

SeniorsPlus

United Way of the Tri-Valley Area is honored to fund many incredible partners throughout the community - SeniorPlus among them. SeniorsPlus is the designated Agency on Aging and Disability Resource Center (ADRC) where they serve Franklin, Oxford and Androscoggin counties. Their mission is to enrich the lives of seniors and adults with disabilities. SeniorPlus believes in supporting the independence, dignity, and quality of life of those they serve. They are an organization that provides nutrition and safety checks to homebound older adults through the Meals on Wheels Program. They offer many other programs that are available to the community like: Medicare Counseling, Options Counseling, Family Caregiver Support Groups, Respite Services, Evidence-Based Programs for Chronic Pain & Diabetes, Money Minders, Education Based Classes and provide Around Town vouchers. Around Town is a program where SeniorsPlus partners with local restaurants to provide a lower cost for meals of those who have a tight budget and it allows for people to go out and socialize with friends or families. The vouchers are only six dollars each and can be purchased through SeniorsPlus by calling the Lewiston office at 1-800-427-1241, or at their office at 218 Fairbanks Rd. in Farmington.

SeniorsPlus also provide Medicare counseling that helps so many navigate the complexities of Medicare and helps to inform them of options available based on their circumstances. SeniorsPlus helps people save thousands of dollars by going through each option and making sure that it's the right plan for the person.

Every year SeniorsPlus applies for funding for the Meals on Wheels Program for Franklin County. United Way support is critical to be able to deliver food to home bound individuals and the support provides matching funds that can draw down federal dollars to help sustain the Meals on Wheels program. "Without the match we would not receive adequate funding to meet the demands of all those that need the service," said Holly Zielinski, Chief Operating Officer of SeniorsPlus. Zielinski notes that if funding isn't received, the organization would have to look at how many they could serve with the funding that they have and it could require them to have a waitlist which means most of the clients who need the meals wouldn't be able to get help unless other funding was acquired from other resources. UW funding really helps the program to consistently provide for the community with hot meals, socialization and consistent safety checks on elders.

Zielinski's responsibilities include oversight of all programs, not only the Community Services side in Androscoggin, Franklin, and Oxford counties, but state-wide with their care coordination programs. "I have worked with older adults in various capacities for the bulk of my career. Much of this was spent working at the facility level managing the oversight of independent, assisted and skilled nursing faculties," mentioned Zielinski. Before being part of the SeniorsPlus organization, Zielinski worked for ten years in Florida developing properties. In 2010, Zielinski decided to move back to Maine because her children were starting to have children of their own and she wanted to be closer to her grandchildren so they could be a part of their lives. After being back in Maine, she has searched for several years to find the "right fit" for her skills and passion. It wasn't until 2016 where the position of Community Services Director opened at

SeniorPlus did she find the right fit. Zielinski said, “I interviewed and knew immediately this was something I wanted to be part of.”

If interested in volunteering, attending classes, or seeking support, contact SeniorsPlus at (207) 795-4010 or send an email to volunteerservices@seniorsplus.org to find out more about the many volunteer opportunities SeniorPlus can provide, or visit seniorplus.org.