

Eastern Area Agency on Aging



Penobscot



Washington



Hancock



Piscataquis

It is the mission of ***Eastern Area Agency on Aging*** to be the best source of information, options and services for seniors, adults with disabilities and caregivers.



EAAA Programs & Services

- Nutrition and Auxiliary Services
 - Family Caregiver Program
 - Community Services
 - Wellness Programs
 - Transportation Services
 - Volunteer Opportunities
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Nutrition and Auxiliary Services

- Meals on Wheels
- Community Cafes
- 3D Catering
- Food Insecurity Solutions
- The Commodity Supplemental Food Program
- Pantry Partners
- Emergency Food Boxes
- Furry Friends Food Bank
- EZ Fix
- Home Technology



Family Caregiver Program

- Resources, support and education for caregivers
- Options Counseling
- SAVVY Caregiver Training
- Caregiver Respite
- Support Groups



Community Services

- Community Service Specialist
 - Information and Assistance
 - Aging and Disability Resource Center (ADRC)
 - State Health Insurance Assistance Program (SHIP)
 - Senior Medicare Patrol (SMP)
 - Money Minders
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Wellness Programs

- Matter of Balance
- Living Well
- Senior Strength
- Tai Chi
- EnhanceFitness®
- Functional Fitness and Wellness
- Line Dancing
- Yoga
- Novel Seniors
- Active Connexions
- Fall Risk Assessments
- Enrichment Programs



Transportation Services

- Elder Buddies
 - Volunteer drivers provide rides to meal sites, grocery stores and other food sources
- Elizabeth West
 - Transportation to medical appointments in the Bangor area and mileage reimbursement for those outside of the Bangor area



Volunteer Opportunities

Everyday, seniors, adults with disabilities and caregivers experience a higher quality of life because of our many selfless and dedicated volunteers!!!

Volunteers are needed in the following programs:

- Nutrition and Auxiliary Services
- Family Caregiver Program
- Community Services
- Wellness Programs
- Transportation Programs





Contact Us

Hours: Monday – Friday from 8:00 a.m. to 4:30 p.m.
Please call for a personalized appointment today

Phone: 941-2865 or 1-800-432-7812

Email: info@eaaa.org

Fax: 941-2869

Website: www.eaaa.org



Sign up for our e-newsletter at www.eaaa.org and like us on **Facebook** for up-to-date information.

To make a secure and HIPPA compliant referral to EAAA click the provider referral button on the website or use this link:

<https://secureform.luxsci.com/forms/12836/3118/nHfg/form.html>
