



## What does Eastern Area Agency on Aging do for older adults, people living with disabilities and their caregivers?

*EAAA, Twin City Plaza,  
240 State Street, Brewer, ME 04412  
941-2865 or 1-800-432-7812*

### **Aging & Disabilities Resources**

**Caregiver Support Groups** bring caregivers together to share their experience, gain skills, build confidence, offer help and support, and learn of resources available.

**Caregiver Respite Program** supports family caregivers by helping them pay for someone else to provide care for the person with dementia.

**Elizabeth West Transportation** provides rides for qualified individuals to and from medical appointments (in the Bangor area). For those outside the Bangor area, mileage reimbursement may be an option.

**Information, Assistance and Resources** serves as a single point of entry into the long-term services and supports system for older adults, people with disabilities, and caregivers. Resource Specialists provide eligibility screening, services, resources, and referrals.

**Medicare Counseling** helps people understand their Medicare benefits and other health insurances. **Medicare Part D** assistance and education is provided to seniors who need help deciding on and enrolling in a drug plan.

**Medicare Fraud Education** provides Medicare beneficiaries with the most current information on Medicare benefits and educates them on ways to identify and prevent errors, waste, fraud and abuse of the Medicare system.

**Money Minders** provides trained volunteers to help consumers organize and sort bills, establish a budget and prepare (but not sign) checks to pay their monthly expenses.

**SAVVY Caregiver** provides training for families and friends caring for someone with memory loss, Alzheimer's disease or dementia.

*It is the mission of Eastern Area Agency on Aging to:  
Provide older adults, caregivers and adults with disabilities in Hancock, Penobscot, Piscataquis and Washington counties in Maine with the information and access to resources they need to be healthy, engaged and supported in their communities.*

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### Food & Nutrition

**Doorstep Dining** delivers delicious, ready to heat meals to seniors who don't meet the Meals on Wheels eligibility requirements, starting at \$5 each.

**Furry Friends Food Bank** helps to keep seniors and their pets together by providing low-income seniors with supplemental pet food.

**Meals on Wheels** works with volunteers to deliver meals to homebound seniors.

**Senior Food Box Program** works to improve the health of low-income elderly people by supplementing their diets with nutritious USDA foods.

**Social Dining** brings seniors together, to share town news, meet with friends and enjoy a nutritious, hot meal. Many dining sites have games and music to make the day fun.

### Wellness and Enrichment

- Arthritis Foundation Exercise Program
- Arts and Crafts
- EnhanceFitness
- Line Dancing
- Living Well
- Matter of Balance
- Novel Seniors Book Club
- Senior Strength
- Simple Yoga
- Tai Chi

### More About Us

*Eastern Area Agency on Aging is an organization that provides a welcoming environment for everyone in the community regardless of their race, gender, ethnic identity, sexual orientation, ability, age, economic status or faith.*

*Many of EAAA's services are free of charge with only a donation requested. To learn about other programs call EAAA or visit [www.eaaa.org](http://www.eaaa.org).*

*Volunteers are the heart of EAAA. To find out about current volunteer opportunities call EAAA or to go the "Ways to Help" section on the website.*