

YOUR CIRCLE OF SAFETY



Understand your Medicare coverage

We can help you understand your coverage options and the right plan for you



Learn to manage your finances better

Stay active

Our exercise classes for older adults can build your strength to help prevent falls and fractures.



Access healthy meals

Through our food programs, you can receive nutritious food



Get financial support for your heating, food, or medical bills

Our resource specialists can help you apply for different benefits

Do you know what benefits are available to older adults and adults with disabilities?

Southern Maine Agency on Aging's staff and volunteers can connect you with resources and services available in your area to help you live better.*

We call it the **Circle of Safety**.

HERE'S WHAT IT IS:

**We do not guarantee final benefits approval. Receiving financial support is based on immigration status, financial eligibility, and needs.*

How to connect with us?

If you are comfortable with English:

call us: 207-396-6500 or email:

info@smaa.org

If you need help with interpretation, ask a family member, a friend, or one of the local organizations working with non-English speakers to connect with us