

MAINE'S AREA AGENCIES ON AGING 1-877-353-3771

	Aroostook Agency on Aging (AAA)	Eastern Area Agency On Aging (EAAA)	SeniorsPlus	Spectrum Generations	Southern Maine Agency on Aging (SMAA)
Counties Served	Aroostook	Hancock, Penobscot, Piscataquis, Washington	Androscoggin, Franklin, Oxford	Kennebec, Knox, Lincoln, Sagadahoc, Somerset, Waldo, Brunswick & Harpswell	York, Cumberland except towns of Brunswick & Harpswell
Telephone	800-439-1789 764-3396	800-432-7812 941-2865	800-427-1241 795-4010	800-639-1553 622-9212	800-427-7411 396-6500
TTY	764-3396	941-2865	795-4010	800-464-8703 / 623-0809	711
FAX	764-6182	941-2869	795-4009	622-7857	883-8249
Web Site	www.aroostookaging.org	www.eaaa.org	www.seniorsplus.org	www.spectrumgenerations.org	www.smaaa.org
Hours	8 AM to 4:30 PM, Monday through Friday		8 AM to 5 PM, M-F	8 AM to 4:30 PM, Monday through Friday	

OUTREACH and NUTRITION SERVICES

For persons age 60+ and disabled adults ... Office and home visits ... No fee charged, donations requested (co-pay for some programs)

	AAA	EAAA	SeniorsPlus	Spectrum Generations	SMAA
Adult Day Services				Adult Day Break <i>Wm. S. Cohen Center</i> , Hallowell <i>The Muskie Center</i> , Waterville <i>Waldo Center</i> , Belfast <i>Somerset Center</i> , Skowhegan	Truslow Adult Day Health , Saco
Advocacy	Support to ensure rights and access to benefits				
Aging and Disability Resource Center (ADRC)	ADRC - Aging and Disability Resource Center	ADRC - Aging and Disability Resource Center	ADRC – Aging and Disability Resource Center	ADRC - Aging and Disability Resource Center	ADRC - Aging and Disability Resource Center
	"One-stop-shops" to answer questions from older adults and individuals with disabilities about a wide range of in-home, community-based, and institutional services				
Alzheimer's Respite	The Caregiver Respite Program – support and financial assistance for respite to eligible caregivers.				
Applications	Help to apply for programs such as Subsidized Housing, SNAP, MaineCare, Low Cost Drugs/Maine Rx Plus, General Assistance, Home Energy Assistance, Medicare Savings Programs, Veterans' Benefits, Medicare Part D Low-income subsidy assistance				
Bill Paying	Money Minders	Money Minders	Money Minders	Money Minders	Money Minders
Community Education / Health & Wellness	AAAs sponsor and participate in various senior/health fairs. Education events are held on various topics. Spectrum Generations: Lifestyle Expo ; All: Matter of Balance, Chronic Disease Self Management (Living Well); Healthy Ideas EAAA: Senior Expo and Senior Health and Safety Fair.; SeniorsPlus: Education Center and Aging Well Living Well Expo AAA: Living Well Aging Well Expo and Caregiver Conference				
Eyeglass Programs	No Interest Loans - \$100 limit Free eyeglass frames				
Family Caregiver Program	All AAAs have programs to support caregivers (National Family Caregiver Support Program) and Savvy Caregiver Training				
Friendly Visitors	Senior Companions Central & Southern Aroostook Volunteers as available	Elder Buddies (Volunteers as available)	Senior Companions in Franklin, Oxford Androscoggin Ctys		Volunteer Connections

	AAA	EAAA	SeniorsPlus	Spectrum Generations	SMAA
Grocery Shopping	Volunteers as available	Elder Buddies (Volunteers as available.)			Volunteer Connections - as available
Health Insurance Counseling	SHIP – State Health Insurance Assistance Program Individual review and advice about health insurance and related issues such as Medicare, Part D ‘extra help’, Medicare Advantage, supplemental policies, MaineCare, Low Cost Drug programs, Medicare Savings Programs (QMB/SLMB/QI), and long-term care insurance				
Home Repair		EZ Fix program			
Information & Referral	Information and referral services available to older people and assistance with obtaining those services. Resources about any issues of concern.				
Loans	Emergency Fund – limited to \$100		Medical Equipment Loaner Closet		
Medicare Fraud Education	SMP – Senior Medicare Patrol Education on understanding Medicare; recognizing and reporting errors, fraud and abuse in Medicare and MaineCare				
Medicare Education	Medicare 101 – Presentations for consumers needing information about the basics of Medicare.				
Newsletter		Just For You	The SeniorsPlus NewsBites page in Turner Publishing local newspapers.	Center bulletins monthly www.spectrumgenerations.org	Senior News
Nutrition: -Home Delivered Meals -Community Dining -Nutrition Education	Meals on Wheels	Meals on Wheels 3D Catering Commodities Cooking Matters Lunch Buddies	Meals on Wheels	Meals on Wheels Cohen on the Meadows Catering	Meals on Wheels
	6 locations for community cafe	39 locations for Community Cafes	14 locations for community dining	5 locations for community dining	11 locations for community dining and multiple “as you like it” restaurant and hospital and catered meal locations
Telephone Reassurance	RSVP sponsor	Elder Buddies			Volunteers as available
Transportation	Volunteers as available	MED Rides, Elizabeth West Transportation, Elder Buddies where volunteers are available		Transportation to Adult Day Services	Transportation to Truslow Adult Day Health; others by Subcontract
Volunteer Opportunities, Socialization & Learning	Throughout The County in various areas of interest and ability. Educational sessions and materials provided at a variety of senior gatherings throughout the service area. Support groups	Community Cafes, Meals on Wheels, Commodities, Furry Friends Food Bank, Elder Buddies, SMP/SHIP, EZ Fix minor home repair, Matter of Balance, Living Well, Growing Stronger, Novel Senior Book Club	Volunteers for MOW, dining sites, Medicare counseling, Money Minders, educators. Lewiston Education Center provides a wide variety of monthly classes of interest to older adults..	Coastal Resource Center , Damariscotta Wm. S. Cohen Center , Hallowell Somerset Center , Skowhegan Waldo Center , Belfast Knox Center , Rockland People Plus , Brunswick The Muskie Center , Waterville	Retired Senior Volunteer Program sponsor, Money Minders bill-payers, Volunteer Connections friendly visitors and grocery shoppers, Nutrition Program Meals on Wheels drivers and senior dining centers, SMP , Truslow Adult Day Care , Larrabee Village

Area Agencies on Aging are private, not for profit agencies supported by funds from the Department of Health and Human Services, Office of Aging and Disability Services, United Way Agencies, local municipalities and private contributions. They may also provide additional services not listed above. If a consumer has any unmet needs, please refer to the local Area Agency on Aging. Revised 5-15-2014