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The Maine Gerontological Society  
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## *Hot Topics in Aging*

Providing you with quick information on the latest in aging issues

**Should you have websites that you have found particularly intriguing and informative with aging issues, please feel free to share them by contacting the MGS secretary at [sberz@aroostookaging.org](mailto:sberz@aroostookaging.org).**

The Independent Transportation Network (ITN) "allows seniors to maintain their independence and their dignity. With safe transportation, older adults remain vital to the economic and social health of their communities. Mobility empowers them. They stay connected to family, friends and community. Businesses retain their valuable customers, and more importantly, adult children find relief from a daunting and complex problem" To access this website contact [www.ITNAmerica.org](http://www.ITNAmerica.org)

The Aroostook Agency on Aging provides consumers with a Benefit checklist that is updated regularly. The checklist help families and consumer determine which programs that they could be eligible for including Food Stamps, QMB, SLMB, Maine Care and other programs. To access click <http://www.aroostookaging.org/> and click on the button entitled Benefit Checklist, then click on whether you are seeking information on a one person household or two person household. The Medicare Supplemental Insurance chart is also available at this same site.