older adults and their families, offering valuable services, products, and information.

Stay tuned as we'll be sharing more exciting details as the date approaches. For those interested in showcasing their organization, sponsorship and vendor registration details will be available in the coming weeks—don't miss this opportunity to connect with our vibrant community!



Paws for a Cause: Help Keep Pets and Their Owners Together!

Love is in the air this February—not just for people, but for our four-legged friends too! Eastern Area Agency on Aging's Furry Friends Food Bank (FFFB) is kicking off its annual **Paws for a Cause** campaign in celebration of National Love Your Pet Day (February 20).

As the only EAAA program that doesn't receive state or federal funding, FFFB relies entirely on supporters like you. This year, we have a special goal: **sponsoring 28 pets in 28 days!** Every \$500 raised provides a year's worth of food for a beloved pet, ensuring older adults in our community can keep their cherished companions by their side.

Donate \$50 or more, and we'll send you a special Furry Friends Food Bank Supporter magnet as a token of appreciation!

Be a hero today! Donate online at EAAA.org/PawsforaCause.



Volunteer Highlights

Meet our
VOLUNTEER
of the month

CLICK HERE



Click here to view EAAA's volunteer opportunities

We're Hiring!

Eastern Area Agency on Aging is looking to fill this exciting position:

Program Coordinator - Nutrition
Hancock County (32 hours/week)

Want to make a difference in your community? Join our team!

Spread the word and help us find the perfect candidate!

We Are **HIRING**

JOIN OUR TEAM

To apply, submit your cover letter and resume to Stephanie Boyd, HR Director at sboyd@eaaa.org.

For more information, visit: <https://eaaa.org/employment/>

Durgin Center Events and Activities



Eaton Peabody
Attorneys at Law

February Durgin Center Spotlight Sponsor
Thank You For Your Support!



Tai Chi

Coming Soon

Starts February 18th! \$60
T/Th 1:30 - 2:30
16 class session

This is a joint-safe way for people of all ages and abilities to enjoy life and meet new friends while taking control of their physical, emotional, and mental health. All levels of Tai Chi experience are welcome to attend!

Please sign up in advance by calling the Durgin Center. 16 classes, \$60 for the session.

Join us **February 28th at 1pm** for a presentation from Eaton Peabody Attorneys at Law, our February Durgin Center Spotlight Sponsor!

Karen Holyoke and Alexandra N. Stanley with Eaton Peabody Attorneys at Law will present on important information about wills, trusts, and powers of attorney and how to simplify settling your affairs for your loved ones.

We ask that you sign up in advance by calling the Durgin Center (207) 941-2865 or [filling out this online form](#) so we know how many people to expect.

Calais Access Point Events and Activities



Do you have questions about available resources and would prefer a friendly face-to-face conversation? Walk-in hours at our Calais Access Point are Tuesday 9-3 for Family Caregiver, and Wednesday/Friday 9-3 for the Resource Center.

Caregiver Resources



POWERFUL TOOLS FOR CAREGIVERS

Upcoming Course!

Online via Zoom
Thursdays, Feb 13th -
March 20th 2025; 10-
11:30am

Powerful Tools for Caregivers is a six-class session that gives you the skills to take care of yourself while caring for someone else. By taking care of your own health and well-being, you become a better caregiver.

Call (207) 941-2865 to register

[Interested in more caregiver trainings? Our Family Caregiver specialists will be holding Alzheimer's Association trainings on a rotating basis every month!](#)

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

Zoom Support Group:
Jan., April, July, Oct.
Third Thursdays 2-3:30 p.m.

In Person at Calais United Methodist Church:
Monthly every fourth
Wednesday 2-3:30 p.m.



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 community resources.

Call (207) 941-2865 to register

Medicare Information

SMP SCAM WATCH:

DOCTOR IMPERSONATION !!

Scammers are using technology to copy doctors' office phone numbers to call Medicare beneficiaries pretending to be from the office to ask for Medicare numbers.

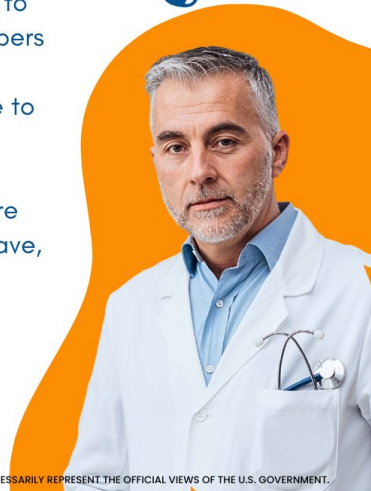
Don't ever give out your Medicare number over the phone. If you have, report it to the SMP!



877.808.2468

SMPRESOURCE.ORG

SUPPORTED BY A \$1,053,178 AWARD FROM ACL/HHS. CONTENTS DO NOT NECESSARILY REPRESENT THE OFFICIAL VIEWS OF THE U.S. GOVERNMENT.



If you have any questions about suspected fraud, error, or abuse as you check on your loved ones, reach out to EAAA at (207) 941-2865.

MEDICARE 101

New to Medicare? Attend EAAA's Medicare 101 class! Click the image above to learn more.

Dear Marci,

I'm turning 65 early this year and will be signing up for Medicare. I want to know what I can expect to pay for health insurance in 2025. Can you help?
-Marla (Waco, TX)

[Read Marci's answer!](#)

NUTRITION NEWS AND INFORMATION



FANTASTIC FIBER from Commodity Supplemental Food Program - [Click Here](#)

Home Delivered Meals/Meals on Wheels Sample Menu - [Click Here](#)

FEBRUARY IS RESPONSIBLE PET OWNERS' MONTH

From Furry Friends Food Bank

When you love a pet like family, you'll do anything to keep them safe and healthy. Outdoor walks, exercise, affection, the occasional treat, and veterinary care are all ways to enrich your pets' lives and make sure they live a fulfilling, long life.

View the full flyer [here](#). This information brought to you by grant funding from the Maine Community Foundation.



Eat BBQ, support Furry Friends!

Moe's Original Bar-B-Que in Bangor is holding a fundraiser for Furry Friends Food Bank on **February 27th!** 10% of their daily sales will be donated to Furry Friends Food Bank, helping older adults and their pets stay together.

Community Cafés

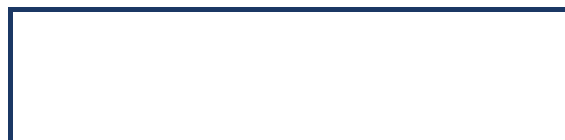
[Click here](#) to view Community Café dates and locations.

Office Closure

Eastern Area Agency on Aging and the Durgin Center will be closed February 17th for Presidents Day. Inclement weather delays or closures will be posted on our Facebook pages and on the Agency voicemail.

NEWS FROM OUR COMMUNITY

To view larger or to read the flyer, click on the images.

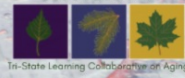


Aging in a Changing Climate: Putting Experience Into Action

Virtual Summit

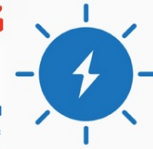
April 9th: 9:00AM - 12:30PM

April 10th: 12:30PM - 3:30PM



POWER IN AGING

BUILDING AN
AGE-POSITIVE
FUTURE THROUGH
CONVERSATION &
ACTION



February 25th, 2-3:30

[Register Here](#)

- Recognize ageism and its negative effects on older adults.
- Understand the benefits of age positivity, including longer and healthier life.
- Identify and challenge ageist stereotypes in your community.
- Advocate for age-friendly policies and practices that promote a more inclusive society for all ages.

Community Meeting to Discuss Transportation Needs

There will be a community meeting to discuss transportation needs on February 19, 2024, at 11:30 am at the Central Hall Commons' Open Table Luncheon (152 East Main Street, Dover-Foxcroft, ME).

If you need transportation to this meeting, please call us at 207-973-3695 to schedule a ride.

PENQUIS

Coats of Kindness



PENQUIS



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, audiotope, 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

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