

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.

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

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EASTERN AREA
AGENCY ON AGING

CELEBRATING 50 YEARS



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 serves 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 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 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 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 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 brings caregivers together to share their experiences, gain skills, build confidence, offer help and support, and learn of resources available.



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.

Veteran Directed Care gives Veterans of all ages the opportunity to receive Home and Community Based Services. When referred by the Department of Veterans Affairs, this consumer-directed program will assist Veterans to hire their own workers to meet their daily needs and to help them to continue to live at home.

FOOD & NUTRITION



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

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

Doorstep Dining delivers delicious, ready to heat meals to older adults who do not meet the Meals on Wheels eligibility requirements.

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

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



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