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Agency on Aging Offers Events in August

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

We offer monthly programs developed to help older persons and their care partners succeed and thrive in their own homes. Pre-registration is required for all sessions. Our events in August include:

Congregate Dining

Tuesday, August 2, 2022 at 11:30 AM EST -- Every Tuesday and Wednesday

Madawaska Senior Center, 291 Newberry Street

Hosted by **Aroostook Area Agency on Aging**

A sit-down luncheon for those over the age of 60 is now available two days per week. Interested persons must register a day in advance; please call the registration line at (207) 760-1689 and leave a message. Participants will be asked to provide some basic information upon first visit and then adhere to Covid-19 screening every visit.

Online Gathering Place (Online)

Wednesday, August 3, 2022 at 10:00 AM EST – 11:00 AM EST -- ALSO 8/10, 8/17, 8/24 and 8/31

Hosted by **Aroostook Area Agency on Aging** and **AgingME**

The Gathering Place focuses on creating a safe "virtual" place for those with chronic memory loss or health conditions to engage in fun activities and interact with others. Call 764-3396/1-800-439-1789 or email to info@aroostookaging.org for more information or to preregister for this weekly session.

Congregate Dining

Thursday, August 4, 2022 at 11:00 AM EST -- Every Thursday and Friday

Fort Kent Senior Center, 20 Pine Street

Hosted by **Aroostook Area Agency on Aging** and **Fort Kent Elderly Social Action Club**

A sit-down luncheon for those over the age of 60 is now available two days per week. Interested persons must register a day in advance; please call the registration line at (207) 760-1690 and leave a message. Participants will be asked to provide some basic information upon first visit and then adhere to Covid-19 screening every visit.

Artists for Aging Exhibit – First Friday Art Walk

Friday, August 5, 2022 at 5 PM EST – 7:00 PM EST

Hosted by **Aroostook Area Agency on Aging** and **Central Aroostook Chamber of Commerce**

Help us celebrate “Artists for Aging” with a visit to our gallery at Aroostook Agency on Aging to see the work of Laurence Park of Presque Isle.

Medicare 101 (Online)

Tuesday, August 9, 2022 at 10:00 AM EST – 12:00 PM EST

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 Kimberly James, Medicare Education Coordinator, at 764-3396/1-800-439-1789 for more information or to preregister for a link to this ZOOM class.

Congregate Dining

Wednesday, August 10, 2022 at 11:00 AM EST -- Every Wednesday and Thursday

Van Buren Community Center/Van Buren Housing Authority, 130 Champlain St.

Hosted by **Aroostook Area Agency on Aging** and **Borderview Rehabilitation & Living Center**

A sit-down luncheon for those over the age of 60 is now available two days per week. Interested persons must register a day in advance; please call the registration line at (207) 760-1687 and leave a message. Participants will be asked to provide some basic information upon first visit and then adhere to Covid-19 screening every visit.

Senior Medicare Patrol Fraud & Abuse (Online)

Wednesday, August 10, 2022 at 10:00 AM EST – 12:00 PM EST

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 Kimberly James, Medicare

Education Coordinator, at 764-3396/1-800-439-1789 for more information or to preregister for a link to the class.

Caregiver Support Group (Online)

Tuesday, August 16, 2022 at 06:00 PM EST – 07:00 PM EST

Hosted by **Aroostook Area Agency on Aging**

It is normal for caring for a loved one to sometimes produce frustration and anger. But you don't have to cope alone. Our support group for caregivers can be a lifesaver because it gives participants a place where they can share their feelings confidentially, make friends, get help navigating the healthcare system, and learn from others who are travelling a similar path. Please call 764-3396/1-800-439-1789 or email to info@aroostookaging.org to receive a link to the ZOOM class.

COMING SOON – Call us to find out when the next sessions are being offered in your area or online!

Savvy Caregiver

Hosted by **Aroostook Area Agency on Aging** and **Healthy Living for ME**

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 764-3396/1-800-439-1789 or email to info@aroostookaging.org to receive a link to the ZOOM class.

The Conversation Project

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. Please call 764-3396/1-800-439-1789 for more information or to preregister.

Brain Builders

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 Brain Health: You Can Make a Difference online session helps participants create goals that impact on their life and boosts their brain health. Call 764-3396/800-439-1789 or email to info@aroostookaging.org for more information or to preregister for a link to this ZOOM class.

Falls Prevention Informational Session

Hosted by **Aroostook Area Agency on Aging and AgingME**

Participants will gain an overview of falls prevention and other health classes available in Aroostook County. Class is free, pre-registration is required. Call 764-3396/1-800-439-1789 or email to info@aroostookaging.org for more information or to receive a link to the class.

MaineCare Toolkit

Hosted by **Aroostook Area Agency on Aging**

This is a helpful program designed to help older persons and their care partners identify and apply for financial assistance for nursing home care or in-home support services. Agency outreach specialists will provide information through a video presentation, a question & answer session, and a variety of agency materials to help benefit older persons in Aroostook.

A Matter of Balance

Hosted by **Aroostook Area Agency on Aging and Healthy Living for ME**

A Matter of Balance emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.

Tai Chi for Better Health and Balance (Online)

Hosted by **Aroostook Area Agency on Aging and Healthy 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. There is a \$20 fee for 10 weeks. Please call 764-3396/1-800-439-1789 or visit www.healthylivingforme.org to preregister or for more information.

Bingocize (Online)

Hosted by **Aroostook Area Agency on Aging, Healthy Living for ME and AgingME**

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 should call Callie Rogers at 764-3396/1-800-439-1789 for more information on this Wednesday/Friday class or visit www.healthylivingforme.org to preregister for a ZOOM link.

Living Well for Better Health

Hosted by **Aroostook Area Agency on Aging and Healthy Living for ME**

Staying well allows us to live better lives. Living Well for Better Health helps people learn how to manage their own health by improving communication with their physicians, actively managing their symptoms, creating personal action plans, and developing support structures.

Living Well with Chronic Pain

Hosted by **Aroostook Area Agency on Aging and Healthy 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.

Flavor of Aroostook: Cooking to Connect class

Hosted by **Aroostook Area Agency on Aging, UMaine Cooperative Extension, NMCC, Aramark and A.R. Gould Northern Light Health**

Join Lisa Fishman of the UMaine Cooperative Extension for a hands-on cooking class held in the state-of-the-art culinary lab at Northern Maine Community College. In-person registration is limited to six persons, however additional online seats are available.

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

Healthy Living for ME® (HL4ME®) is a statewide network of local organizations, health systems, and volunteers that work together to empower individuals to take control of their health. Through tailored services, HL4ME provides free and low-cost options that are personalized to focus on the entire individual rather than a single condition to improve overall quality of life. As a HL4ME partner, Aroostook Area Agency on Aging offers many evidence-based and community health services to Maine's communities.