



## **Testimony on Behalf of Needs Expressed by Older Adults in Southern Maine**

### **In Support of Aging and Disability Resource Centers and Home Delivered Meals**

*Testimony as part of LD 258 (HP 163) An Act Making Unified Appropriations and Allocations from the General Fund and Other Funds for the Expenditures of State Government and Changing Certain Provisions of the Law Necessary to the Proper Operations of State Government for the Fiscal Years Ending June 30, 2023, June 30, 2024, and June 30, 2025*

Good morning, Esteemed Committee Members:

I'm Megan Walton, the CEO of Southern Maine Agency on Aging.

Thank you to those of you who have made a recent visit to our Sam L. Cohen Center in Biddeford to learn more about our programs and services. It is because of your partnership that Maine is a place where individuals want to grow old.

The five Agencies on Aging in Maine are here to serve individuals of the greatest social and economic need.

Yes, the Meals on Wheels program is about ensuring that individuals who need a delicious and nutritious home-delivered meal are given one.

And... Meals on Wheels is about **so much more**. This program is how we identify, understand and assist older individuals who need help in our own backyards.

Take, for example, Deborah.

Deborah qualified for Meals on Wheels. In fact, in our first assessment with her as part of the Meals on Wheels program, we learned that Deborah could use additional help.

And Southern Maine Agency on Aging was able to help Deborah with the following:

- She qualified for LIHEAP and has received two rounds of fuel assistance
- Through a local Home repair program - Deborah qualified for a grant and received a new roof
- During Medicare Open Enrollment Period - We helped Deborah change her supplemental plan and her prescription drug plan - which had not been reviewed for over 10 years - and this saved her \$4,500 in the course of a year
- We connected Deborah to MedAccess and she now receives an extremely expensive medication - Victoza - for free
- We helped Deborah an application for homemaker services and she now someone coming in to help with cleaning

Today, Deborah reports that her stress is greatly reduced. She feels that she can live in her home until she dies which is an expressed goal. Her health is more stable as a result of feeling less stressed and being on the Victoza medication; she has expressed being happy.

When we first met with Deborah, she was tearful and scared of losing her home due to its condition. She was not answering the phone.

**Your support today** will ensure that hundreds of individuals like Deborah who need additional support are identified, matched, and hopefully connected to services that are available. And when services are not available, we, as area Agencies on Aging, will advocate for older individuals and work with local community partners to help support, create and design coordinated systems of care so that individuals can get the help they need.

This budget contains critically needed funding for needed safety net supports and services for older adults, like funding for Legal Services for the Elderly, the Independent Housing with Supports Program, the Elder Services Connection Program, Adult Day Services, and Adult Protective Services, just to name a few. On behalf of the needs of older adults in our region, we support these initiatives and ask you to include them in the Biennial Budget.

Thank you!

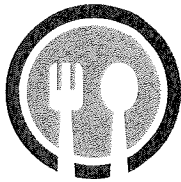
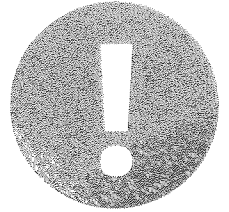
Megan Walton, CEO  
 Southern Maine Agency on Aging  
 207.396.6501 office / 617.833.9898 mobile  
 mwalton@smaaa.org  
[www.smaaa.org](http://www.smaaa.org)

# Meals On Wheels

## A Vital, Life-Saving Program for Older Adults in Maine



Meals-On-Wheels is a successful public-private partnership. To ensure its success and the health of older Mainers, the State of Maine **MUST** increase its funding so that the Area Agencies on Aging can continue to meet the demand for this critical program, and take care of thousands of older Mainers.



### Meals Served

2018-2019: 661,286  
2019-2020: 985,473  
2020-2021: 1,231,640  
2021-2022: 1,022,352

### 2022 Numbers

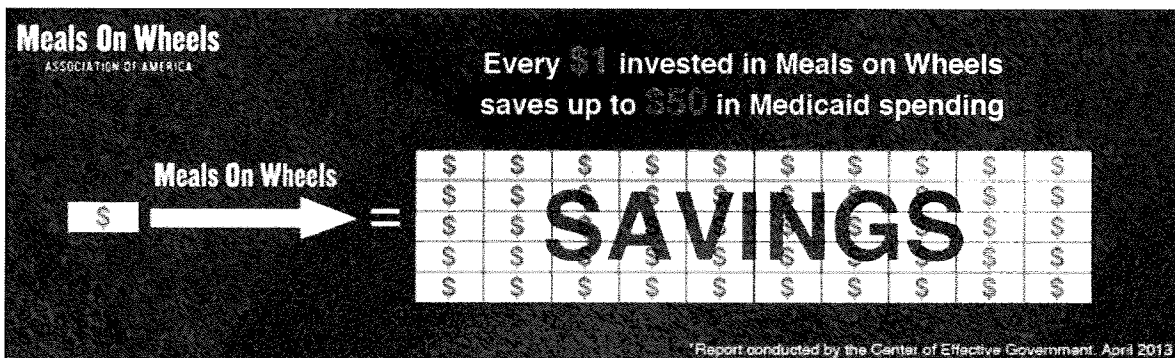
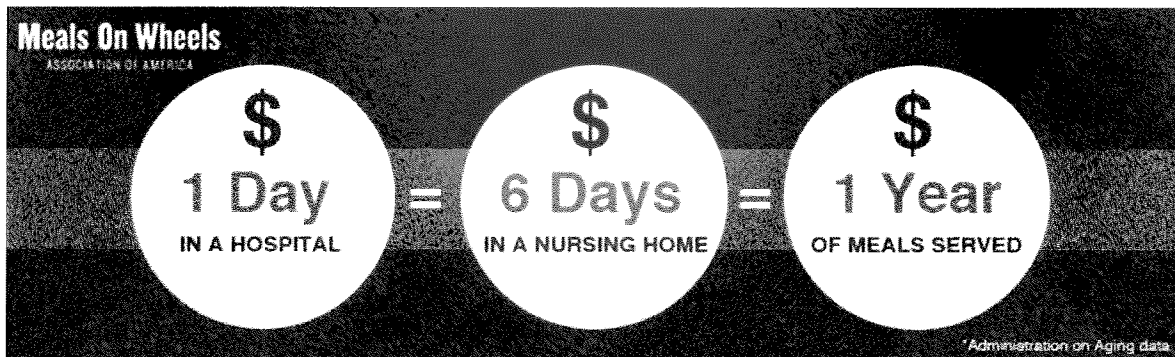


700 Volunteers

63,886 Hours

Equivalent to \$1,710,228 in donated time.

The COVID-19 pandemic doubled the demand for Meals on Wheels, and the demand is not going away.



On behalf of the Maine Association of Area Agencies on Aging