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Agency on Aging Offers Online Classes, Events in July

PRESQUE ISLE, Maine -- Staying well allows us to live better lives. Through group classes and events, the Aroostook Agency on Aging staff and volunteers share information and techniques that will help all people age well.

We offer monthly classes intended to help older persons and their care partners succeed and thrive in their own homes. Pre-registration is required for all classes. Some upcoming educational and enjoyable events coming up in July include:

Bingocize (Online Class)

Tuesday, July 6, 2021 at 10:00 AM EST – 11:00 PM EST

Hosted by [Aroostook Area Agency on Aging, Health Living for ME and Aging ME](#)

Bingocize is a 10-week health promotion program that mixes the popular game of bingo with moderate exercise. Participants will perform fall prevention exercises while learning about the importance of physical fitness in preventing serious falls. Individuals over age 55 can register at 764-3396 or toll free at 1-800-439-1789 for a link to the free Tuesday/Thursday class.

Brain Builders: You can make a difference (Online Class)

Tuesday, July 6, 2021 at 11:00 AM EST – 12:00 PM EST

ALSO same time, same place on July 27

Hosted by [Aroostook Area Agency on Aging and AgingME](#)

We all know the importance of physical, mental, social, and emotional wellness. But do you know having a healthy brain improves your mood and decreases the likelihood of having illnesses that threaten your quality of life? Our monthly online Brain Health class helps participants create goals that impact on their life and boosts their brain health. Call 764-3396 or 800-439-1789 for more information or to preregister for a link to the class.

Savvy Caregiver (Online Class)

Wednesday, July 7, 2021 at 10:00 AM – 11:00 AM EST

ALSO same time, same place on July 14, 21 and 28

Public · Hosted by [Aroostook Area Agency on Aging](#)

The Savvy Caregiver is a 12-hour course delivered in 2-hour sessions over a 6-week period. Curriculum includes a caregiver manual and workbook. It aims to introduce family caregivers to the caregiving role, providing them with the knowledge, skills, and attitudes needed to carry out that role and alerting them to self-care issues. Please call 764-3396 or 800-439-1789 to pre-register and receive a link to the class.

MaineCare Toolkit (Online Class)

Thursday, July 8, 2021 at 9:00 – 10:30 AM EST

Hosted by [Aroostook Area Agency on Aging and AgingME](#)

Did you know there's a helpful program designed to help older persons in northern Maine identify and apply for financial assistance for nursing home care or in-home support services. Call the Aroostook Agency on Aging at 800-439-1789 for a link to this life-changing ZOOM class.

Living Well with Chronic Pain (Online Class)

Thursday, July 8, 2021 at 2:30 PM EST – 5:00 PM EST

Hosted by [Aroostook Area Agency on Aging and Health Living for ME](#)

This class is designed for people who have a diagnosis of chronic pain, offering strategies for dealing with their symptoms. Topics include: techniques to deal with frustration, fatigue, isolation, and poor sleep, appropriate exercise for maintaining and improving strength, appropriate use of medications, communicating effectively with family, friends, and health professionals, nutrition, pacing activity and rest, and how to evaluate new treatments. Space is limited. For more information or to receive a link for this class, please call 764-3396 or visit healthylivingforme.org

Conversations Project (Online Class)

Thursday, July 8, 2021 at 11:00 AM EST – 12:00 PM EST ALSO same time, same place on July 28

Hosted by [Aroostook Area Agency on Aging and AgingME](#)

Talking about the things you want for yourself can be challenging. There are so many questions when you plan for the future: will I have enough money, will someone make decisions for me, does anyone really know what is most important to me, or does anyone know what makes me afraid? Our online Conversations class can assist you in developing questions or sharing concerns that you have with your loved ones and family doctor. Call 764-3396 or 800-439-1789 for more information or to preregister.

Medicare 101 (Online Class)

Tuesday, July 13, 2021 at 10:00 AM EST – 11:30 AM EST

Public · Hosted by [Aroostook Area Agency on Aging](#)

Can you save money on your Medicare? What options do you have for coverage? Do you need Advantage plans or Supplements? Contact Tara Henderson, Medicare Education Coordinator, at 764-3396 or 800-439-1789 for more information or to preregister for a link to the class.

Falls Prevention Informational Session (Online Class)

Wednesday, July 14, 2021 at 10:00 – 11:00 AM EST

Hosted by [Aroostook Area Agency on Aging and AgingME](#)

Class is free, pre-registration is required, participants will receive link after they are registered. Participants will gain an overview of falls prevention and other health classes available in Aroostook County. Call 764-3396 or 800-439-1789 for more information or to preregister and receive a link to the class.

Senior Medicare Patrol Fraud & Abuse (Online Class)

Wednesday, July 14, 2021 at 10:00 – 11:30 AM EST

Public · Hosted by [Aroostook Area Agency on Aging](#)

Have you been a victim of Medicare Fraud? Do you want to learn ways to protect yourself from scams? How can you inform others about Medicare? Contact Tara Henderson, Medicare Education Coordinator, at 764-3396 or 800-439-1789 for more information or to preregister for a link to the class.

Living Well with Diabetes (Online Class)

Tuesday, July 20, 2021 at 2:30 PM EST – 5:00 PM EST

Hosted by [Aroostook Area Agency on Aging and Health Living for ME](#)

Are you ready to start successfully managing your Diabetes?! Healthy Living for ME and Aroostook Agency on Aging have teamed up to provide a class designed to help people with type 2 diabetes learn how to live well. Topics include: techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, depression, anger, fear and frustration; appropriate exercise for maintaining and improving strength and endurance; healthy eating, appropriate use of medication; and working with healthcare providers. Spaces are limited. Call us at 764-3396 to learn more and to preregister for a link to the class.

Coming Soon - CALL US FOR INFORMATION ON THE NEXT SESSION!

Tai Chi for Better Health and Balance (In-Person)

Hosted by [Aroostook Area Agency on Aging and Health Living for ME](#)

Tai Chi is an enjoyable exercise that can improve balance, relieve pain, and improve health and ability to do things. It is a slow exercise. It is easy to learn and good for all ability levels. This class is offered in partnership with Healthy Living for ME. There is a \$20 suggested donation. To pre-register for this 10-week class, please contact Jane Hanson at 764-3396 or 800-439-1789.

About Aroostook Agency on Aging

The mission of the Aroostook Agency on Aging is to improve the quality of life and promote the well-being of older people in our communities. Since 1973, the agency has served as a resource, helping people to access information and services, while also advocating to assure the rights we all value are respected.

About AgingME Geriatrics Workforce Enhancement Program

The Geriatrics Workforce Enhancement Program (GWEP) promotes development of the health care workforce and quality care of older adults through community-based programs that equip patients, families, and caregivers with the knowledge and skills to improve quality of care and health outcomes among older adults.

About Healthy Living for ME

Living for ME brings together Spectrum Generations, SeniorsPlus, and Aroostook Agency on Aging – three of Maine's Area Agencies on Aging – in a partnership to deliver statewide chronic disease self-management and falls prevention classes. FMI or to find a class, visit: healthylivingforme.org or on Facebook @HLforME