

# Giving Back

We believe that every older person in Aroostook County deserves to age well. As a non-profit, 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.

## Donate

A one-time or recurring donation to the Agency helps us sustain and expand services today. Planned gifts and bequests enable our agency to plan for the future, ensuring services for older people in Aroostook for years to come. Corporate sponsorships provide benefits to those we serve, as well as the business partner through public visibility. We can help you explore options for giving that match your interest and make the most difference to those in need.

## Volunteer

There are several ways to give your time to help others in nearly every service or program we offer. We want to learn about your talents and interests, so we can match you with an opportunity. We will provide training and support to ensure you feel comfortable. Join our network of over 100 volunteers working together to improve the quality of life and promote the well-being of older people in our communities.

We also act as the sponsor agency for Senior Corps RSVP, a volunteer network for people 55 and older. You can use the skills and talents you've learned over the years, or develop new ones while serving in a variety of volunteer activities within your community. RSVP volunteers choose where and how they want to work. RSVP Aroostook can help connect you with one of 40 partner sites in The County and support you throughout your volunteer experience.



*Serving Aroostook County Since 1973*

**(207) 764-3396**

**1-800-439-1789**

**TTY Dial 711**

**PO Box 1288**

**Presque Isle, ME 04769**

**[aroostookaging.org](http://aroostookaging.org)**

*Services sponsored in part by*



*The Aroostook Agency on Aging complies with applicable Federal civil rights laws and does not discriminate on the basis of physical or mental disability, race, color, creed, age, sex, sexual orientation, religion, ancestry, or national origin in admission to, access to, or operation of its services, programs, or activities.*



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# Our Services

We offer a broad array of programs and services focused on meeting your needs. As a non-profit, most of our services are provided at no charge.

## Answer Line

It all starts with one call. 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

We are here to help you understand important and sometimes complex topics. We have specialists on staff who can provide education and explain available community resources and services. We partner with other community agencies to make sure your needs are met.

- Aging & Disability Resources
- Aging Well Speaker's Bureau
- Maine Legal Services for the Elderly
- Medicare and Insurance Counseling
- Preventing Scams and Fraud

## Wellness

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

- Aging Well Expo
- Bone Builders
- Living Well with Chronic Conditions
- Matter of Balance
- Tai Chi

## Staying at Home

Where do you call home? Home is where you are comfortable and can live most independently. We can provide or connect you to services as you need them to remain living independently.

- Adult Day Services
- Aroostook Regional Transportation
- Caregiver Education and Support
- Eldercare Personal Support
- Friendly Visitors
- Money Minders
- Nutrition Services
  - Community Dining
  - Easy Meals
  - Meals on Wheels
  - USDA Food Box Program
- Planning for the Future

*As we age, we want to make our own decisions and live independently for as long as possible. We know that when we age in our home community, we contribute our knowledge and talent to make our community stronger.*

*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.*

*It all starts with one call or visit to the Agency. When you have questions, need advice, face challenges, or don't know where to turn, we are here to assist. Together, we will find the answers.*

