

Concerned about senior care services ?

- Are you over 60 and planning for your future care needs ?
- Do you now have a parent who is at home but who needs more of your assistance to make that happen ?
- Have you cared for a loved one and wished you had more options for care support ?
- Are you a caregiver with experiences to share regarding the needs of seniors ?
- Have you found the options available to seniors for assistance in various aspects of living to be difficult to understand or hard to discover ?

If you answered “yes” to any of these questions, the Maine Highlands Senior Center is looking for your help in defining the needs of seniors in our community over the life continuum. The population over age 65 is rapidly expanding with the aging of the “baby boomers.” With this “gray tsunami” is an awareness of the importance of removing obstacles for care and finding the variety of individualized services which will support seniors and their families as their needs change.

The Maine Highlands Senior Center is sponsoring a series of focus groups/listening sessions in individual towns in the Penquis region in order to start a conversation with local citizens about the needs of seniors in their communities. They welcome the participation of seniors, caregivers, health care professionals, children with aging parents, and town leaders who are willing to share their insights into this important community topic. Working together, they hope to develop a richer understanding of senior needs and to develop a stronger support network for our aging population.

The dates and times of the meetings are as follows:

- **Monday, August 6th, 9:30 - 11:00 am - Milo Town Hall**
- Monday, August 6th, 6:30-8:00 pm - Dover-Foxcroft, Mayo Resource Center at Mayo Regional Hospital in the Piscataquis Room
- Tuesday, August 7th, 9:30 - 11:00 am - Sangerville Town Office Community Room
- Wednesday, August 8th, 10:00 - 11:30 am - Dexter Town Office in the Council Chambers room
- Wednesday, August 8th, 1:00 - 2:30 pm - Dover-Foxcroft, Mayo Resource Center at Mayo Regional Hospital in the Piscataquis Room
- Wednesday, August 8th, 6:30-8:00 pm - Dexter Town Hall
- Thursday, August 9th, 9:30-11:00 am - Guilford United Methodist Church

Interested people are urged to attend one of these meetings and to join in the conversation which will impact on seniors in our region. For more information, please call 564-8245. If you are unable to attend but want to have your voice heard, you can complete a Survey about needs by clicking on: <https://www.surveymonkey.com/s/HighlandsSeniorServicesSurvey>