

..

SPECTRUM GENERATIONS 2014

*****RESOURCES*****

Abuse /Assault

- **Adult Protective** 24 hr hotline -1-800-624-8404
- **Domestic Violence-Family Crisis**-1-800-537-6066
- **Sexual Assault**- 1-800-822-5999
- **Family Violence Project** in Augusta – 623-3569
- **Augusta Police Dept** – 626-2370
- **Waterville PD**-872-5551
- **Skowhegan P.D.** 474-6908
- **Domestic Violence Hotline** (24 hour) 1-800-799-7233
- **Family Violence Project Crisis Line** Helpline number 1-877-890- 7788;
Waterville office 877-0835; Skowhegan office 474-8860
- **Safe Voices**-24/hr local helpline: 795-6744 or 1-800-559-2927
- **Battered Women/Domestic Violence**-family/violence: 623-3569 or 1-877-890-7788
- **Child Abuse/Neglect Reports**-24/hr 1-800-452-1999
- **Emergency Assistance/Family Crisis**-1-800-452-1926
- **Maine Coalition to End Domestic Violence**-National Hotline-1-800-799-7233
- **Rape Crisis Hotline**-1-800-822-5999 or 1-800-871-7741
- **Suicide Prevention**-1-888-568-1112
- **Statewide Crisis**-1-888-568-1112
- **NonCrisis Warm Line**-1-866-771-9276
- **New Hope for Women**-594-2128 or 1-800-522-3304

Adaptive Equipment

- **Alpha I** So. Portland (Oxford and Franklin Counties) 1-800-640-7200
Brewer (for rest of the state) 1-800-300-6016 Web-site for selling equipment:
www.alphaonenow.com
- **Always Accessible**- 1-800-725-4387 or 1-800-684-0270
- **Amicus Loans** –For whole state – 941-2890.
- **Maine Accessibility Corporation** 1-800-660-7600
- **Maine CITE** –621-3195 www.maineCITE.org
Other web site for adaptive equipment www.getATstuff.com
- **Power Loans** www.mpowerloans.org -loans up to \$100,000 to purchase
equipment, renovations, technologies-loans are low interest and have flexible
repayments
- **Ride Away-rental Vans** W/C assessable-888-693-3344.Also has adaptive
vehicles equipment

- **Volunteer Maine** www.volunteermaine.org (Agency: Senior Spectrum, Password: CMAAAA) lists free or low cost adaptive equipment and other things such as household items.
- **Hannaford Pharmacy:** \$250 deposit to get a wheelchair for a week -10 Days. \$250 is refunded when chair is returned. Crutches also available Call local Hannaford.

Advocacy

- **Animal control officers:** Chris Martinez- 446-2443 for Randolph- Hallowell-Manchester areas.
- **ALS Association** Northern New England Chapter PH: 894-5478
www.alsanne.org
- **Cares, Inc-** Client assistance program –Advocacy www.caresinc.org -377-7055
- **Attorney General** (Consumer Assistance) 626-8800
- **Consumers for Affordable Healthcare**-1-800-965-7476 or 622-7083
- **State of Maine Web-site** <http://www.maine.gov>
- **State of Maine operator connecting all department** 624-9494 or 624-8800
- **Legal Services for the Elderly**_Advocates for Medicare Patients (AMP)Services 1-800-750-5353
- **Alzheimer’s Association** 772-0115 24/hr Helpline-1-800-272-3900
- **Better Business Bureau**-www.bosbbb.org- or 1-508-652-4800
- **Consent Decree** (Benefits for AMHI patients from 1988) 287-4243-Jane Minowoski
- **Consumer Mediation Service** (Consumer Fraud) Attorney General 626-8849
- **Disability Rights Center** 1-800-452-1948 (can advocate for MR pts as well)
- **Domestic Violence Hotline** 1-800-799-7233
- **Dept of Motor Vehicles** -624-9000 ext 52124 – medical – Process to have someone’s license taken away
- **Elder Care Locator** 1-800-677-1116
- **Fraud Reporting:** FTC 1-877-987-3728
- **Postal Inspector:** www.usps.com
- **Verizon Unlawful call center:** 1-877-872-2348
- **Immigrant Legal Advocacy Project** 780-1593
- **Long Term Care Ombudsman Program** 1-800-499-0229
- **Hospital Licensing Board (to file complaint)**_ 287-9300
- **Maine Advocacy Services** – Disability Rights 1-800-452-1948
- **American Civil Liberties Union of Maine** 774-5444
- **Maine Human Rights Commission** (Age Discrimination in employment) 624-6290
- **Maine Senior Medicare Patrol (SMP)**_1-800-639-1553 (Medicare Fraud)
- **Medicare Hotline** Questions about Medicare rights? 1-800-333-4114
- **Mediation:** trained volunteer mediators work with consumers to help resolve issues. (Tenant/Landlord issues, problems with housing, neighbors, ect)
Bangor Area: Penquis Dispute Resolution Ctr. 1-800-215-4942 or 207-973-3500
- **Public Utilities Commission (PUC)** 1-800-452-4699
- **State of Maine Securities Division:** for information on investment counselors and
Securities brokers: 207-624-8551/ Jackie Drouin 207-624-8554

- **Tax Payer Advocacy**-Augusta Federal Building – 622-8528
- **Brain Matters** www.biin.org

Care/Case Management

- **Bridges Home Health Agency** 1-800-876-9212
- **Aging Excellence**, Bangor, Brunswick, Kennebunk Augusta www.seniorsonthego.com 207-771-0991 Portland, Brunswick-729-0991, augusta-512-8894
- **Cares, Inc** – www.caresinc.org -377-7055 Training and advocacy –care management for those with disabilities in Voc Rehab situations
- **Home Health Agencies** (see green resource booklet)
- **National Association of Professional Geriatric Care Managers** www.caremanager.org

Dental

- **Aspen Dental** – Offers discounts to seniors. Dentures and dental care – Free consults –www.aspendent.com Waterville 873-0110 Topsham 725-1755 Augusta 621-6700
- **Kennebec Valley Family Dentistry**-623-3400
- **American Legion** (if Veteran may help purchase dentures) 873-3229
- **Cornerstone Dental**- 877-2200-Waterville-offers Senior Discounts
- **Dentures Direct:** Roger Martin 938-5870
- **Kennebec Valley Dental Coalition's Community Dental Clinic** 872-8891 Kennebec and Somerset counties; sliding scale fee.
- **Knox Dental Service** 594-6996
- **Lions Clubs** (help to pay for dentures) www.maineions.org
- **Main Street Dental Center** Suite 212, 179 Main St. Waterville 872-6815 accepting new patients, emergencies, Maine Care-weekend and night appts.
- **Maine Care** 1-877-543-7669, 1-800-977-6740
- **Maine Primary Care**-621-0677+
- **Maine Donated Dental** -1-800-205-5615 free comprehensive for elderly and disabled.
- **Maine Dental Assoc** 622-7900 see Senior Dent
- **New England Denture Centers:** Maine Care consumers-for new or replacement dentures with approval-Contact Sally Carrell Bangor office 1-877-941-6550-offices located in Bangor, Augusta office 621-2904 Ellsworth and Augusta-will not do relining
- **Penobscot Community Dental Clinic**, Bangor: 992-2152
- **Senior Dent** 1-800-639-1553-Need to have income below DEL program.
- **Shields Mission Project** (Knox County only) financial assistance-referrals must be called in by provider- Debbi Hitchings, 236-4821-call Spectrum Generations for referral
- **Somerset County**- Dentist Richard Berry at 474-9324. Will do denture relines.
- **University of New England Dental Clinic**- 221-4900 Preventive services in Westbrook \$30 fee for services
- **Waldo County Dental Project**, Belfast 338-9307

- **Dr. Daniel Schecter**, 819 Commercial St Rockport Maine 596-7111 excepts Maine Care for extractions only.

Diabetes Resources

- **Maine Diabetes Prevention Control Program** 287-5380 (for information on ambulatory diabetes education and follow-up)
- **Liberty Medical Supply** (consumer-direct diabetes testing supplies for MCR recipients): 1-800-633-2001 or diabetes@libertymedical.com
- **National Diabetes Education Program** 1-800-438-5383 or <http://ndep.nih.gov>
- **Neighborhood Diabetes** (pump supplies) www.sugartest.com 1-800-937-3028
- **Nutrition Hotline** www.eatright.org

Disabled

- **Maine Developmental Council** – 1-800-244-3990
- **Multiple Sclerosis Society** – 1-800-639-1330
- **Disability Rights Center**-1-800-452-1948
- **Maine CITE**-621-3195
- **For more detailed listing of disability resources see Disability Resource Guide**

Education

- **Aspire/Vocational Education** 1-800-482-7517
- **Bath Career Center** 1-888-836-3355
- **Coastal Senior College** 1-800-286-1594
- **Rhode Scholar** (used to be called Elder Hostel Inc.) 1-877-426-8056
- **Maine State Library**-access through Maine State operator 287-5600 (main line to public floor) Talking Books/Outreach www.state.me.us/msl
- **Midcoast Senior College** University College @ Bath/Brunswick 725-4900
- **National Diabetes Education Program** www.ndep.nih.gov 1-800-438-5383
- **PC's for Maine:** Non-Profit Community Computer Literacy Project Stockton Springs, ME 338-4233 Provides computer system with training for \$92.50 to \$185.00 If meet program requirements-ITE determines who receives sponsorships
- **Technical Colleges** (see yellow resource book)
- **University of Maine System** (see yellow resource book for details) Senior College 1-800-800-4876
- **Women, Work and Community**, 1-800-442-2092 ext 33
- **Women Unlimited** – 1-800-281-5259
- **Vocational Rehabilitation Portland**- 1-800-315-1192

Emergency Response/Emergency Medical Information

- **Crisis** – statewide 1-888-568-1112

- **Waldo/Knox MH MidCoast Mental Health Center** 701-4400
- **American Red Cross:** Disaster Preparedness for seniors by seniors
www.redcross.org/services/disaster/beprepared/seniors.html 1-800-733-2767 or 563-3299
- **DNR** (Do Not Resuscitate) State EMS 626-3860
- **File of Life**-card that is kept on refrigerator with information for emergency first responders. Triads – Peoples Plus -729-0757 –Spectrum Generations in Topsham/Rockland/Damariscotta/
- **Lifeline** – 373-3635
- **Lifefone:** www.lifefone.com 1-800-882-2280
- **Life Alarm:** www.life-alarm.com 1-800-780-5433 \$25.95/mo, no installation fee-self-installed two-way communication-uses pendant
- **Maine Emergency Management Agency-** 1-800452-8735
- **Poison Control-** 1-800-222-1222. TTY: Interstate relay operator: Dial 711
- **911- Triad phones** – Lincoln County refer to Spectrum Generations, Damariscotta Center; Knox county refer to Rockland Center (Spectrum Generations) Peoples Plus 729-0757

Employment

- **Able Program** National Program to help seniors get back to work. National Number 1-855-994-8300 or 385-2500
- **Career Centers:**
Augusta: 624-5120 or 1-800-760-1573
Brunswick: 373-4000
Rockland: 1-877-421-7916
Skowhegan: 474-4950 or 1-800-760-1572
- **Cares, Inc-** for those needing Voc Rehab 377-7055
- **MidCoast Maine Community Action Program** Bath 442-7963
- **Senior Community Service Employment Program (SCSEP)**
www.maine.gov/dhhs/oada/aging/resources/employ.htm
- **Waldo Community Action Partnership** 338-6809 fuel assistance (207)338-3025, transportation (207)338-4769
- **National Able Network** 55+ people, Training Program for jobs (207)385-2500
- **Women, Work and Community,** 1-800-442-2092 ext 333
- **Women Unlimited** – 1-800-281-5259

Financial

- **Dial 211-** United Way, Fairpoint Referral program
- **Fairpoint Lifeline program and Link up service** Lifeline allows substantial discounts on telephone service to be offered to households where at least one member receives federal or state aid under: Aid to Families with Dependent Children, Food Stamps, Medicaid, Supplemental Security Income, Emergency Assistance Program, Home Energy Assistance. Lifeline Program 1-800-542-8227 \$6 Monthly fee for unlimited local calling, \$1 monthly additional fee for long distance calling. \$ 44.75 fee to hook up lifeline program. Link up program \$34.75 discount off from hook up fee...

- **American Association of Daily Money Managers-** 1-877-326-5991. Charge a fee, but help with things similar to MMP –helps with creditors also.
Appliance Program-Those with HEAP could get help with energy efficient refrigerator old one needs to be over 10 years old.- Contact local Community Action Program
- **British Charitable Society:** Assistance for emergency situations for New Englanders who are British citizens or have one British parent or Grandparent-will not assist with legal, medical or education costs Contact: Susan Dugdale www.britcharity.org
- Consumer Credit Counseling Service 1-800-539-2227
- Discount Programs for Local Merchants: Peoples Plus, Brunswick (207)729-0757
- **Energy: Consumer Guidance** (grants for energy/meds/other debt) www.consumer-guidance.com
- Waldo County Transportation 1-800-439-7865 or (207)338-4769 Waldo County Community Action Partners referral
- **Food Stamps(SNAP)*** Department of Human Services Regional Office numbers in Yellow Resource book A14 Augusta area (207)624-8000 or 1-800-452-1926 Rockland area (207)596-4200 or 1-800-432-7802 Skowhegan (207)474-4800 or 1-800-452-4602
- **General Assistance-** call local town office IF and unorganized town can contact DHHS at 1-800-442-6003 to get more information on where to call
- **DHHS-OAMHS Wrap around fund-** used to meet urgent needs of mental health patient up to 500.00/yr for emergency bills .
- **Every Day Basics-** St Marks Parish –Augusta (207)622-2424, has soap-detergent-diapers-toilet paper items . Call for hours open.
- **Goodwill** program “Good Works” gives money for energy assistance Ellen Brandywynne. 626-0170
- **Haines Charity** (Waterville residents/single women) (207)680-4227 financial issues.
- **Home Energy Assistance Program_(HEAP)** Community Action Programs
- **Mainecare DHHS Augusta** 1-800-452-1926 (help to pay medical bills)
- **Maine General Care Partners** (*hospital programs*) Not just for elderly population-serves all low income
- **Maine Care*** 1-800-977-6740 Estate Recovery: Cindy Boucher (207)624-6906 MCD eligibility: (207)624-8090 OFI Office of Family Independence 1-800-452-1926
- **Medicare** 1-800-633-4227 (1-877-486-2048 for hearing/speech impaired) Railroad Retirement Board 1-877-772-5772 Change of address, lost card, or to apply for Medicare, call Social Security Administration at 1-800-772-1213 (or RRB) North Park Augusta. Web-site: www.medicare.gov
- **Modest Needs:** www.modestneeds.org Resource for relatively small (\$1000), unexpected, necessary one-time expenses (will not pay credit card bills-also will not pay regular bills like rent, utilities, car payment unless the person is behind because of an unexpected documentable onetime expense that is already paid)-must register on web-site.
- **Bureau of Consumer Credit Protection,** 1-800-332-8529 If having problem paying bills will tell you what needs to be paid first, what to do
- **Other Community Agencies to request help if nothing specific**_Lions Club, Salvation Army, Churches, Rotary Club, Auxilliary, Grange, Elks, Kiwanis

- **Property Tax or Rent Rebate Program** annually Aug 1st-June `1st State of Maine income tax division (207)626-8475
- **Reverse Mortgage:** www.hud.gov
- **Salvation Army:** Augusta (207)623-3752
- **First Congregational Church of Camden Shields Mission Project (Knox County only):** Debbie Hitchings Gift Administrator 236-4821-Referrals must be called in by provider agency Provides immediate direct aid to needy residents of Knox County for fuel, electricity, shelter, food, clothing, home repairs for safety issues, Transportation, and health care. Call Spectrum Generations for a referral.
- **Social Security** 1-800-772-1213 or www.ssa.gov/ssnumber/

General Information

- **AARP** 1-866-554-5380 / 1-800-424-3410 aarp.org 1685 Congress St. Portland, ME 04102
- **Administration on Aging (AOA)** 1-202-619-0724 www.aoa.gov
- **Office of Aging and Disability Services** 287-9200 www.maine.gov/dhhs/oads/
- **Community Care Ministry_Kennebec County only**-872-2172. Seniors –home visits, will help clean and move, call and leave name and number
- **Do Not Call List:** www.informe.org/ag/donotcall.html Or go directly to the web site at www.donotcall.gov or call 1-888-382-1222 (TTY 1-866-290-4236) from your home phone.
- **Driver Safety - 55 Alive/AARP** 1-888-227-7669
- **Foster Grandparents:** 973-3684 Penquis Foster Grandparent Program, 262 Harlow Street, Bangor, ME 04402. Seniors 60 and over provide one on one mentoring for special or exceptional needs children. 15 to 40 hours a week. Receive modest stipend to offset cost of volunteering.
- **Good Morning Project/Well Check** consumers call office between 8-10am. If they don't call, then the office will call them. If there is no answer, office will contact family/friends to check on the consumer. Bath area (207)443-5563 Bath Police press 1 for Good Morning Project Brunswick area(207)725-6621 Waterville area (207)872-5551
- **Hairdresser who makes home visits in Waldo County:** Clarene Cousins 338-1055 (not coloring)
- **Income Tax Aides/AARP** 1-888-227-7669
- **Interpreters/Translators** Maine Relay Service 1-800-457-1220 AT&T language line solutions– 877-886-3885
- **LN Clark Inspiration Network:** For those on a cancer journey- Fairfield 453-2553. support for patients and families
- **Mailing List Removal:** www.dmachoice.org Allows you to get off mailing lists, telemarketing lists or e-mail lists. Register on-line for \$5.00 or print on-line form and send to: DMA Telephone Preference Service, Box 1559, Carmel NY 10512*
*Please note there are different mail addresses for opting out of the different lists-check web-site.
- **Move More** www.movemore.org/ helping people move more and eat well through support and education. There is a list of walking trails with maps on web site. Augusta (207)624-4325, Waterville (207)872-4102, Skowhegan (207)474-7473, Pittsfield (207)487-3890
- **National Association of Area Agencies on Aging (N4A)** www.n4a.org

- **Eldercare Locator** 1-800-677-1116 or www.eldercare.gov nationwide service that connects older Americans and their caregivers with information on senior services.
- **National Able Network** 385-2500 ncoa.org
- **PALS Inc.** (Dir.Vicky Remsen) bill paying service (207)594-5805 or 542-0749. Works throughout Knox County, goes into homes and sits down with people, makes out the checks, consumer signs, they get in the mail. Rate is \$25 an hour for this service. They also provide personal care for \$20 an hour daytime and \$22 an hour nights and weekends.
- **Property Tax or Rent Rebate** (State of ME income tax call center)(207)626-8475 Application period runs August 1 through May each year. Eligible Maine residents can receive a partial refund of property taxes and/or rent paid on their primary residence. We help to complete these applications; call for an appointment.
- **SCORE (Service Corps of Retired Executives)** Muskie Federal building. (207)622-8509. Free Counseling to those in small businesses who are getting into it or retiring etc.
- **Senators:** Susan Collins (207)622-8414 Augusta Offices Olympia Snowe 210-6777
- **Senior Games** – Southern Maine Area Agency on Aging 1-800-427-7411; www.smaa.org Open to anyone 50 and over. Competition divided by age group. \$30-40 registration fee depending on activity.
- **Homeless Shelters** Maine State Housing Authority (MSHA) 1-800-452-4668 www.hud.gov (click on Homeless on left side, follow links for list of shelters by County)
- Tedford Shelter, Brunswick (207)725-4871, (207)729-4583
- Bread of Life, Augusta (207)626-3479
- Mid-Maine Homeless Shelter, Waterville (207)872-6550
- **Umaine Center on Aging:** umaine.edu/mainecenteronaging A university wide interdisciplinary center specializing in aging education, research and community service. UMaine Center on Aging, Camden Hall, 25 Texas Ave., Bangor, ME 04401. 262-7920.
- **RIS Interpreters** statewide-523-2700
- **Weatherization** Community Action Programs (CAP) check local phone book

Hearing

- **Hear in Maine**-clearing house for used hearing aides- Alpha one- Kelly at 1-800-640-7200
- **Interpreting Services for Consumers:**
- Mary Jane Grant Interpreting 651-3146
- Certified Interpreting 798-7995
- Pine Tree Society 386-5971
- Sign Language Interpreting Plus 615-1448
- Bangor Interpreting: (862-2947 this number good till September 1, 2013) (843-0506 this number starts being active on September 1, 2013) bangorinterpreting@fairpoint.net On call, 24 hour service available throughout state.

- Certified Interpreting, Brunswick, 798-7995. ASL interpreting throughout Maine, 24 hours, 7 day a week emergency service available
- Kewl ASL serves Central Maine, 240-3177
- Maine Registry of Interpreters for the Deaf, focus on statewide networking www.mainerid.org
- Pine Tree Society – Interpreting Services. Sign language and Deaf culture training throughout state. Emergency service during non-business hours available; uses video-remote interpreting technology, 386-5971
- Pine Tree Society, Scarborough Interpreter Services 386-5971
- **Alpha I_A** center for independent living, enabling people with disabilities to live more independently in all aspects of their lives. Provides: Information and referral; outreach; advocacy; peer support; assistive technology; access design; resume workshops; living skills training; adaptive driver assessment; Alpha One Medical, adaptive medical equipment; and more. South Portland 1-800-640-7200. 1-800-300-6016
- **American Legion** (veterans) help to pay for hearing aids
- **Hear Now** 1-800-648-4327 Hearing Aid Assistance Program-125% of FPL - cannot qualify for funding through private insurance, government assistance or any other type of funding-non-refundable processing fee
- **Hearing Aid Recycling Program**-all donations tax deductible-accept any make, model and age-send to: HEAR NOW, 6700 Washington Avenue South, Eden Prairie, MN 55344
- **Hearing Health Care Associates** – Augusta- 622-5922. Offer low interest loans as well
- **Hill Center** 1-800-734-8222, 872-4383 (Waterville) -has loaner program for hearing aids
- **Lions Clubs** – help to pay for hearing aids www.mainelions.org
- **Maine Center on Deafness:** 1-800-639-3884- Also has Communication and Equipment Program.
- **Pacific Interpreters-** telephonic language interpretation, www.pacificinterpreters.com
- **Maine General Audiology** -626-1339 Me Gen Med Center –Augusta
- **Starkey Fund** 1-800-328-8602
- **TTY Equipment:** if cannot afford: free or at discount- www.call711.org
- **TTY Interstate Relay Operator:** 711
- **Warren Speech and Hearing Center-** Bangor 941-2850 sells “pocket talkers” Amplifiers for \$115 (Radio Shack Stores sell same type of amplifier for \$40.); (also hearing aid bank for free reconditioned hearing aid- 1 yr wait list. Same phone number as Warren Center.)

Heating Assistance

- **Good Works Program** sponsored by Goodwill, assistance for all energy costs 626-0170 ask for Wes Babula, Dan Vigue, or Candace Cane
- **Vassalboro Ministry**– Fuel funds for residents in Vassalboro area Kennebec Valley Board of Realtors, 622-1234- Must be referred by an agency, consumer cannot request help, contact Spectrum Generations.
- **LIHEAP – Low Income Home Energy Assistance Program** Offices to call for assistance:

- Penquis Community Action Program, Rockland, 596-0361
- MidCoast Community Action Program. Bath, 1-800-221-2221
- Kennebec Valley Community Action Program. Augusta, 622-4761
- Skowhegan or Waterville, 859-1500 or toll free 1-800-542-8227
- Penquis CAP, 973-3520, Bangor-Fuel assist, Education, Housing.
- Waldo Community Action Partners 1-800-498-3025
- Other programs offered by these CAP agencies:
- ELP (Electric Lifeline Program)
- TAP (Telephone Assistance Program)
- TEFAP (The Emergency Food Assistance Program)
- THAP (Temporary Housing Assistance Program)
- ECIP (Emergency Crisis Intervention Program)
- CHIP (Central Heating Improvement Program)
- **Maine State Housing Authority**-1-800-452-4668
- **Public Utilities Commission Consumers Division**- 1-800-452-4699
- **Salvation Army** (phone book, clergy database) 623-3752
- **Waterville Salvation Army** 872-2172
- **Shields Mission Project** (Knox County Residents only) financial assistance. Referral must be called in by provider agency; consumer cannot call on their own; contact Spectrum Generations for assistance- Debbi Hitchings 236-4821
- **Town**_call your town general assistance office
- **Citizens Energy** – 1-877-563-4645- Will give 40% of a one time delivery of 200 gallons.
- **Community Housing Improvement Project**- Lincoln County (CHIP) Contact Janice Mellyn at 800-924-9571 emergency fuel.

Home Health Care/Nursing Home Care-

- **Bridges Home Care** - 1-800-876-9212.
- **Cleaning for a Reason.org**- for cancer patients who need help at home.
- **Elder Power** - www.myelderpower.com- 563-3322- Home care video conferencing with additional packages for home care services that include Lifeline; private pay options
- **Goold Health Systems** 1-800-609-7893
- **Elder Independence of Maine** 1-888-234-3920
- **Home Health Agencies** (see Home Care: Where to Find it booklet; can request copy by calling Spectrum Generations)

Homemaker

- **Arcadia Home Health:** Brunswick, Damariscotta 1-866-324-3401 contact Dawn Worster PCA \$17.50, homemaker \$16.00/hr
- **Branches of Home Care**, Wiscasset email www.branchesofhomecare.org ; 563-6455 or e-mail roxanneandrews@hotmail.com. Serves MidCoast area. Rates are around \$20/hr. PSS services errands, meals, handyman help.
- **Catholic Charities Maine Home & Family Services** For homemaker program, now called Independent Support Services Program– 1-888-477-2263 (still need GOOLD assessment for Mainecare consumers.)

- **Family Provider Services (FPSO)** – Elder Independence of Maine (EIM) –To be able to hire your own homecare help -1.888.234.3920
- **Home Resources of Maine**_1-800-609-7893 chore services (lawn mowing, snow shoveling, trash removal, repairs, occasional_heavy cleaning)
- **Home Health Agencies** (see Home Care: Where to Find it. call Spectrum Generations to request a copy)
- **Renaissance Quality Home Care**- Augusta – Service area within 25 miles. 582-1424
- **Keeping Seniors Home** Mid-Coast Maine Community Action –Lincoln and Knox –Contact Catherine McConnell or Patricia Oh – 442-7963 or 1-800-221-2221 (some case management to keep seniors independent at home longer.
- **PALS Inc**_594-5805 Vicky Norton Remsen (will do anything to keep elders in home and independent \$18.00-\$20/hr. Also offers companion and transportation with personal care. Rockport, Camden, Thomaston, Rockland
- **Ageing Excellence**: Brunswick 729-0991
- **Senior Sitinz**- www.senior-sit-inz.com 30/hr non medical, homemaker services. 968-2550, for central Maine area; Private pay only. 649-7077

Home Repairs- Handyman Services

- **Kennebec County sheriff**- May use inmates around an elder at risk of home safety to clean out a home.
- **Ageing Excellence** - Brunswick 729-0991
- **Community Care Ministry**- Kennebec County only-872-2172. Seniors; Home visits; will help move and clean, small repairs. Call and leave name and number.
- **Energy Audit: KVCAP**_873-2122-can do complete audit of home for \$250.00- also can do partial audits
- **RCAM**- Outreach program working with seniors (Wayne, Monmouth, Litchfield): 524-5095/524-3791
- **Home Modification Specialist of Maine** – Kennebec County –1-800-366-5302. Somerset county 1-877-784-6993. Contracts with EIM, Alpha 1, UW-Cap to do the installations. Weatherization: Call Wanda at KVCAP: 1-800-542-8227 x 1542 (local carpenters: labor is free. Consumer must provide materials.) Statewide program.
- **Alpha I**: So. Portland (for Kennebec, Knox, Lincoln, Sagadahoc counties) 1-800-640-7200. Brewer (for Somerset, Waldo counties) 1-800-300-6016
Mpower: grants up to \$5K-have 18 to 24 mo. waiting period, but priority situations can decrease waiting time-independent living evaluations are at no cost if consumer calls, there is a cost if an agency calls in the referral
- **Rural Development/USDA** (1% interest repair loans for very low income and elderly homeowners: 62 yrs and over with income less than 50% of median; Kennebec & Sagadahoc counties - 753-9400 ext 227; Knox, Lincoln, Somerset & Waldo counties - 990-3676
- **Maine State Housing Authority**: Tool Box- 1-800-452-4668; 626-4600-1% interest, 504 loan program (same as CAP agencies-no grants available) If higher than LIHEAP income, 1% loans if hire an energy auditor, 3% without an auditor. \$15000 limit at participating banks/first come/first serve
- **CHIP** (Damariscotta, Newcastle and Pemiqid Peninsula only) 1-800-924-9571
- **Rural Community Action Ministry** 224-7505 (Litchfield, Monmouth and Wayne)

- **Rebuilding Together** – for Cumberland and Lincoln counties-must own home-proof of income-site visit required. Located in Portland-272-4935
www.rebuildingtogether-lc.org
- **Shields Mission Project:** (Knox County residents only) financial assistance If there is a safety issue-referral must be made by a provider agency- Debbi Hitchings at 236-4821. Call Spectrum Generations for assistance to connect.
- **Thomas Malloy Lodge-** part of the Fraternal Order of Police – 623.3591 ex. 200. (will help seniors with vital needs) i.e., snowed in . Will refer out to local sheriffs office.
- **Waterville:** Corpus Christi Parish sometimes has volunteers willing to help-call the parish office, Doris Smith at 872-2281
- **Waterville-** Pleasant Street Methodist Church sometimes has volunteers. Call 872.7564 Leave message for outreach for return call.
- www.chore.com- site where those needing and offering help can connect

Housing

- www.hopenow.com- Making homes Affordable. Home Owners Hope Hotline-open 24/7. Free housing counseling.
- **Office of Aging and Disability Services** 287-9200. Adult Family Care Homes
- **Habitat for Humanity:** Augusta 622-5820
- **Legacy Years** – Transition Services-Downsizing and Relocation -549-7850.
www.legacy-years.com Coopers Mills
- **Maine State Housing Authority** 1-800-452-4668; 626-4600. Elderly/Disabled Subsidized Housing, Shelters, Section 8 Voucher Program
- **MaineHousingSearch.org-** Free rental listing service to find or list housing.
- **Rural Community Action Ministry RCAM** –524-5095 Offers emergency shelter homelessness prevention services programs –Also has housing programs, food bank, and volunteer programs.
- **Volunteers of America (VOA)** HUD Housing: 373-1140
- **Waterville Housing Authority** 873-2155
- **Waterville Affordable Housing** (contact the CAP agency)

Insurance

- **Consumers for Affordable Health Care** –helpline-1-800-965-7476 or administration-1-800-838-0388 or 622-7083
- **SHIP Counseling**-1-877-353-3771 (Elders I Line)
- **Maine Bureau of Insurance** 1-800-300-5000
- **MaineCare** – Department of Health and Human Services. Augusta area 624-8000 or 1-800-452-1926. Maine Care Providers Relations 1-800-321-5557 or 287-3094 (assistance for providers with billing for Maine Care) Rockland area 596-4200 or 1-800-432-7802, Skowhegan 474-4800 or 1-800-452-4602
- **Medicare** 1-800-633-4227 (1-877-486-2048 for hearing/speech impaired). Railroad Retirement Board 1-877-772-5772. Change of address, lost card, or to apply for Medicare, call Social Security Administration at 1-800-772-1213. Web-site: www.medicare.gov
- **Maine State Employees Health Insurance:** 1-800-422-4503 or Dorothy at employee benefits. Dept. 287-6787

- **Dirigo Health-** local 287-9900

Legal Services

- **Consumer Health Law Program-** 1-800-838-0388- resolve disputes with insurance companies.
- **The Cumberland Legal Aid Clinic-** Maine Law School – Cumberland and Sagadahoc counties- 1-877-780-2522
- **Maine Civil Liberties Union-**rights violations-Office in Portland but takes cases all over the State. 774-5444
- **Disability Rights Center** 1-800-452-1948
- **Elder Law Attorney** (check phone books for area)
- **Immigrant Legal Advocacy Project** 780-1593
- **Legal Services for the Elderly(LSE):** 1-800-750-5353 www.mainelse.org. Some services provided: Guardianship and Conservatorship; Living Will (Advance Directive); Power of Attorney; Durable Power of Attorney; Wills
- **LSE Medicare Part D Exceptions and Appeals Hotline:** 1-877-774-7772
- **Maine Civil Liberties Union** 774-5444
- **Maine Equal Justice Partners-** advocates for low income consumers 626-7058 or toll free 866-626-7059
- **Maine Lawyer Referral Service** 1-800-860-1460
- **Pine Tree Legal-** 622-4731
- **Volunteer Lawyers Project** 1-800-442-4293 or 774-4348
- **Mediation in Elderly Housing:**_trained volunteer mediators work with individuals to try and resolve issues before they become unmanageable
- Augusta Area: Community Mediation Services: 373-1140 ex 229
- Bangor Area: Penquis Dispute Resolution Ctr. 1-888-497-3500 or 207-973-3500
- **Mediation & Facilitation Resources-**work with elders-622-1429- Conflicts –not just housing issues.

Medical Care

- **Care Partners** (ME General): 626-1684/872-4697/1-877-883-1797; also for Portland/Damariscotta/Boothbay Clinics (Under 175% FPL)
- **Community Health Centers**
- **Consumers for Affordable Health Care** -1-800-965-7476 or 1-800-838-0388 or 622-7083
- **End of Life issues.**
Bereavement Support Programs – Hospice Volunteers and Hospitals
Funerals web-site:www.funerals.org
Funeral Alternatives- 737-2416
Maine Funeral Directors Assoc: 729-9100
Maine Hospice Council 1-800-438-5963
Beacon Hospice 1-800-840-0668 or 621-1212
- **Flu shots** (hospitals, clinics, senior centers) www.findaflushot.com
- **Kindred Healthcare facilities** Community Resource Line -1-800-545-0749.
- **Kidney Foundation – KEEP program** – free testing for kidney evaluations for those at risk -800.622.9010 .www.keeponline.org

- **Knox County Health Clinic**, Rockland 594-6996 (Wed. evening) by appointment only free medical if at or below 200% of federal poverty level; qualify if no primary care physician, no insurance or underinsured
- **Maine Breast and Cervical Health Program**: 1-800-350-5180
- **Maine Center for Integrated Rehab** (Fairfield) 207-453-1330. Outpatient Brain Injury Rehab, Skilled Day Treatment, Vocational Rehab, Counseling, Support groups (includes strokes)
- **Brain Injury Association of New Hampshire** 1-603-225-8400 www.bianh.org
- **Oxygen Pump Program**: LIHEAP eligible, complete application received from CAP agency-must use oxygen pump (various types) at least 8 hrs/day-call local CAP agency or PUC (1-800-452-4669) for more info-will get full credit for electric usage on electric bill
- **Public Health Nursing**-Will provide patient education at home and med set-ups if unsafe.
Augusta: 624-8050 or 1-800-452-1926
Belfast: 338-3368
Rockland: 596-4238 or 1-800-432-7802
Skowhegan: 474-4808 or 1-800-452-4602
- **Rockland District Nursing Assoc**- private Pay only-lower rates Mon/Thu 1-3PM 594-4522
- **Shields Mission Project** (Knox county Residents only)-financial assistance Referral must be called in by provider agency-call Debbi Hitchings 236-4821. Call Spectrum Generations for this assistance.
- **MedHelp Maine**- Non-profit, helps with Patient Assistance Programs for free/reduced cost prescriptions (covers Somerset and Bath area at 793-4462).
- **Togus Patient Advocate** 623-5760-Meg
- **TRICARE Pharmacy Program** for Military Retirees 1-877-363-1303
- **Veteran Services** 1-877-222-8387

Mental Health

- **Barbara Cameron**: Therapist in private practice in Hallowell, specializing in elder/caregiver issues 622-2673
- **Catholic Charities Maine Mental Health Services** 1-800-660-5231
- **Therapist Search**: 1-800-434-3000
- **Connie Valliere LCPC** -Practice in Gardiner -582-2625-Sliding scale for seniors.
- **Consent Decree** (Benefits for AMHI patients from 1988) 287-4243
- **Crisis and Counseling**: 1-888-568-1112 (links to nearest Crisis Service) 622-2552-(local), Fairfield-453-4409
- **Crisis Programs: Statewide number: 1-888-568-1112**
Androscoggin-Tri County MH Center 783-4680-crisis. Referrals-783-9140
Franklin-Evergreen 779-2843-crisis
Oxford-Oxford County Response 364-3030, 1-800-335-9999
Aroostook-Aroostook MH Center 762-4851., 1-800-432-7805
Cumberland-Cumberland Co. Crisis Response 774-HELP, 774-4357
Sweetser-Children
Kennebec/Somerset-Crisis and Counseling 626-3448
Waldo/Knox-Midcoast MH Center, 701-4400
CH&CS: Youth and Family, 1-800-499-9130
Lincoln/Sagadahoc/Northern Cumberland: Sweetser 373-3003-crisis line

- York-Crisis Response Services, 282-6136 or 1-800-568-1112
- **Warm line-** (not crisis) 1-866-771-9276
 - **Substance Abuse and Mental Health Services-**287-2595
 - **Family Crisis Services-**1-800-537-6066
 - **Geriatric Alzheimer's/Dementia evaluations** (GEUS)only in Augusta/Wvtl area
626-1561 Jane O'Rourke
 - **Graham Behavioral Services** www.GBSMaine.com - Augusta 626-0003.
Support for adults and children with behavioral needs
 - **Kennebec Behavioral Health** 1-888-322-2136.-toll free
 - **Augusta Clinic** 626-3455
 - **Administrative and Waterville Clinics** -873-2136
 - **Skowhegan Clinic** 474-8368
 - **Winthrop Clinic-**377-8122
 - **Medical Rehabilitation Assoc.** PA: Behavioral medicine services including:
Biofeedback training, relaxation and stress mgmt, pain mgmt, individual
counseling and psychotherapy, pre-surgery screening
Lewiston: 629-9488 or 783-2300
Mid-Coast Hospital, Mid-Coast Senior Mental Health Services, Brunswick, 373-
6975, Jay Conway (Freeport to Damariscotta)
Mid-Coast Mental Health Center, Rockland, 701-4400 et # 15, Belfast office 338-
2295 ext #6
 - **NAMI-**622-5767/1-800-464-5767
NAMI support group: Skowhegan Contact: Andrew Davis: 592-9861
Waterville-Contact the Muskie Center for information
 - **New England Family Healthcare, So.** Portland (serves Sagadahoc) 1-800-295-
3599
 - **Sweetser-**Brunswick- Waterville-Damariscotta- 1-800-434-3000; counseling,
psychiatric services, ACT Team, Community residence, homeless outreach
program, Community support services, subsidized housing program
 - **CHANS Hospice & Volunteers-** Bereavement counselors- call 729-6782. For
volunteer services call 721-1271 and ask to be connected to the Hospice
Volunteers of Midcoast Maine(Lynn Ellis)

Nutrition

- **Rural Community Action Ministry-**524-5095 Manages food banks in 13 areas
of Winthrop, Wayne, Litchfield 224-7505
- **Maine Department of Agriculture, Conservation and Forestry:** 287-3871
- **Food Stamps (SNAP Program)** – Department of Human Services; Augusta
area 624-8000 or 1-800-452-1926; Rockland area 596-4200 or 1-800-432-7802;
Skowhegan area 474-4800 or 1-800-452-4602
- **Farm Share** – Maine Department of Agriculture, 287-7526
- **Food Pantries** (towns) www.state.me.us/agriculture/co/TEFAP.html
- **Hunters for the Hungry:** 1-888-4DEERME: distributes game meat to the needy,
hungry (located at KVCAP in Augusta). Also for people with medical conditions
that prevents them from eating meat from normal channels
- **Meals on Wheels/Senior Center Dining** 1-800-639-1553
- **MidCoast Hunger Prevention Program** 27 Pleasant St. Brunswick 725-2716

- **Rural Community Action Ministry Gardening Program** 224-7505 (Litchfield, Monmouth and Wayne)
- **Soup Kitchens** (towns)www.state.me.us/acriculture/co
- **Soup Kitchen** – Saint Bernard’s Catholic Church, Broadway, Rockland. Monday-Friday at 11. St. Peter’s Episcopal Church, White St., Rockland, Saturday-Sunday at noon.
- **Patient Assistance Program for Ensure nutritional drink.** Go to: www.abbottpatientassistancefoundation.org for application. Doctor must fill out portion of application. 1-800-222-6885

Pet Assistance

- **Animal Control officer** - Animal control officers: Chris Martinez- 446-2443 for Randolph- Hallowell- Manchester areas.
- **Spay-Neuter**- Humane Society, Waterville Area: 873-2430
- **Cleo Fund** -28 Byfield Rd.,Portland,04103 773-6221
- **Emergency kennel assistance**- Animal Wellness Center 623-117

Prescriptions

- **Discount prescription drug cards** for 20% off retail price – Go to Town Office. No income or assets. 1-800-965-7476. In Augusta –20% discount cards can be picked up at City center. Lithgow library, Buker Center
- **AARP Member Choice:** 1-800-439-4457 or www.aarp.org
- **AIDS Drug Assistance Program (ADAP)** – HIV medications assistance for HIV Positive, Maine residents, not on MaineCare, below %400 of FPL. 207-287-3747 (<http://www.maine.gov/dhhs/boh/ddc/documents/pdf/manual-revised%208.15.05.pdf>)
- **Co- Pay Relief-** Patient Advocate Foundation-1-866-512-3861. On line applications at www.copays.org (helps with co pays for those on regular insurance or Medicare part D for several different diagnosis. Works directly with providers
- **Cura Script-** Specialty Pharmacy in Florida –Assists with patient assistance for drugs for diagnosis of Cancer-Hepatitis etc - 1-800-892-9622
- **MedHELP ME-** Help with Patient assistance programs-discount programs-Co-Pay foundations - A hospital managed assistance program. Redington Fairview, Pen Bay Hospital, Mid Coast and Parkview hospitals participate.
- **MaineCare** (Medicaid) DHHS office; Augusta area 624-8000 or 1-800-452-1926 Rockland area 596-4200 or 1-800-432-7802; Skowhegan area 474-4800 or 1-800-452-4602
- **Pharmacy Helpdesk (State of Maine)** for Mainecare and DEL (low cost drug card) members 1-866-796-2463
- **www.Rxoutreach.com** (Express Script mail order discount meds) Can also be used by Medicare and employee plans- INCOME guidelines apply (see website)
- **www.needymeds.com** – Has all available discount programs_– includes Together Rx, Rx Outreach –list of meds –PAP etc.
- **Medicare** for Med D drug plan comparisons over the phone: 1-800-633-4227
- **LSE (Legal Services for the Elderly)** will handle_Exceptions and Appeals for Part D for Mainecare and DEL members: 1-877-774-7772

- **RFGH Prescription Assistance Program:** Skowhegan: Contact: Robin Scanlin at 474-8329. (Help getting on PAP programs)

Respite

- **Adult Day Break:**
- Spectrum Generations: Somerset, Muskie, Waldo, and Cohen centers, 1-800-639-1553
- Alzheimer's Association 1-800-660-2871, 1-800-272-3900-24/hr helpline
- **Alzheimer's/Dementia – Partners in Caring** – 1-800-639-1553
- **Catholic Charities of Maine**, Augusta, 621-8520, Fairfield, 1-800-660-5231
- **RCAM makes referral** (Litchfield, Monmouth, Wayne): call Sue Gill 524-5095/524-3791
- **Family Caregiver Program** 1-800-639-1553
- **Family Connections Program** 1-800-660-2871 or 772-0115. A program through the Maine Alzheimer's Association assists family caregivers who need help finding and coordinating services for people with Alzheimer's disease or a related disorder
- **NAMI Maine's Family Respite Services** 1-800-464-5767 /-622-5767. Respite services for caregivers of adults with mental illness
- **New England Family Institute**, South Portland-serves Sagadahoc county, 871-1000
- **Respite Care/Adult Day Service** – Brunswick (207) 729-8571 Provides adult day services to seniors in order to give caregivers time off from continual supervision of a family member or friend. Charges an hourly fee. Limited sponsorship money is available on request. Socialization and Volunteer Opportunities.
- **Parkinson Society** 1-800-832-4116

Safety

- **Good Morning Project/Well Check:** consumers call office between 8-10am. If they don't call, then the office will call them. If there is no answer, office will contact family/friends to check on the consumer.
Bath area 443-5563
Brunswick area 725-6621
Waterville area 872-5551
- **Carrier Alert Program** (Postal Carrier, contact local post office to inquire)
- **Emergency Response Units** (see green resource booklet, request copy from Spectrum Generations ADRC staff)
- **Safelink-** SOS phone www.safelinkwireless.com 1.800.977.3768-some free minutes, if over will have to pay so caution users
- **911 phones...** Call a Spectrum Generations center, or 1-800-639-1553
- **Department of Motor Vehicles** -624-9000 ext 52124 – Bad drivers – Process to have someone's license taken away
- **Elder Power** -563-3322 Video calling for daily phone checks, as well as other elder services.
- **Personal Response Service** – St Mary's Regional Hosp- 777-8827-Sliding fee-accepts Mainecare-Will cover Kennebec and Cumberland counties

- **Elder Power** - -www.myelderpower.com- 563-3322- Home care video conferencing with additional packages for home care services that include Lifeline. Also private pay options

Senior Companion Programs

- **Kennebec County Senior Companion Programs**- Extension office –Jean Tobey at 474-9622.
- **Senior Companion program** – Orono only- 1-800-287-0274 or 581-3870
- **Catholic Charities** –621-8520 –Search Program. Catholic Charities in Brunswick is Kathy Chappini at 729-1481. (Runs Greater Bath Outreach Network)
- **Somerset County** Ext Office at 474-9622 (Gene Tobey) or 1-800-287-1495

Support Groups

- **Family Caregiver Support Groups**- Spectrum Generations, call for locations and schedule, 1-800-639-1553
- **Alcoholics Anonymous** 1-800-737-6237
- **American Cancer Society** 373-3710
- **Widows Support Groups** Hospice-873-3615 Wanda ex. 15
- **Office of Substance Abuse** 1-800-499-0027
- **WISDUM** (Widowed, Separated, Divorced, Unmarried) St. Paul Center Augusta (Mon 7-9P) www.wisdum.org
- **Women Work and Community** 1-800-442-2092 ext 333
- **New Hope for Women** 1-800-522-3304
- **Diabetes Round Table** Augusta and Waterville -621-9320

Telephone Assistance

- **Fairpoint Lifeline program and Link up service** Contact local Fairpoint office, through telephone directory or assistance. Lifeline allows substantial discounts on telephone service to be offered to households where at least one member receives federal or state aid under: Aid to Families with Dependent Children, Food Stamps, Medicaid, Supplemental Security Income, Emergency Assistance Program, and Home Energy Assistance. Fairpoint Communications- Basic Service for monthly fee of 14.69/month for low income consumers: Single party service; Access to emergency services; Directory assistance. Ask about other programs. 1-800-542-8227
- **SAFELINK Wireless:** www.safelink.com or 1-800-977-3768 a free cell phone w/68 minutes a month for low income on one of the following programs: HEAP. Mainecare, SSI, SNAP, and TanF – If they already have the Telephone lifeline program through HEAP, then they must cancel it to be eligible for the free cell. Call the number above to apply or for more info.
- **TAP program**- Penquis Community Action Program, Rockland, 596-0361, Coastal Economic Development Corp., Bath, 1-800-221-2221, Kennebec Valley Community Action Prog., Augusta, 622-4761, Skowhegan, 474-8487/1-800-542-

8227; Waterville, 873-2122, Penquis CAP, 973-3520, Bangor-Fuel assist, Education, Housing, Waldo County Committee for Social Action 1-800-498-3025, Camden, Rockport, Lincolnville, Hope - Samuel Jones, pager 851-5315

- **Verizon Disabilities Center:** 1-800-974-6006: Emergency telephone service after shut-off
- **New Hope for Women** will provide phones for their consumers 1-800-522-3304

Transportation

- **Bill Gordon's Transportation-** 215-7020. \$0.85 cents a mile (based on gas mileage. (routes or routine pick-ups) office is in Litchfield –owner Carol is in Winthrop. Have vans available. Have 20 drivers and will do trips.
- **American Legion/VFW** if a veteran Augusta 623-9658
- **American Cancer Society: Road to Recovery** Cancer treatment transport, 1-800-227-2345 or 1-800-464-3102 (local#)
- **Bath Fixed Route** 443.8363
- **Belfast CITY Police** – 338-2420- If they have someone available will transport for an appointment in town to medical apps. Only
- **Penquis CAP**, Rockland, 596-0361
- **Central Maine Taxi Service-**620-6231
- **Coastal Transportation Services**, Rockland, 596-6605/1-800-289-6605; Bath 1-800-444-6207
- **RCAM makes referral-** (Litchfield/Monmouth/Wayne) call Sue Gill 524-5095 or 524-3791
- **Kennebec Valley Community Action Program (KVCAP)** (also has family reimbursement program) 622-4761
- **Maine Care Reimbursement program with CAP agencies** – people able to get help for costs of gas for Mainecare consumers – Contact the agencies, 800-289-6605.
- **KV Van** (Door to door van and volunteer driver program) MCD
- **KV Transit** (Fixed route public transportation program, Augusta & Waterville) Fares 75¢-\$1.00. Call for local bus schedules. Augusta, 622-4761, Waterville, 873-2122, Skowhegan, 474-8487. Private Pay W/C transportation is available with application/ 5 day notice through Augusta KVCAP-rate is \$6.50 each way, 0.68/mile-travels about a 10 mile radius
- **Kennebec Explorer-** Goes to Augusta to Gardiner- and Augusta to Waterville, 622-4761. Variety of public transportation routes.
- **PALS Inc.** 594-5805
- **Road to Recovery:** offer this in Lincoln County at 1-800-227-2345.
- **Sebasticook Valley Services**—Courtesy VAN service-487-5185. Need to be coming or going from A SVH service center- Mon-Friday-7:30-4Pm. FREE
- **Waldo County Committee for Social Action**, 338-6809
- **Disabled American Veterans (DAV)** 623-5790 or 1-877-421-8263 ex. 5790 (person must ambulate independently, also limitations for O2 transports, contact Roger, dispatcher)

- **FISH (Friends in Service Helping)**, Boothbay Harbor/ Coastal area, Carol Cesar 633-4357 –Medical related appointments only. Will travel south to Portland or north as far as Rockland- needs 36 hr notice. Volunteers (no fee)
- **Peoples plus**, Brunswick, 729-0757
- **Delta Ambulance** – Private pay transport, 623-4900 (\$25 to go, \$3 each mile)
- **Aging Excellence**: Brunswick 729-0991, 18.00/hr.
- **Sterling Ambulance and Wheelchair and Van Service - Union** 785-3100
- **Waldoboro Methodist church**, 832-5556

Veteran Services

- **Disabled American Veterans** (transportation) 623-5790
- **Long-Term Care Insurance** for Federal employees/uniformed services/retirees/spouses and relatives www.ltcfeds.com
- **Togus Hospital** 623-8411 ext 5300
- **Veteran Administration** 1-877-421-8263
- **Veteran Benefits** 1-800-827-1000 x 110 And for widows of Veterans
- **Veteran Patient Care Calls** 1-877-421-8263
- **Veteran Services Officer**, Conrad Edwards, 872-7846-covers all Spectrum Generations Counties except Sagadahoc
- **Veterans Death Benefits** \$300 if death in VA facility or has VA disability, or pension. Maine Veterans Services 1-877-421-8263

Vision

- **American Legion** (veterans) help to pay for glasses
- **Curtis Memorial Library**, Brunswick 725-5242 has full range of technology for low vision users
- **211**
- **Guiding Eyes for the Blind** (guide dogs) 1-800-942-0149
- **Iris Network**: 1-800-715-0097 or 774-6273
- **Lenscrafters' Gift of Sight Program** – contact Lenscrafter's at 1-877-753-6727
- **Lions Clubs** (help to pay for glasses) <http://www.lionsclubs.org/EN/index.shtml>
www.mainelions.org
- **Waldo County**-call Diane Whitten, Public Health Nurse for application 338-3368
- **Maine Division of the Blind and Visually Impaired** 623-6799
- **Medical Eye Care Program** (DHS) 1-800-222-3937
- **Medicare** (pays for 1 set post-op for cataracts)
- **New Eyes for the Needy**- 973-376-4903 Single 817/mo Couple 1,100/month eligibility requirements
<http://www.neweyesfortheneedy.org/us/documents/AgencyApplication8-06forWesbite.pdf> to download app
- **Senior Eye Care Project** 1-800-222-3937 –No exam over 3 yrs.
www.eyecareamerica.org
- **Talking Books** – Maine State Library 1-800-762-7106 or
- **Vision Information/Impairment/rehab**: www.lighthouse.org
- **Vision USA** 1-800-766-4466 or www.aoa.org/visionusa. Free eye care if someone in home is working part-time and has no insurance to cover exams
- **ZenniOptical.com** – web site for low cost glasses

- **CARES:** <http://www.caresinc.org/> contact is Kathy Despres kathy.despres@caresinc.org
- **Independent Living Online catalogue:** <http://www.independentliving.com/low-vision-sitemap.asp>

Volunteer Programs

- **Spectrum Generations** call to become a volunteer in your community-1-800-639-1553
- **Hour Exchange Portland-** a pay it forward program- Professionals volunteer work for return www.hourexchangeportland.org
- **Greater Bath Elder Outreach Network-** Mid Coast area- 837-8810. (volunteers who help consumers with errands-rides etc.)
- **Kennebec Sheriffs Office** – Thomas Mallow Lodge Fraternal order Police. 623-3591. Maybe able to help someone in an emergency – like plowed in /ride in an emergency.