

WELLNESS & ENRICHMENT

EAAA offers a variety of wellness and enrichment classes in person and through virtual platforms, including:

- Arthritis Foundation Exercise Program
- Arts and Crafts
- Book Club
- Cards and Games
- Guided Meditation
- Matter of Balance
- Classes/Educational Opportunities
- Simple Yoga
- Tai Chi

THE DURGIN CENTER



The Durgin Center is conveniently located in the Twin City Plaza, 274 State Street, Brewer.

The Durgin Center provides a space for wellness and enrichment activities, social opportunities, and community café. It is accessible for community members to gather and have a cup of coffee or play games.

Visit eaaa.org/durgincenter for a full list of activities and classes.

CONTACT



800.432.7812



eaaa.org



info@eaaa.org



240 State Street, Brewer

VOLUNTEERING

If you are looking for an opportunity to have a positive impact on the lives of older adults and help further the mission, volunteer with us!

Call or go to the "Ways to Help" section on the website.

MISSION

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 with the information and access to resources they need to be healthy, engaged and supported in their communities.



EASTERN AREA
AGENCY ON AGING



Eastern Area Agency on Aging strives to be the most accessible and convenient support system for older adults, caregivers, and adults with disabilities in Penobscot, Piscataquis, Hancock and Washington counties.

AGING & DISABILITY RESOURCES

Information Assistance, and Resources

Information, Assistance, and Resources serve as a single point of entry into the long-term services and support system for older adults, adults with disabilities and caregivers. Resource Specialists provide eligibility screening, resources, and referrals to both internal and external programs.



Medicare 101 and Medicare Counseling

Medicare 101 and Medicare Counseling provides group education and information on the basics of Medicare and how to enroll. Individualized counseling is a free, unbiased, and confidential service for Medicare beneficiaries to review coverage options and make an informed decision about health insurance.

Medicare Fraud Education

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.

Medicare Savings Program

Medicare Savings Program provides assistance for people struggling to pay for Medicare premiums and prescription costs.

This program is income based and program eligibility is finalized through the Department of Health and Human Services.

Caregiver Respite

Caregiver Respite provides adult family members or other informal caregivers services and supports to take care of a loved one at home and allows for self-care.

Caregiver Education, Training and Support Group

Caregiver Education, Training, and Support Group brings caregivers together to share their experiences, gain skills, build confidence, offer help and support, and learn of resources available.

Money Minders

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



FOOD & NUTRITION



Meals on Wheels

Meals on Wheels delivers delicious, ready to heat meals to eligible homebound older adults. Specialty meals are available for dietary restrictions.

Commodity Supplemental Food Program

Commodity Supplemental Food Program works to improve the health of low-income older adults by supplementing their diets with nutritious USDA foods.

Community Cafe

Community Cafe provides hot meals, socialization, and nutrition information in a community setting. Many sites have games, music, and other activities.

Furry Friends

Furry Friends Food Bank keeps low-income older adults and their pets together by providing monthly supplemental pet food and litter.