

### ***Featured Event ...***

#### ***Advocates Coffee Hour: Wednesday, February 5<sup>th</sup>***

##### ***What you need to know about the proposed Older Mainer's Act***

Please join Aroostook Agency on Aging leadership and graduates of the Aroostook Civic Academy at the main office or at an Access Point near you from 1-2PM for this time of networking about issues that matter most. Executive Director Joy Barresi Saucier will share information about the proposed Older Mainer's Act. All attending will be able to share information about their advocacy efforts and learn from each other's experience. Light refreshments will be served.

#### ***Monday, February 3rd***

**MINI MONDAY PRESENTATION** -- This month's guest speaker will be Lt. Mike Joy of Maine Warden Service who will discuss Project Lifesaver – a program to deploy radio tracking bracelets to aid in search and rescue operations. The device can be especially helpful to persons who care for someone who has cognitive difficulties. Preregistration for the 1-2 PM class is required.

**A MATTER OF BALANCE** – 1-3 PM, Washburn Town Office, 1287 Main St. Aging is inevitable, falling is not. This class 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.

#### ***Tuesday, February 4th***

**TUESDAY TALKS WITH JOY (In-Person or Online)** – Join Joy Barresi Saucier, executive director at the Agency and her special guest Barbara Robertson, board president, as they discuss the Aroostook Civic Academy. From 1:30 – 2:30 PM at Monticello Community Center, 14 School Street or an Access Point near you.

**CARE PARTNER SUPPORT GROUP (Online)** – Tuesdays, 6-7 PM, except holidays. Get help navigating the healthcare system and learn from others who travel a similar path.

#### ***Wednesday, February 5th***

**GATHERING PLACE (Online)** – Every Wednesday, 10-11 AM, except holidays. Join us for fun, education, and social connection!

***Friday, February 7th***

**ART SHOW** -- Visit our gallery at Aroostook Agency on Aging between 4:30-7:30 PM to see an exhibit by John Holub of Westfield. If you can't make the Art Walk event, the exhibition continues throughout the month.

***Wednesday, February 12th***

**MEDICARE 101** (Online) – 10-11 AM, Medicare can be confusing and it's a lot to understand. We'll discuss your coverage options, get the help you can understand, learn how to save on prescription drugs and much more.

**KNITTERS' GROUP** – 12:30-2:30 PM, Agency on Aging, 260 Main St. Presque Isle. A crafty group who share fellowship, fun, and healthy treats. Drop-ins welcome.

***Thursday, February 13th***

**UNDERSTANDING ALZHEIMER'S AND DEMENTIA** (In person or online) – 3-4 PM, Agency on Aging Memory Center. Preregistration required.

***Tuesday, February 18th***

**SENIOR MEDICARE PATROL** (Online) – 10-11 AM, Have you been a victim of Medicare Fraud? Do you want to learn ways to protect yourself from scams?

***Wednesday, February 19th***

**WHAT TO KNOW WEDNESDAY** (Online) – Noon-1 PM. Agency leaders will discuss a wide variety of programs, services and resources that are tailored to help you age well. Preregistration required.

***Thursday, February 20th***

**BRAIN HEALTH AND AGING** (In person or online) – 3-4 PM, Agency on Aging Memory Center. Preregistration required.

***Tuesday, February 25th***

**BLOOD PRESSURE CHECKUP** – 10-11 AM, Agency on Aging. No appointment necessary.

***Thursday, February 20th***

**BEHAVIOR SYMPTOM MANAGEMENT** (In person and online) – 3-4 PM, Agency on Aging Memory Center. Preregistration required.

Many offerings are available through an Access Point near you. To pre-register for or learn more about our services, please call 1-800-439-1789 or email to [info@aroostookaging.org](mailto:info@aroostookaging.org)

# Monday Mini Talks

*featuring  
special guest*

*Lt. Michael Joy*



Come to an Access Point or the Agency's main office to hear Lt. Mike Joy talk about Project Lifesaver!

This premier search and rescue program, operated by ME Game Wardens, is designed for "at risk" individuals who are prone to the life-threatening behavior of wandering.

FMI call the Agency at 764-3396 or email to [info@aroostookaging.org](mailto:info@aroostookaging.org)



*February 3*  
*1-2PM*

# A Matter of Balance

A Matter of Balance is an 8-session structured group program that 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, and exercise to increase strength and balance.

## You will learn to:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks
- exercise to increase strength and balance

## Who should attend?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

**Mondays and Thursdays 1-3pm**  
**Starting Feb 3, 2025**

**Washburn Town Office/Civic Center**  
**1287 Main Street, Washburn**

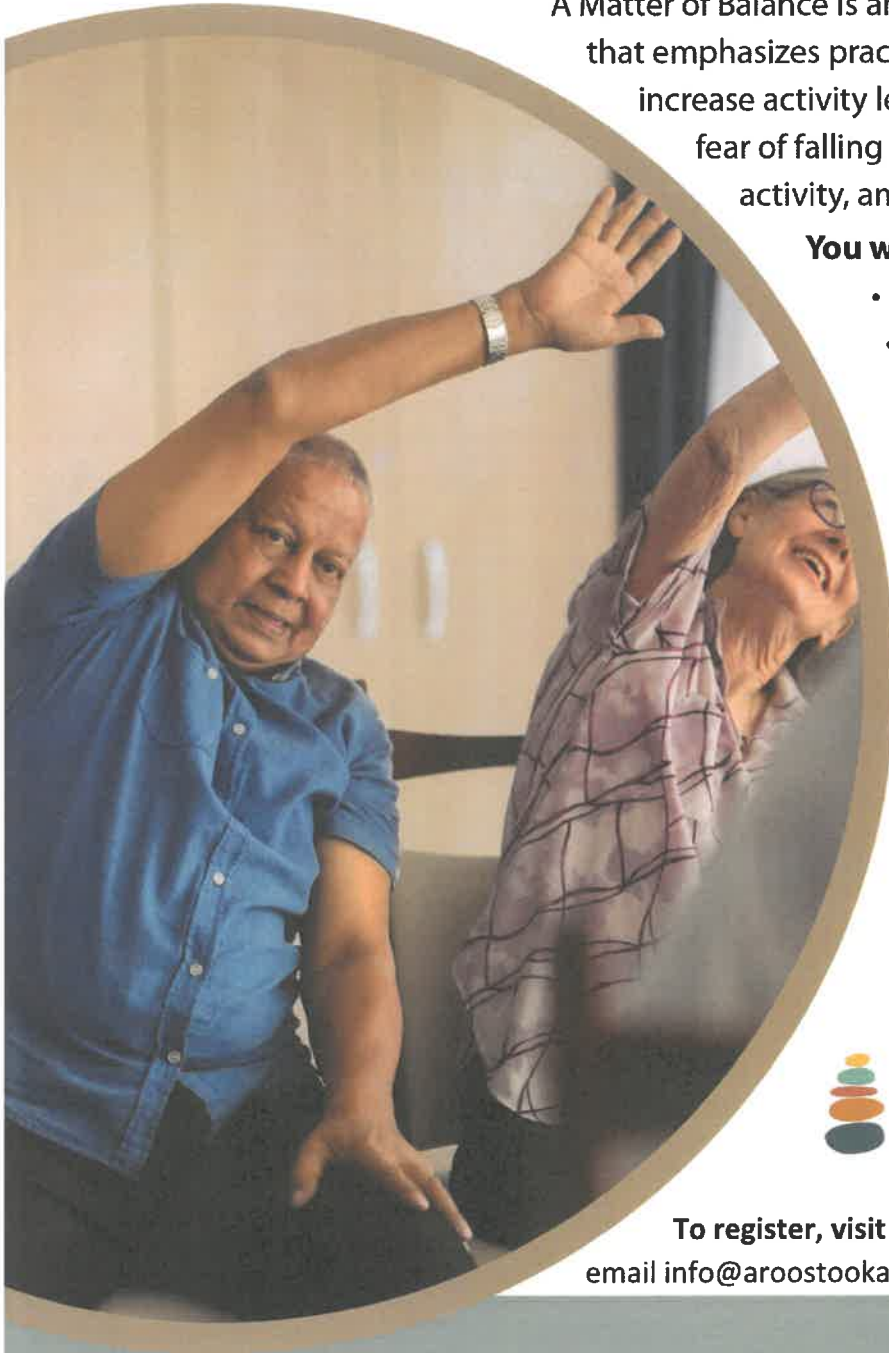


**Aroostook**  
**Agency on Aging**

To register, visit [healthylivingforme.org](http://healthylivingforme.org),  
email [info@aroostookaging.org](mailto:info@aroostookaging.org) or call 1.800.439-1789

**FREE**

*Managing Concerns about Falls*



*Live from the Monticello  
Access Point*



# *Tuesday Talks with Joy*

*featuring  
special guest*

*Barb Robertson*



Grab a cup of coffee and join Agency on Aging Executive Director, Joy Barresi-Saucier and Board President Barbara Robertson as they discuss the Aroostook Civic Academy. This six-part series equips residents of all ages with skills and knowledge to advocate for something they feel strongly about.

Attend in person at an Access Point near you or call 1-800-439-1789 for an online link



*February 4  
1:30-2:30PM*