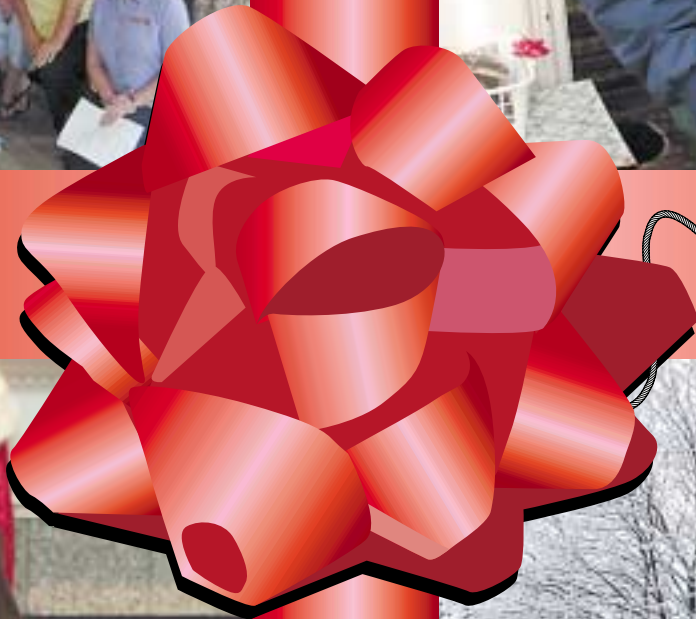




Life Times

450 ESSEX STREET, BANGOR, ME 04401 | www.eaaa.org | *Annual Report 2005*

The Best Source of information, options and services for seniors and their families.



Drug benefit queries challenge EAA staff

By **Noëlle Merrill**
EASTERN AGENCY ON AGING

This has been a year of milestones, transition and growth for Eastern Agency on Aging. We have added important new programs, and our staff and volunteer base continues to increase. Agency visibility has blossomed thanks to our new website www.eaaa.org and our active media schedule. Collaboration with other businesses and agencies keeps us knee deep in everything happening in the communities we serve. Right now, EAA is meeting the largest challenge in its history. Our mission is "to be the best source of information, options and services for people as they grow older" and never has there been more need for information and help than this fall when the Medicare Prescription Drug Benefit made its debut.

I congratulate all the staff and volunteers for their valiant effort in helping link seniors in our four counties with the right drug plan for them by next May. There are approximately 50,000 potential Medicare participants in our area, and only 20 EAA counselors to help them make individual decisions on one of 41 drug plans.

We have arranged Medicare D clinics home visits and are still negotiating ways to reach as many clients as possible. Our voice mail system continues to be overloaded with hundreds of calls every day. As I write this report, I want to let communities know that we are doing the best we can with the resources available to reach as many of you as possible. Since November 15h we have had over 4,000 clients contact us for help on this benefit.

Also, new this year is the Aging and Disability Resource Center, (ADRC). We have always served disabled as well as aging adults, but through a special federal grant EAA has been chosen to be the pilot site for one stop shopping for services, no matter what the age.

We have added technology and staff to link clients to services throughout the Bangor area initially, and hope, in time, to extend to our full service area. EAA is an active member in the United Way's collaborative Bangor ADRC, allowing for mutual education and connectivity for this new and exciting service.

Quality work is part of our vision and we make every effort to treat each client as if he or she were a part of our own family and respected as such. We make every effort to assure that all older persons are connected with the benefits and services for which they are eligible.

We also strive to offer long term care options so that seniors can stay in their own homes and communities longer. I

offer the following overview of our achievements this year, but please read all of this issue of LifeTimes, our Annual Report to the Community, to find out more about everything we are doing to benefit older persons and their families in Eastern Maine.

Nearly 200,000 nutritional meals were provided to over 3,400 older persons last year, either via volunteer home delivery drivers or in one of our 46 friendly community dining rooms.

Last year we converted our assisted living sites to MaineCare and that has enabled more people to qualify for this incredible service. We provided safe, affordable housing as well as gardening, exercise classes and bingo to 106 people in Camden, Millinocket and downtown Bangor.

Our Family Caregiver and Alzheimer's Respite Programs have three active support groups, which meet regularly, as well as the quarterly distribution of a newsletter. Last year we provided respite care for more than 40 families and a total of 529 persons were served either educationally or through individualized help.

Community Service consultants were already busy before the Medicare Prescription Benefit was unveiled. Last year they served 4,500 clients through home and office visits, helping them with low cost Prescription Drug Cards, Medicare Approved Drug Discount Cards, Supplemental Social Security Income, Tax and Rent Assistance programs, food stamps and health and other insurances. Estimated savings to our clients totaled more than \$460,000.

VISTA volunteers have provided some wonderful new services. Eaa-Z Fix It volunteers completed more than 100 home repair jobs, including three portable ramps. Prepare Me has recruited volunteers to teach older persons about how to prepare for emergency situations. The Information Specialist for the Aging and Disability Resource Center has been evaluating our brochures and forms, making them easy to read and understand. Another VISTA conducted forums and evaluated surveys about nutritional questions, interests and needs of older persons, as well as the development of information which points people to meal sites, food pantries and other locations where nutritional help or education is provided.

This year we said goodbye to our long time Executive Director, Roberta Downey. She retired to return to college and pursue public teaching. She is missed, but her legacy of extraordinary efforts on behalf of seniors in Eastern Maine will continue at our agency.

I want to thank our staff, board, advisory council and volunteers for their dedication and hard work. Success as an agency would not be possible without the efforts of our 114 staff members and 850 volunteers. We are lucky to have such a great workforce.



Noëlle Merrill
Executive Director

Your donation can truly make a difference in the lives of seniors throughout our service area. Thank you for choosing to give to the Eastern Agency on Aging. All financial gifts to EAA are tax deductible. Please complete this form and the way you would like to donate. If you desire to mail a check, please send it to: Eastern Agency on Aging, 450 Essex Street, Bangor, Maine 04401 You may also FAX the form with your credit card information to: (207) 941-2869 or donate online at www.eaaa.org. We will process your donation and mail you an acknowledgement receipt for your tax records.

Gift Options: \$25 \$100 \$500 \$50 \$250 \$1,000 Other \$ _____ (Please enter amount)

First Name _____ Last Name _____

Address 1 _____ Address 2 _____

City _____ State _____ Zip/Postal Code _____

Phone _____ Email _____

Credit Card Type: Visa MasterCard

Account # _____ Expiration Date _____

Cardholder Name _____ Signature _____

Or please bill me: Once Quarterly Monthly

SURVEY

Eastern Agency on Aging is always working hard to improve the lives of seniors. The survey below will help us evaluate whether or not there is the need for professional arranging of home health needs for people trying to stay at home.

Please circle the appropriate answer below:

1. Would you be interested in paying for regular visits (maximum 1-2 hours per week) from a qualified person to help you arrange and manage a plan of care including hired staff in order for you to stay at home?

Yes No

2. Would you be interested in paying for these services if they were for an aging or disabled loved one?

Yes No

3. Would you consider \$60 per hour a fair rate for a qualified person providing these case coordination services?

Yes No

4. If your answer to #3 above is no, please list the rate you would be able or willing to pay for the services described in question #1.

5. In what county of Maine do you live? _____

6. Do you need services now? _____

Yes No

If you wish to take this survey on line, please visit our web site at www.eaaa.org.

Thank you for helping us in this research. If you provide your name and phone number below, we will enter it into a drawing for 50 gallons of fuel oil from the company of your choice. The drawing will be held on January 16, 2006. Deadline for the survey form is January 15, 2006.

Name _____

Phone # _____

Please mail all survey forms to:
Eastern Agency on Aging
Attn: Survey
450 Essex Street
Bangor, Maine 04401



We Care for the People You Love

If you are concerned about your elderly parents, a close relative or friend, call the experienced professionals at Phillips-Strickland House.

Residents receive

- Assistance with activities of daily living
- Therapeutic and recreational activities
- The loving care of certified and licensed personnel
- Private rooms with private baths
- All their meals prepared by a professional dietary staff

We currently have rooms available.

Call us today at 941-2820 for more information or a tour.

Phillips-Strickland House • 21 Boyd Street • Bangor, ME

Unweaving the tangled web of prescription drug benefits

By Stacie Sparkman

EASTERN AGENCY ON AGING

It is amazing how time has the ability to both fly and stand still. When I look at the Medicare Prescription Drug Program and all of the work that we have done educating consumers over the past 18 months, the time has really flown by. Now, as we embark on the next chapter of the program, implementation, I really want time to stand still so that we can help each and every Medicare beneficiary in our coverage area. Alas, that is not possible so we will go forward ever onward, ever upward.

Over the past 18 months we have provided educational opportunities for Medicare beneficiaries on both the Medicare Approved Discount Drug Cards and the Medicare Prescription Drug benefit. We have

been canvassing our four county coverage areas, Penobscot, Piscataquis, Washington, and Hancock.

We have reached each part of our coverage area, all of the little nooks and crannies of towns and communities at least twice. We have had the privilege of visiting some of our areas five or more times. I can now drive from Dover to Millinocket to Lubec and not need an Atlas!

We have also done many statewide presentations and we are pleased and proud to announce that we were able to create a web based presentation that is located on our website, www.eaaa.org. There are four segments, each lasting five minutes. They cover the basic components of the program and can be viewed by a global audience.

Now that we are entering the New Year, our focus has had a bit of

a shift. We will continue to educate as many people as possible over the next six months.

Eastern Agency on Aging has set up a very comprehensive and impressive list of public community clinics scattered throughout our four county coverage area where we will be able to meet with consumers one-one-one to help narrow down prescription drug choices. In the state of Maine there are currently 41 different options for coverage.

As consumers, we like choice. However, most of us like chocolate, vanilla, and strawberry choice. We want to know that there is something that will work for our needs and tastes and that we won't need to jump through a flaming hoop to find that choice.

As an agency we are committed to helping as many Medicare beneficiaries and family members as we can. When you sign up for one of

our clinics you will need to prepare a current list of your medications. Your local pharmacy can provide you with that list free of charge. We will need the name of the medication, the dosage, how often the medication is taken, and the cash price for the prescription.

Once armed with this information the consumer, family member or Agency staff can input the data into a tool finder located on the Medicare website, www.medicare.gov and a personalized printout will be provided to the consumer. This printout will contain which plans cover the medications, the pharmacies that are contracted to work with the plan and all of the costs associated with the plan.

For individuals who can't make it to one of our clinics, or don't have Internet access there are still options available. 1-800-MEDICARE is available 24 hours a

day, 7 days a week. They can take the same information listed above and complete the web tool. The information will then be mailed to the consumer.

The consumer can then look at all of the plan information provided to see what choice would be the best for their particular needs. Once a choice has been made, the consumer can contact the plan directly for enrollment or contact their Area Agency on Aging for further assistance.

We have heard and seen your frustration and bewilderment firsthand and are committed to helping every Medicare beneficiary navigate this very complex system. Information continues to become available and if we keep our eyes and ears open we will be better informed and better able to make a choice.

We look forward to being your partner during this exciting time.

With patience and a little help your prescription dilemma can be solved

By Noëlle Merrill

EASTERN AGENCY ON AGING

Dr. Steele hit the nail on the head in his op-ed piece in the Bangor Daily News, Dec. 6, 2005, "When it comes to Medicare Part D - just do it."

We, at the Eastern Agency on Aging, are on the front line of this current Medicare Prescription Drug Plan Shopping Season and it isn't business as usual. Phone calls and visitors to our main office have tripled since Nov. 15, the opening signup day for this new benefit.

Our staff is accustomed to helping older persons the day they need the help. Now, we are faced with making people wait because it takes about 30 minutes of an employee or volunteer's time to use the Medicare tool designed to simplify drug plan choice. We have added temps and volunteers to our workforce, but we are still unable to return calls for several days. At the same time, we are excited to be part of this revolutionary new benefit because not only will Maine residents who already had prescription coverage be helped, but 125,000 Maine people who had no prescription cov-

erage at all will pay a lot less for their drugs.

Dr. Steele echoed our theme when he recommended that you ask your 12-year-old granddaughter to help you. Younger generations who are computer and Internet savvy are uniquely qualified to help seniors evaluate these drug plans. If this plan had been rolled out to the baby boomers, it would have been a cakewalk, since we love shopping and making choices on the Internet.

Unfortunately, fewer than 25 percent of the older people expected to sign up for this benefit have any experience using the Internet. If you have relatives or friends coming home for the holidays, enlist their help. It's easy to narrow the choices down to two or three and then make calls to verify what is covered. You need to have the correct spelling of your prescriptions, their price, dosage and frequency, and the name of your preferred pharmacy.

After you have those two or three plans, give the insurance companies a call and the rest is done through the telephone and snail mail.

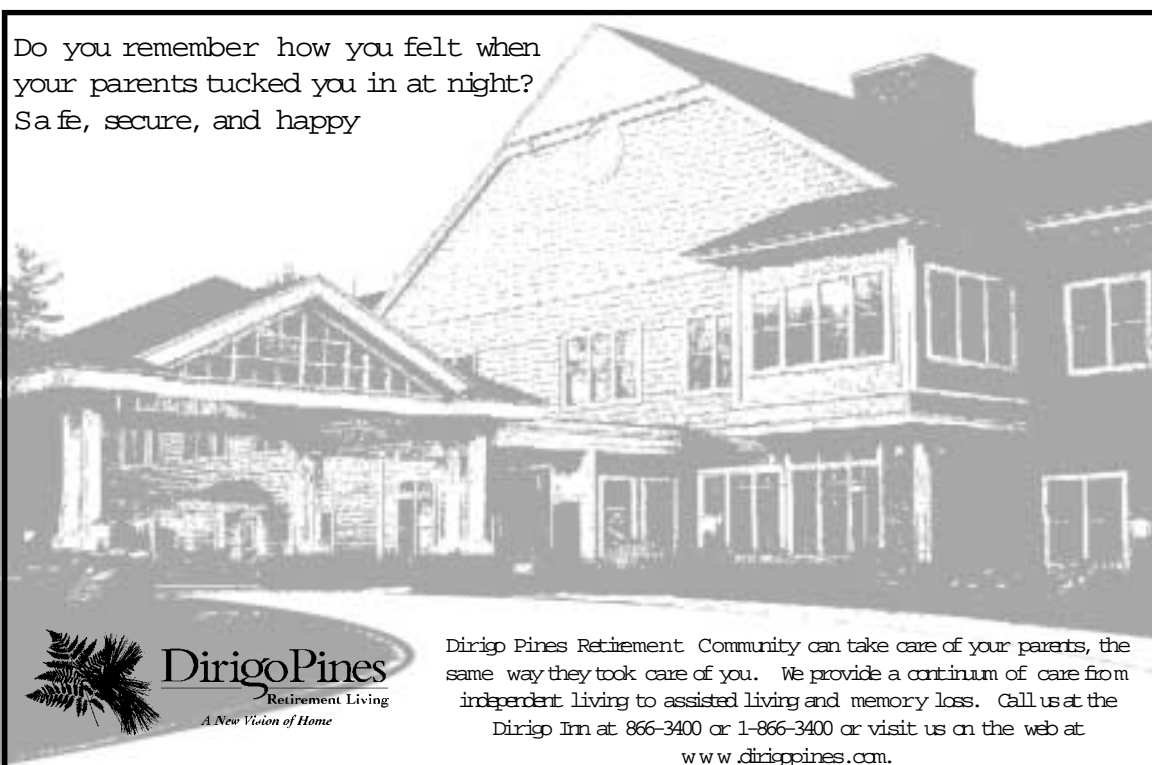
Keep in mind; if you don't have an easy time communicating with them now, the company is proba-

bly not going to be easy to work with once you are enrolled, so choose one that has good customer service.

Our dedicated staff, as well as all the agencies on aging statewide, and the Maine Department of Health and Human Services are doing everything they can to help older persons in Maine make an educated decision about what plan to choose by the various deadlines. Together, (as Doctor Steele recommended) we hope to "Get 'er done."

It is the mission of the Eastern Agency on Aging to be the best source of information, options, and services for people as they grow older. To listen carefully, respect individual choice, and value independence. To be responsive to the changing needs of older people, families, and their community.

Do you remember how you felt when your parents tucked you in at night?
Sa fê, secure, and happy



DirigoPines
Retirement Living
A New Vision of Home

Dirigo Pines Retirement Community can take care of your parents, the same way they took care of you. We provide a continuum of care from independent living to assisted living and memory loss. Call us at the Dirigo Inn at 866-3400 or 1-866-3400 or visit us on the web at www.dirigopines.com.

Meals for Me an important resource for area seniors

ALL PHOTOS BY LARRY AYOTTE AND COURTESY OF EASTERN AGENCY ON AGING



A Meals for Me volunteer readies his cargo of lunches to deliver to home bound seniors.



Meals for Me home delivery volunteers bring more than just a nutritious meal. Each day a volunteer brings a well-being check, perhaps a weather report, a bit of news, or just a few cheerful words along with the meal.



Meals for Me, in Millinocket, purchases hot, tasty meals from Stearns Assisted Living. These meals are served to anyone age 60 and over, by reservation at the VFW dining hall, each Tuesday and Thursday. Volunteers also deliver hot meals to the homes of frail older persons who live in the Millinocket area. Volunteer Ralph Cousins is picking up the meals from Stearns Assisted Living cook, Glynn McLaughlin.



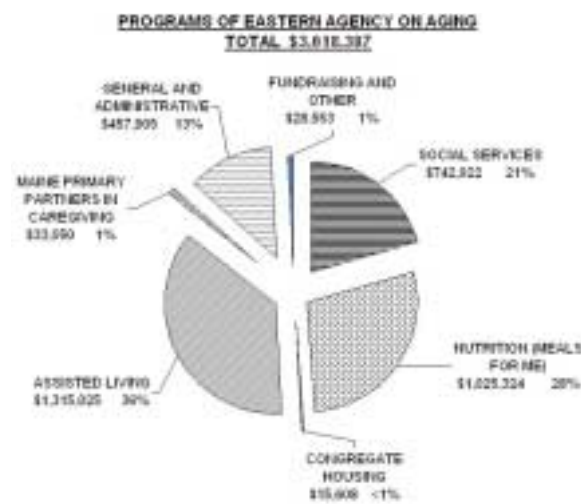
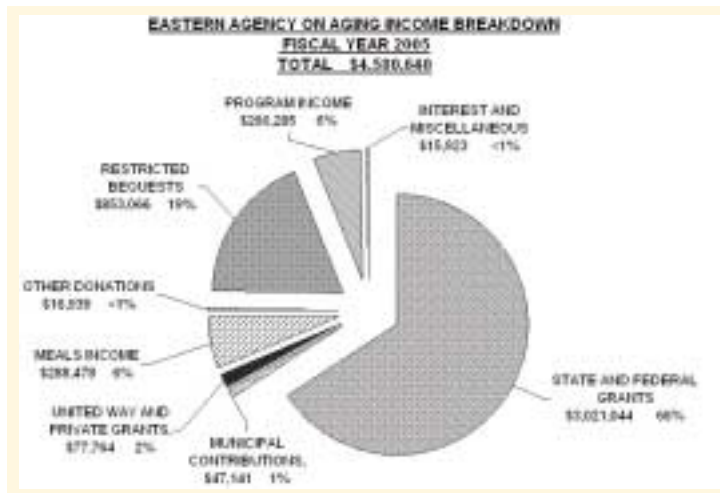
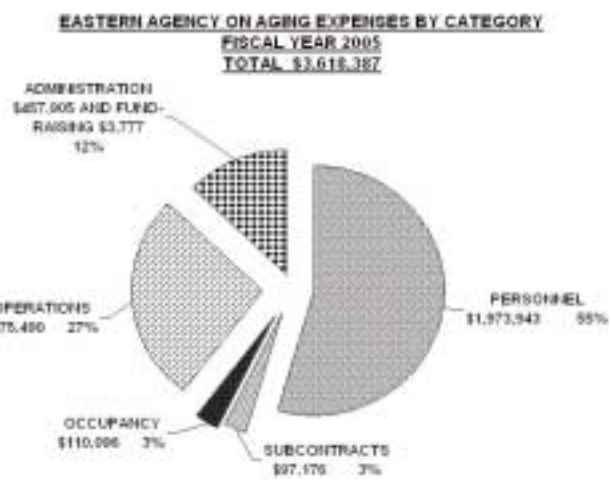
Many of the Meals for Me dining rooms are staffed by volunteers who get as much joy from the noontime event as their patrons do. Food is prepared in a Meals for Me central kitchen and delivered ready to serve to area dining rooms. Pictured are volunteers at the Freeman Forest dining room in Orono.



Meals for Me dining rooms are like having dinner with your very best friends, or your family. At many locations every one who can pitches in to help. There is always something good to eat, someone to share news with, and a chance to stay part of the community. Pictured above is a group sharing a meal and conversation at Freeman Forest dining room, in Orono.

Through its Meals for Me program and subcontracted providers, Eastern Agency on Aging served 84,510 meals to 2,464 older persons in 48 dining rooms and volunteers delivered 109,110 meals to 1,313 frail, homebound older persons.

2005 EAA Financial Report



Life at Eastern Agency on Aging's Assisted Living Facilities



Residents of Merry Gardens Estates in Camden enjoy a beautiful fall day.



Linda Maxwell (right), activity coordinator at Merry Gardens Estates in Camden, chats with a resident.



Karen Jones, residential services director at Stearns Assisted Living in Millinocket, steps outside for a breath of fresh air after the lunch rush.



Residents at Freeses Assisted Living enjoy some Halloween festivities.



Residents at Stearns Assisted Living also get into the spirit of Halloween by dressing up for the occasion

Volunteers make a difference

Community Services

- The Community Services Department did a major outreach educational effort on the new Medicare prescription drug benefit and has reached over 7500 people in person and over 50,000 people via the television, radio, newspaper, and the web outreach efforts since July 1, 2005.
- The Family Caregiver program has served over 100 families regularly and the Alzheimer's program is providing on average, about 30 families ongoing respite in the community.

Volunteer Services

- 796 volunteers contributed 57,965 hours
- 680 Meals for Me volunteers
- 116 volunteers in other programs



PHOTO BY LARRY AYOTTE
Sunbury Village residents kick up their heels in a Matter of Balance class.

Grandfamilies benefit from EAA/FACT Partnership

By Deborah Chapman

When two community organizations lend their expertise to help a family the result is greater than the sum of its parts. That's the case whenever Eastern Agency on Aging (EAA) and Families and Children Together (FACT) work together to help grandfamilies access a broad spectrum of programs and services available to grandparents and the children in their care.

FACT is well versed on child and family services, particularly those that focus on the welfare of the child. In addition to the child one must also consider the wellbeing of the grandparents or close family members willing to undertake parental responsibilities to raise their relative children. As such, FACT offers support groups and other programs for grandfamilies. Sometimes just being able to talk to other people about their experience raising the children can make a differ-

ence, explained Barbara Kates, executive director of Family Connections, the program at FACT that specifically works with grandfamilies.

EAA's family caregiver resource specialists also provide support to grandparents age 60 and older particularly reinforcing the value of self-care.

"It is important for grandparents to find ways to take care of themselves, too. In doing so, they are better able to care for the children," said Valerie Sauda, outreach director for Eastern Agency on Aging.

Seeking respite is one way grandparents can, and do, care for themselves. Some elder grandfamilies get help from friends, neighbors and other family member while others receive respite from agencies and recreation centers like the Bangor Y.

"Having someone to watch the children sometimes is very important," said Dottie VanHorn, family caregiver resource specialist at EAA. "We were recently able to help a grandfather who is caring a toddler. He was trying to do repairs around the house and needed someone to watch his grandson so he could finish the work."

Through the agency's Family Caregiver Support Program Respite Fund, EAA provided the gentleman

with money to pay for childcare. Unfortunately there is never enough respite money to meet the needs of family caregivers, said VanHorn, "but we do what we can while we have the money."

In addition to emotional support and respite, grandfamilies seek legal assistance and financial support. Again, Eastern Agency on Aging and Families and Children Together can be a resource for grandfamilies. FACT helps grandfamilies explore family services that may provide financial and legal assistance.

Eastern Agency on Aging community service consultants are especially knowledgeable about services and benefits such as fuel assistance, home repair and maintenance services, as well as prescription drug and health insurance programs.

"We've helped grandparents age 60 and older find a way to fill their heating oil tank, pay property taxes, and make room in their home for each family member to have their own privacy," added Sauda.

Whatever the question, grandfamilies can turn to Eastern Agency on Aging and/or Families and Children Together to help them find the answer.

Volunteers give the gift of service to seniors

By Deborah Chapman

Roberta Macko's office is a buzz with activity. Sitting in her festively decorated space, surrounded by carefully wrapped boxes, her scribbled list in front of her, she appears more like Santa with her elves than the director of Eastern Agency on Aging's (EAA) volunteer programs.

"I'm fortunate in my job at Eastern Agency on Aging to see truly the best of people," said Macko. "Every day of the year I witness the selfless spirit of volunteers as they lend a hand to help the seniors in their community."

Macko understands volunteering is a highly personal choice.

"Some individuals like to work with people and others prefer to be behind the scenes," she said. "It is really based on interests, skills and availability."

EAA has a few volunteers who work during the day and only have a few hours to give at any one time. The agency gladly takes advantage of that window of opportunity and sets up the volunteers with a particular task that can be done on their own time, said Macko. On the other hand many volunteers are retired and want to commit to a routine. That's especially true with the Meals for Me volunteers who set up a regular schedule - whether it's once a month, twice a week or daily.

Whatever time a volunteer can spare adds up to an impressive number. This past year 794 volunteers donated close to 58,000 hours of service to EAA. According to Macko, ninety percent of the volunteers hours are logged by Meals for Me volunteers who help serve meals in one of the community dining rooms or deliver hot noon-time meals to older persons who are unable to leave their homes or prepare meals.

Two new volunteer programs are also adding to the number of volunteers and hours, Eaa-Z Fix It and Matter of Balance. Eaa-Z Fix It is a minor home repair program for seniors.

"This past year Rolf Staples, Eaa-Z Fix It program coordinator, organized 225 handyman jobs," said Macko. "Projects are handled



Rolf Staples
Eaa-Z Fix It Coordinator

by 'do-it-yourselfer' volunteers."

Matter of Balance is a fall prevention program that incorporates strength building exercises to improve balance.

"For many seniors, the fear of falling can be almost as debilitating as a fall itself," said Macko. "The fear can keep them from getting out, socializing and doing activities that could keep their minds sharp and bodies strong. We hope Matter of Balance will make many improvements in the quality of seniors' lives. To make it a success we need a volunteer who is willing to coordinate the program as well as volunteer coaches to facilitate the classes."

In addition to volunteer coaches, Eastern is always in need of more volunteers for all of the programs. "And the more volunteers we have the more people we can serve," explained Macko.

"We appreciate whatever time and service people in the community have to offer," she said. "Whether it's picking up bingo prizes for our assisted living facilities while out shopping for other items or something a bit more complex like helping seniors sort out Medicare Part D as a health insurance counselor. And if someone has a particular interest or skill we'll use it wherever we can. There are no small parts here at Eastern."

For Macko, it's the spirit of compassion and neighborliness that prompts people to volunteer. "Not to mention volunteering is fun and rewarding," she adds.

For something fun and rewarding to do check out the EAA volunteer opportunities by logging on

Medicare Part D Clinics available throughout eastern Maine

APPOINTMENTS REQUIRED. CALL 1-800-432-7812 TO REGISTER.

ASK FOR KARYN GRASS ADMINISTRATIVE ASSISTANT EASTERN AGENCY ON AGING

Hancock County

- January:**
 12 - Ellsworth City Auditorium - 9 am - 1 pm
 12 - Blue Hill Memorial Hospital - 9 am - 1 pm
 26 - Ellsworth City Auditorium - 9 am - 1 pm
February:
 9 - Ellsworth City Auditorium - 9 am - 1 pm
 9 - Blue Hill Hospital - 9 am - 1 pm
 23 - Ellsworth City Auditorium - 9 am - 1 pm

Penobscot County

- January:**
 4 - Lincoln, Penobscot Valley Hospital - 9 am - 1 pm
 4 - Bangor, Eastern Agency on Aging - 1 pm - 4 pm
 11 - Millinocket Hospital - 9 am - 1 pm
 11 - Bangor, Eastern Agency on Aging - 1 pm - 4 pm
 18 - Bangor, Eastern Agency on Aging - 1 pm - 4 pm
 19 - Patten Public Library - 9 am - 12 pm
 25 - Orono Public Library - 10 am - 2 pm
 25 - Bangor, Eastern Agency on Aging - 1 pm - 4 pm
 27 - Dexter Town Office -

- 9 am - 1 pm
February:
 1 - Lincoln, Penobscot Valley Hospital - 9 am - 1 pm
 1 - Bangor, Eastern Agency on Aging - 1 pm - 4 pm
 8 - Millinocket Hospital - 9 am - 1 pm
 8 - Bangor, Eastern Agency on Aging - 1 pm - 4 pm
 15 - Bangor, Eastern Agency on Aging - 1 pm - 4 pm
 16 - Patten Public Library - 9 am - 12 pm
 22 - Orono Public Library - 10 am - 2 pm
 22 - Bangor, Eastern Agency on Aging - 1 pm - 4 pm
 24 - Dexter Town Office - 9 am - 1 pm

Piscataquis County

- January:**
 5 - Dover, Mayo Regional Hospital - 9 am - 1 pm
 18 - Milo Town Office - 9 am - 1 pm
 20 - Dover, Mayo Regional Hospital - 9 am - 1 pm
 27 - Greenville, Charles Dean Hospital - 9 am - 1 pm
February:
 2 - Dover, Mayo Regional Hospital - 9 am - 1 pm
 15 - Milo Town Office - 9 am - 1 pm

- 17 - Dover, Mayo Regional Hospital - 9 am - 1 pm
 24 - Dexter Town Office - 9 am - 1 pm
 24 - Greenville, Charles Dean Hospital - 9 am - 1 pm

Washington County

- January:**
 3 - Calais - Methodist Home - 10 am - 2 pm
 6 - Danforth - Pentecostal Church - 10 am - 2 pm
 9 - Lubec - Town Office - 10 am - 2 pm
 13 - Machias - Downeast Community Hospital - 10 am - 2 pm
 17 - Calais - Methodist Home - 10 am - 2 pm
 23 - Machias - Downeast Community Hospital - 10 am - 2 pm
 24 - Cherryfield - Narraguagus Estates - 9 am - 1 pm
February:
 3 - Danforth - Pentecostal church - 10 am - 2 pm
 6 - Lubec - Town Office - 10-2
 7 - Calais - Methodist homes - 10 am - 2 pm
 10 - Machias - Downeast Community Hospital - 10 am - 2 pm
 21 - Cherryfield - Narraguagus Estates - 9 am - 1 pm
 27 - Calais - Methodist Home - 10 am - 2 pm

EAA to host discussions with caregivers, legislators

By Deborah Chapman

Eastern Agency on Aging wants to bring those who care for an aging relative and state legislators together to talk about an emerging concern - elder care.

"We haven't set the date for this informal gathering yet, but we want to use this opportunity to make family caregivers and policy makers aware of our intent to host a roundtable discussion in the near future," said Noëlle Merrill, executive director for Eastern Agency on Aging.

"We hope caregivers will come and share personal stories that provide insight into their experiences so policy makers have a better understanding of the role and needs of caregivers," she added.

At the same time, Merrill hopes policy makers can shed some light on the complexities of Maine's long-term care system.

"We certainly know there aren't enough nursing homes available to provide need services," said Merrill. "As it is older persons must require skilled care to qualify for placement."

That means spouses, adult children, extended family, and friends may be responsible for the care and well-being of an older person, which statistics show results in a tremendous cost-savings to the government.

In Maine, the value of care provided by family members and friends is approximately \$1.2 billion a year. Yet those savings are not passed along to caregivers to help them keep their older relatives at home.

"I'm finding more and more people having a really hard time handling a job, taking care of

their mother and raising their children," said Merrill.

Right now caregivers are sharing their stories with friends, co-workers, their hairstylist, and even the stranger standing next to them in the check out line. Eastern Agency on Aging wants their voices to reach those who make policy and funding decisions at the state and federal level. That means going public with a very private family matter.

Caregivers have a key role in taking their message to elected officials, according to Merrill.

"Grassroots efforts can make a

huge difference in influencing policy," she said. "Maine people are very fortunate that our policy makers are so approachable and easy to reach."

Merrill hopes the roundtable discussions will be a catalyst for creating new viewpoints on the issue that ultimately influence changes in the system that benefit caregivers and older persons in their care.

If you wish to participate in a roundtable discussions e-mail Noëlle Merrill at nmerrill@eaaa.org and ask to be on the mailing list to receive information about caregiver advocacy initiatives and events.

Housing Programs

Serving 89 seniors in three assisted living facilities:

- MERRY GARDENS ESTATES in Camden. 30 apartments
- STEARNS ASSISTED LIVING in Millinocket. 20 apartments
- FREESES ASSISTED LIVING in Bangor. 39 apartments

Each housing program offers affordable rents with subsidized service packages, including three meals a day, housekeeping, laundry service, 24-hour staffing, personal care, medication management and more.

Services are provided by 46 qualified, friendly and caring staff. We are expecting a few openings in Freeses and Merry Gardens Estates. Get your applications in soon to get on our waiting list. For information, call Deb Poulton at 1-800-432-7812.



By Valerie Sauda

DIRECTOR OF OUTREACH
EASTERN AGENCY ON AGING

Eastern Agency on Aging is pleased to be the pilot site location for the Aging and Disability Resource Center project, known locally as the DASH Network.

This project focuses on making it easier for adults with disabilities or for seniors to navigate the vast variety of community services that are available to them, services which help support their independence in the community.

Through this project, the Ban-

gor coalition, a large group of providers, consumers, and a partnership with the United Way of Eastern Maine has been working for more than two years to make this service a reality for the greater Bangor area.

Eastern Agency on Aging staff in the Intake and Referral program are able to use database resources and coalition partners to help consumers get the assistance that they need. And it all begins with one phone call to DASH.

A large part of the project also is to look at the gaps in services that may be out there and make recommendations on how to close them.

There will be tip sheets created by the coalition, partnerships and educational forums to help educate community members about available services in our community, and an ongoing commitment to assist adults stay in the community and be independent.

This project is funded by the Administration on Aging and

Centers for Medicare and Medicaid and administered through Department of Health and Human Services Office of Elder Services.

So if you have a question or a

need for help, contact the DASH Network at Eastern Agency on Aging, at 941-2865 and we are glad to work with you in meeting your needs.

Are you eating comfortably?

If not, we invite you to call
the New England Denture Center
for a FREE consultation



"When Quality Counts As Well As Cost"

Come to New England Denture Center and meet Bill Buxton Sr. or Bill Buxton Jr. or Gareth Coward our licensed denturists, who work hard to bring you quality, professional service for your satisfaction.

For the convenience of our patients, Robert Erickson, DMD has agreed to share our office space in all three of our locations. He will provide extraction services when required for our patients.

New England Denture Centers

12 Stillwater Avenue, Bangor, ME 04401
(207) 941-6550

14 Toothaker Lane, Suite 1, Ellsworth, ME 04605
(207) 667-8263

Lee Farm Mall, 12 Shuman Ave., Suite #1, Augusta, ME 04330
(207) 621-2904

Toll Free: 1-877-941-6550

William F. Buxton, LD
William D. Buxton, LD
Gareth Coward, LD



Volunteer

Continued from Page 6

to www.eaaa.org and clicking on "Volunteering" or contacting Roberta Macko at 941-2865 or 1-800-432-7812.

HOLIDAY VOLUNTEER

WISH LIST

- Meals for Me Dining Room coordinator in Eddington and at the Meadows in Ellsworth.
- Dining room volunteers in Ellsworth and Bar Harbor.

- Meals for Me volunteer drivers in Bar Harbor, Northeast Harbor, Lincoln, Newport, Bangor, and Veazie.

- State Health Insurance Assistance Program (SHIP) Health Insurance Counselors, from greeting and registering people who attend health insurance counseling clinics to being trained to provide assistance.

- A volunteer to coordinate the Matter of Balance program and volunteer coaches to conduct Matter of Balance classes, which run two hours each, for eight

weeks. Training is provided. The program's goal is to reduce falls by looking at risk factors, increasing confidence and improving strength.

- Emergency Preparedness Presentations, from gathering items for emergency kits to making presentations to seniors about being prepared in case of emergencies like a power outage or injury.

Eaa-Z Fix It volunteers help seniors with minor home repairs or conduct home safety assessments. Volunteers are especially needed in Washington County.

Eastern Agency on Aging Board of Directors

Gerald Robertson (2007), President	Charles Sias (2006)
Norman Nelson (2008)	Eleanor Jones (2006)
Fulton Weed (2007), Vice President	Gerald Brown (2008) AL 2nd V.P.
Robert McReavey(2006)	Arthur Comstock (2008) At Large
Ursula Heiniger (2008)	Trelba Rollins (2007) At Large
June Hollowell (2006)	Arthur Webb (2007) At Large
Robert Toole (2007)	Vacancy Washington County
Janet Parker (2008)	President of Advisory Council:
Ruth Nason (2007) Secretary	Virginia Fortier

Eastern Agency on Aging Advisory Council Members 2005-2006

Hancock County

Tim King (2007)
Eugene Churchill (2006)
Joan Mary Anderson (2007)
John Corrigan (2006)
Larry Poulin (2006)
Vacant (2007)

Penobscot County

Geraldine Russell (2007)
Madeleine Freeman (2006)

Dr. Lenard W. Kaye (2007)
Virginia Fortier (2006) President
Nelson Durgin (2007)
Julian Haynes (2008)
Piscataquis County
Katherine Merrill Dean (2007)
Stanley Pokrywka (2006)
Joyce Martin (2007)
Mrs. Gloria Leighton (2007)
Mary McReavy (2006)

Theresa Rioux (2006)
Washington County
Ruth Leubecker (2007)
John Bagley (2006)
Paul Weston (2007)
Anne Perry (2006)
Vacancy
Alice Cates (2006)

Questions? Please call Eastern Agency on Aging at 941-2865 or toll-free in Maine 1-800-432-7812 or email info@eaaa.org

Eastern Agency on Aging recognizes the volunteers in the community



Clear Channel Radio receives Eastern Agency on Aging's Spirit of the Community Award for Media because of their dedication to providing programming for seniors, including "Senior Talk, with Carol Higgins," on WVOM and WABI. Pictured (from left): Jeff Pierce, Ric Tyler, George Hale, and Don Cookson.



Rolf Staples (right), Eaa-Z Fix It coordinator, presents an Exemplary Service Award to volunteer Larry Smith (left) for his accomplishments in serving Eaa-Z Fix It clients.



An Exemplary Service Award is presented to Patricia Keogh by the Director of Volunteer Services, Roberta Macko, for her work as a volunteer coordinator for the Matter of Balance Program. Keogh was instrumental in getting the program off the ground.



Shirley Hall (left), representing the Bangor Home Depot, receives Eastern Agency on Aging's Community Service Award from Roberta Macko (right), director of volunteer services, for Home Depot's support for the Agency's Eaa-Z Fix It minor home repair program. The Spirit of the Community Award is given to organizations and businesses who contribute to making life better for older adults.

MEALS FOR ME COMMUNITY DINING ROOMS AND SERVING DAYS

Alton Methodist Church Tuesdays	Thursdays Brooksville Townhouse	Tues. and Thurs. East Holden Holden Square Apartments	Hampden Kiwanis Civic Center Thursdays	Machias Ridgeview Apartments Mon. through Fri.	Pembroke Country View Apartments Tues. and Thurs.
Bangor Autumn Park West Tues. and Thurs.	Thursdays Brownville Junction Quarry Pines	Tues. and Thurs. Eastbrook Community Building	Roe Village Tuesdays	Millinocket VFW Hall Tues. and Thurs.	Penobscot Methodist Church Mondays
Bangor House Monday through Friday	Fridays Bucksport Bucksport Square Apartments	Thursdays Eastport Senior Citizen Center	Hancock Community Building	Milo Town Hall Mon. and Thurs.	Sedgwick Benjamin's Pantry Wednesdays
Crestwood Mondays	Mon., Wed., and Fri. Calais St. Croix Apartments	Mon. through Fri. Ellsworth The Meadows	Thursdays Hermon Boulier Apartments	Newport Community Center Tues. and Thurs.	Southwest Harbor East Ridge Estates Mon., Wed., and Fri.
Nason Park Manor Tues., Wed., and Thurs.	Monday through Friday Cherryfield Narraguagus Estates	Tues. and Thurs. MeadowView Apartments	Tuesdays Howland Methodist Church	Old Town Methodist Church Fridays	Veazie Veazie Sr. Citizens Center Tues. and Thurs.
Bar Harbor Harbor Hill Estates Tues. and Thurs.	Monday through Friday Deer Isle Deer Run Apartments	Mon. through Fri. Glenburn Sunny Gables	Thursdays Jonesport Gaelic Square Apartments	Orono Freeman Forest Tues.	
Malvern Belmont Monday through Friday	Monday through Friday Dexter St. Ann's Parish Center	Tuesdays Greenville Dean Park Housing	Mon., Wed., and Fri. Lincoln Ballard Hill Community Building	Orrington Parker Dining Room Mon., Tues., Wed., and Fri.	
Blue Hill Congregational Church Wed. and Fri.	Tues. and Thurs. Dover American Legion Hall	Wed. and Fri. Guilford Methodist Church	Mon., Wed., and Fri. Lubec Sunrise Apartments	United Methodist Church Tuesdays	
Brewer St. Joseph Church		Wednesdays	Tues. and Thurs.		

PLEASE CALL AHEAD TO MAKE RESERVATIONS:

1-800-462-9899

SUGGESTED DONATION IS \$2.50