

# Giving Guides Us

## We believe that every older person in Aroostook County deserves to age well.

As a nonprofit, most of our services are provided at no charge. The financial and volunteer support we receive from our community allows us to offer more services to more people.

### Your Contribution

There are many ways to donate to the Agency. A one-time or recurring donation to our 501c3 foundation helps us sustain and expand services today. Planned gifts and bequests enable our agency to build for the future. Corporate sponsorships provide benefits to those we serve, as well as the business partner through public visibility. However you give, your neighbors will be grateful.

### Volunteer

From teens to members of AmeriCorps Seniors RSVP, we want to learn about your talents and interests so we can match you with an opportunity that fits you just right.

We provide training and link you in to our network of over 350 volunteers working together to improve the quality of life of older people in our communities.



## Aroostook Agency on Aging

Serving Aroostook County since 1973

**1-800-439-1789**

**(207) 764-3396**

**TTY Dial 711**

260 Main Street, Suite B  
Presque Isle, ME 04769

[AroostookAging.org](http://AroostookAging.org)

Services sponsored in part by



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 **Aroostook Agency on Aging**



## Navigating life's journey.

Let's get started today, please call us here

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## We're here to be a navigator to guide and support aging adults and family caregivers.

Getting older is a natural part of life. It's something each of us does every day. And yet it can be hard to accept, hard to talk about, and most of all, hard to plan for.

Aroostook Agency on Aging is the most trusted resource to help older adults age independently and achieve their fullest potential. We bring 50 years of experience to this work and offer compassion, knowledge, and unbiased recommendations to older adults, caregivers, and providers.

Whether you have a referral to make, a quick question, or an urgent need, just make the call and we'll help you navigate every step of the way.

## Our Services

We offer a broad array of programs and services focused on meeting your needs, most at no charge to you.

### Answer Line

Have a question or need help? Our toll-free, confidential Answer Line provides information and assistance on all Agency services and a variety of important topics. Call us today at 764-3396 or 1-800-439-1789.

### Trusted Information

Our staff specialists are here to help you understand important and sometimes complex topics. These include:

- Aging & Disability Resources
- Aging Well Speaker's Bureau
- Medicare and Insurance Counseling
- Preventing Scams and Fraud
- Referral Assistance
  - Legal Services for the Elderly
  - Aroostook Regional Transportation System

### Wellness Classes

Staying well allows us to live better lives. Through group classes and events, we share information and techniques that will help you age well.

- Bingocize
- Bone Builders
- Living Well with Chronic Conditions
- Matter of Balance
- Tai Chi for Health and Balance

### Staying at Home

Home is where you are comfortable and can live most independently. We can provide or connect you to services as you need them so you can stay right where you want to be.

- Adult Day Services
- Family Caregiver Education and Support
- Friendly Volunteers
- Home Care Personal Support
- Independent Housing
- Memory Care Services
- Nutrition Services
  - Community Dining
  - Easy Meals
  - Meals on Wheels
  - USDA Food Box Program
- Online Gathering Place
- Planning for the Future
- Service Coordination
- Veteran-Directed Care