SAVE THE DATE! This year’s Senior Expo will be on Friday, May 22, 2015. Once again, it will take place at the Cross Center in Bangor. Once again, there will be educational sessions, movies, and many resources of importance to older adults in Maine.

This year’s Senior Expo will be managed by the Bangor Daily News in partnership with Eastern Area Agency on Aging. We are hoping and expecting that with this new partnership, the Senior Expo will grow and become an even more expansive resource for our region.

I also have great news! The following is a press release we sent out in January after receiving the endowment check from the Next Generation Foundation. I think all of you would enjoy knowing about this because even though we cannot use the funds, any earnings will be available for important programs for which there are no other funding options.

EASTERN AREA AGENCY RECEIVES ENDOWMENT
Gratitude is running high at Eastern Area Agency on Aging. Nelson Durgin, board president, Dana Ward, board treasurer, and Noëlle Merrill, executive director, are eager to express their extreme appreciation and to publicly thank the Next Generation Foundation of Maine for the exceptionally generous gift of a $1,000,000 endowment.

EAAA was selected for this gift out of hundreds of applicants which demonstrates the Next Generation Foundation’s commitment to the aging population in Maine.
I have had several people take me up on my request for arranging a **Friends and Neighbors** meeting in their communities.

So far I have Bradley, Mount Desert Island Library and Corinth. The offer stands. If you can arrange a meeting, I will provide you with a $25 Hannaford Gift card, flyers and I will bring door prizes.

It’s a great way to learn about the agency programs and share some of your thoughts on what we should be doing with us. If you want to help me with this, give me a call at my direct line 992-0121 or the toll-free line 1-800-432-7812.
I couldn’t stop wondering if my favorite aunt would remember me when my cousin, Sue, and I arrived to visit her in the nursing home. I wondered, too, how this two-day vacation would turn out given my aunt’s frail condition and advanced Alzheimer’s disease.

We arrived in the crowded dining/day lounge area and found my aunt bent over looking at her untouched meal, oblivious to her surroundings. She is withdrawn and has stopped eating for several weeks now. But she looks up, and with a contagious, glowing smile, says, “Michelle, oh Michelle, what are you doing here?”

My cousin and I embraced her as tears rolled down our faces. “We have a surprise,” I said. “We are going on vacation on a beautiful lake.” My aunt said, with no hesitation, “I’m in, let’s go!” She then repeatedly asked, “How are your father and your mother?” What my amazing aunt didn’t know was that waiting at this beautiful cottage on Coventry Lake, were her favorite brother and his wife. This visit would prove difficult for my Dad, however, who prefers remembering his sister the way she was rather than the way she is.

“Well, here we are Mom,” said Sue. My aunt asked her, “When did you buy this house?” This topic would be covered several times in the next 48 hours. “We rented this beautiful cottage for a vacation with you,” to which my aunt repeatedly answered, “That’s great.”

My parents watched out the window, filled with tears and excitement. My Dad marveled at how much his sister, his last living sibling from a huge family of twenty-seven kids, now looks like his mother. Upon seeing my parents, my aunt said in a trembling voice, “Pete, Yvette, my loves, how are you, so great to see you, I am so happy to see you, when did you get here?”

I thought to myself, she remembers us, how wonderful! We are going to have the best two days. My Dad and my aunt played their famous cribbage game for a $1 a game. She said, “If we are playing with your Canadian money, I want the exchange.” My favorite aunt was on top of things this day, telling stories, singing and laughing. We were all so very happy!

As she had all her life, she went to bed late. We figured she would probably sleep in late in the morning. On departure day, we debated waiting for her to awaken or leave without saying good-bye. I wondered, “Will she be angry that we left without saying good-bye? Or would the departure be so difficult for her that it would sadden her and destroy all the felt joy?” We chose the latter and sadly left our favorite person to peacefully sleep, hoping that she would wake up happy and enjoy the last afternoon with her daughter.

Later, I called my cousin. I could hear my aunt in the background, asking who was on the phone. “Michelle,” Sue said. “Do you want to speak to her?” My aunt took the phone. She asked, “How are you, Michelle, and how are your mother and father, and the kids?” In that moment, I realized that she had no recollection of our visit together and that perhaps we had done the right thing by leaving without saying good-bye.

Four weeks later, I spoke with my cousin again. She said my aunt had been eating and gaining weight since our visit and was peaceful and happy! This led me to research the benefits of visiting people afflicted with dementia. WOW! They may not remember the visits, but the brain certainly remembers the joy felt for days even weeks! The joy of bringing inner happiness and impacting my aunt so favorably both physically and mentally was a true gift. Our own memories of the two-days on Coventry Lake will be ever lasting.
### April 2015

#### Health Programs at the EAAA

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A Matter of Balance class will begin March 31, 1:00—3:00 for eight weeks, at the EAAA Annex at the Airport Mall, Union Street, Bangor.

We address fears about falling, ways to prevent falls and injuries, and exercises to improve strength, endurance, and balance.

Class size is limited, so early registration is strongly encouraged.

This program is FREE! If you decide you’d like to keep the textbook, simply pay $8.

Register by calling 941-2865 or email healthprograms@eaaa.org today!
The second Open Enrollment Period under the Affordable Care Act ended February 15, 2015. Many people who didn’t purchase or re-enroll for coverage will need to wait for the Open Enrollment starting November 1, 2015, but some may be eligible for a Special Enrollment Period (SEP) allowing them to enroll sooner.

Many Qualifying Life Events allow for an SEP and this year some people may be eligible if they find out they must pay the Shared Responsibility Payment (sometimes called a penalty or fee) because they did not have coverage in 2014.

The SEP for qualifying life events will be available throughout 2015. Some examples of these events include:

- Certain changes in family status (e.g., getting married, having a baby or adopting a child)
- Becoming a citizen or lawfully present.
- Losing health coverage due to things like the loss of job-based coverage, aging off of a parent’s plan, loss of Medicaid, or COBRA coverage expiration
- The new SEP will begin on March 15th and end on April 30th. People are eligible for the new SEP if they:
  - live in states with a Federally-facilitated Market place (such as Maine)
  - are not currently enrolled in 2015 Marketplace coverage,
  - attest that when they filed their 2014 tax return the paid the fee for not having health coverage in 2014,
  - attest that they first became aware of, or understood the implications of, the Shared Responsibility Payment after the end of open enrollment while preparing their 2014 taxes.

For more information, call the Health Insurance Marketplace at 1-800-318-2596 to discuss your circumstances or apply online at www.healthcare.gov. Or if you are interested in joining the new CO-OP insurer in Maine, you can contact Maine Community Health Options at www.maineoptions.org or 1-855-624-6463 to discuss your eligibility for an SEP.

Winterizing Ideas

It is not too late to capture some savings on your heating costs this winter. Unfortunately, there is still a lot of cold weather ahead, and it still makes sense to do what you can now.

Let’s start with Safety First.
Smoke detectors cut your chance by nearly 50% of dying in a home fire. Properly placing, regularly testing and maintaining your detectors, you can be sure they’re working and will alert you if a fire breaks out. You should have, at minimum, one smoke detector in each sleeping space and at least one on each level of your home. Carbon Monoxide detectors protect you from exhaust generated by fuel burning devices like a furnace. Use extreme care when using alternative heat sources like portable heaters, including keeping them away from drapes & furniture.

Weatherizing vs. Winterizing
People are often confused by these terms. Weatherizing is making structural alterations like insulating walls. Winterizing is more in the line of air sealing (keeping the heat in & cold wind out). Winterizing is something that most of us can tackle ourselves.

Some simple things that you can do include:

- Stop the drafts – Draft Snakes (rolled up towel) used by our grandparents, work well. You can stuff a tube or just roll up a towel and put it in front of the crack under the door.
- Change Furnace filters – Restricts air flow
- Winterize AC Units – Removing or covering air conditioners can reduce drafts considerably.
- Hot water lines – If your basement is cool, installing foam pipe insulation can help to get the heat where you want it.
- Install window kits (plastic) – This is a great way to cut drafts from old windows.
- Caulking & weather strip – Rope Caulk & small tube caulks can be used to stop air from passing though small cracks.

Clean your furnace to save money and maximize its efficiency. For example, a 10% loss of efficiency: 2 Tanks = 55 Gal = more than $200 vs. $50-$60 for a cleaning.
EAAA Community Cafes: Please Call for a Reservation...

**BANGOR**
All Souls Church  
Mon, Wed & Fri - 404-5848

Bangor House  
Wed - 941-2871

Nason Park Manor  
Tues & Thurs - 852-8874

First United Methodist  
Tues & Thurs - 404-5846

**BAR HARBOR**
Malvern Belmont Apts.  
Mon thru Fri - 288-4770

YMCA, 2nd Monday of the month— 288-4770

**BREWER**
Heritage, Colonial Circle  
Wed & Fri 404-5847

**BROOKSVILLE**
Townhouse  
Thurs - 326-8864

**BUCKSPORT**
Bucksmills Rod & Gun  
Thurs - 469-2388  
CLOSED NOV -MAR

**CALAIS**
Palmer Lane Estates  
Mon, Wed & Fri - 454-2215

**CHERRYFIELD**
Narraguagus Estates  
Tues & Thurs - 546-4493

**CORINNA -**
Corunidel Commons  
Tues - 938-2709

**DEER ISLE -**
Deer Run Apts  
Mon thru Fri - 348-6879

**DEXTER -**
Dexter Town Hall  
Community Center  
Tues & Thurs - 924-7624

**DOVER**
Morton Ave. School  
Mon - 943-2488

**EAST ORRINGTON**
Congregational Church  
Thurs - 825-3404

**FRANKLIN**
Pinebrook Apts.  
Tues - 565-3382

**GLENBURN**
Sunny Gables  
Tues – 947-1425

**GREENVILLE**
Dean Park Housing  
Tues & Thurs - 695-3844

**HAMPDEN**
Kiwanis Civic Center  
Thurs - 862-5668

Roe Village  
Tues - 862-8102

**HOLDEN**
Holden Square Apts  
Tues & Thurs - 843-5001

**JONESPORT**
Gaelic Square Apts  
Tues & Thurs - 497-5689

**LAMOINE**
Lamoine Baptist Church  
1st & 3rd Wed - 669-6395

**LUBEC -**
Sunrise Apts  
Tues & Thurs - 454-2215

**MACHIAS -**
Centre St. Congregational  
Wed - 255-6665

**MILLINOCKET**
Stearns Senior Ctr.  
Mon thru Thurs - 723-2045

**MILLO**
Emergency Prep Bunker  
Tues - 943-2488

**NEWBURGH**
Town Hall  
3rd Wed of month  
6:00 PM

**NORTHEAST HARBOR**
Maple Lane Apts.  
Wed - 288-4770

**ORONO**
Parker Dining Room  
Mon, Tues, Weds & Fri— 866-7944

**PATTEN**
Patten Pentecostal  
Last Monday of month  
528-2641

**PENOBSCOT**
Methodist Church  
Mon - 326-8920

**SEDWICK**
Benjamin’s Pantry  
Wednesday - 359-2716

**SOUTHWEST HARBOR**
Ridge Apts.  
Mon, Tues, Thurs, Fri 288-4770

**STONINGTON**
Island Community Ctr  
Wed - 367-2735

**WOODLAND -**
People’s UMC  
Wed - 427-3923
Eastern Area Agency on Aging and the BDN
Brought to you by Eastern Area
Films, and MUCH MORE....
Vendors, Educational Sessions,
Cross Insurance Center, Bangor
Friday, May 22 - 10:00 to 5:00
Come to the 9th Annual Senior Expo

Just For You