



## **Aging in Place Service Provider Network**

Spectrum Generations is committed to providing accurate and timely information on the resources, products, and services that are available in the communities we serve.

The service providers listed in our Quality Services Resource Guide have agreed to join our network of quality providers, and to provide, to the best of their knowledge, safe and dependable products and services for older and disabled adults in our community.



*This link on our website is your connection to businesses and service providers routinely used and trusted by Spectrum Generations to better serve older and disabled adults as they strive to live well in our communities.*

Work or services provided by businesses listed in this document, or posted on our website, are not guaranteed by Spectrum Generations. Financial agreements and complaints should be made by the customer directly to the business or service provider.

## Table of Contents by County

**Kennebec County** ..... pages 1-20

**Knox County** ..... pages 21-28

**Lincoln** ..... pages 29-34

**Sagadahoc** ..... pages 35-40

**Somerset** ..... pages 41-46

**Waldo** ..... pages 47-52

# Kennebec County

## Acupuncture/Alternative Health Practices

### Great Bell Acupuncture Libby Schecher

16 Middle Street, Hallowell, ME 04347, 207-622-0163, [info@greatbellacupuncture.com](mailto:info@greatbellacupuncture.com)

Over the past twenty years, I have seen how physical and emotional issues are often two faces of the same desire to find our way back to innate and original wholeness. For me, the path of healing has been both pragmatic, as it addressed my symptoms, and transformative, as it helped me develop a more authentic and meaningful life. I welcome the opportunity to talk to you about your healing path.

## Adult Day-Care & Respite

### Bridges Adult Day Services

Spectrum Generations Cohen Center, 22 Town Farm Rd, Hallowell. 686-7777, [www.bridgeshomecare.org](http://www.bridgeshomecare.org), Spectrum Generations Muskie Center, 38 Gold St., Waterville, 873-4745, [www.bridgeshomecare.org](http://www.bridgeshomecare.org)

A safe and secure home away from home to encourage nutritious meals, activities for social engagement, and monitored relaxation.

## Air-Conditioning Service Technicians

### Houles Plumbing and Heating

19 North Street, Waterville, ME 04901, 207-872-6762

If you ask around, you're bound to find a family who has worked with us. They'll tell you – we know our stuff. From plumbing repairs and bathroom remodeling to electrical service and the latest in heating and cooling technology, our licensed and experienced technicians are committed to answering your questions directly and honestly and solving your home maintenance needs to your satisfaction.

## Antique Appraisers

### Jellison Traders

359 Riverside Drive, Augusta, ME 04330, 207-213-4063, [lisa@jellisontraders.com](mailto:lisa@jellisontraders.com)

We have an ever-changing variety of items in our retail shop. Our inventory includes lots of antique and used furniture, vintage and retro items, collectables and just good "second hand store" stuff.

## Apartments (not subsidized; Agencies that handle)

## **Southern Angel Properties, LLC**

PO Box 2411, Waterville, ME 04903, 207-314-4029, [www.sangelproperties.com](http://www.sangelproperties.com)

A local family-owned apartment rental business started in 2009 by Ken and Deb LaVoie. Our style and philosophy is basic: Offer above average places to live, and treat tenants fairly. Our twenty-five years in the service industry helps us maintain this management style. We want a great collection of tenants, and we're willing to offer our best to earn them.

## **Audiologists/Hearing Aids and Assistive Devices**

### **Maine General Hearing Evaluations & Hearing Aids**

6 East Chestnut Street, Augusta, ME 04330, 207-626-1339, [mayanne.booth@mainegeneral.org](mailto:mayanne.booth@mainegeneral.org)

Is hearing difficult for you or someone you know? If you answered "yes" the audiologists at MaineGeneral Medical Center can help. Hearing loss can affect the way people hear speech and everyday sounds. It can be frustrating for both the individual and his or her family and it can affect social and work situations. Hearing loss in a child can cause problems with speech development and education.

## **Auto Body Shops/Repairs**

### **AI's Certified Auto Repair**

316 State Street, Augusta, ME 04330, 207-622-4747, [hondamd@acar.biz](mailto:hondamd@acar.biz)

Our family owned and operated service center, services all makes and models. Equipped with the state of the art electronic diagnostic equipment and years of experience our personable, friendly staff are here to help with automotive repair needs. We do everything from State Inspections, Oil Changes to tires, alignments, steering and suspension repairs. Our staff is experienced in all levels of computer diagnostics, so we are to figure out the problem with that pesky Check Engine light and drivability concerns. We also do all levels of engine repair including head gaskets, engine overhauls and replacements. The next time your vehicle is in need of some TLC bring it to the one place you can always get "Dealership Quality at Independent Prices".

### **Central Maine Motors**

420 Kennedy Memorial Drive, Waterville, ME 04901, 1-888-706-5936, [www.cmautogroup.com](http://www.cmautogroup.com), [info@cmautogroup.net](mailto:info@cmautogroup.net)

With employees who have been with the company for more than 30 years and a history that stretches back for decades, Central Maine Motors Auto Group has become a pillar of the community. Though the going hasn't always been easy, Central Maine Motors Auto Group's focus on customer service has seen them through thick and thin, and while others have failed, they have flourished. If you've been looking for a dealership that knows what it is to put the

customer first, stop by any one of our Central Maine Motors Auto Group dealerships on Kennedy Memorial Drive and Airport Road in Waterville.

### **Conrad's Auto Body**

19 Clairmont Street, Oakland, ME 04963, 207-872-8135, [conrads@prexar.com](mailto:conrads@prexar.com)

Conrad has earned his respect for paying attention to detail and treating his customers fairly. Conrad's Auto Body has grown to having 9 full time employees in addition to himself. Conrad has built his clientele from being honest, friendly and treating his customers like he would like to be treated.

## **Bathroom Remodeling**

### **Kitchen EnCounters**

2 Bangor Road, Augusta, ME 04330, 207-622-4300, [dawn@kitchenencountersinc.com](mailto:dawn@kitchenencountersinc.com)

Kitchen EnCounters is a premier kitchen and bath design showroom serving the Augusta and Central Maine region. We have joined forces with local and complementary businesses to create a design center where customers can go to see the latest designs, materials and products.

### **McCormick Building Supply**

8 Lithgow Street, Winslow, ME 04901, 207-749-1233, [info@mccormackbuildingsupply.com](mailto:info@mccormackbuildingsupply.com)

We have been serving homeowners and contractors with quality building materials since 1979. We are family owned and operated and service our local and surrounding community from our Winslow location. Our employees are what separate us from our competition. Their dedication to our customers and their jobs is second to none. We offer free on-site estimating, kitchen and bath design and free delivery! We will take the extra steps necessary to make sure your project is a success.

## **Beauty Salons (include home hair stylists)**

### **The Hair Works**

85 East Concourse Street, Waterville, ME 04901, 207-873-5095, [rickandhil@gmail.com](mailto:rickandhil@gmail.com)

Beauty salon, tanning salon, hair stylists, nails.

## **Burglar Alarm Systems/Home Security Systems**

### **Cayer Security Services Inc.**

208 College Avenue, Waterville, ME 04901, 207-453-9177, [bob.cayer@cayersecurity.com](mailto:bob.cayer@cayersecurity.com)

We are a locally owned and operated business dedicated to supporting our community. We have 25 years of experience in the security industry: designing, installing, and maintaining security systems. Our professional technicians are licensed and insured. Our mission is to provide an unsurpassed level of service to our customers, ensuring that their safety and security needs are met efficiently. We provide security solutions for banks & financial customers, commercial & retail customers, and residential customers throughout the state of Maine. Give us a call today to find out more.

## Carpenters

### **BH Builders**

153 Smith Road, Farmingdale, ME 04344 207-623-2093

The key to making your dream project a reality is in working with a respected, experienced, and professional company which comes highly recommended by all. B.H Builders, Inc. is this company, whose quality control and guaranteed satisfaction help to assure customers of a pleasant building or renovation experience. We know what it is like to dream about and work for what you want in life. Making those desires come true by developing a commercial project, building a dream home or an addition can be one of the most exciting experiences of your life, and one not to be taken lightly. That is why B.H. Builders, Inc. wants to work with you, putting care and effort into every step along the way as we help to make your building dreams a reality.

## Carpet & Rug Cleaning

### **Advance 1 Cleaning Services**

57 Water Street, Waterville, ME 04901, 207-873-1241, [tjeadvance1clean.com](http://tjeadvance1clean.com)

Advance 1 Cleaning Services was established in 1987 by T.J. Bolduc, it is a locally owned and operated business. We provide service to Central Maine and its surrounding cities. Advance 1 Cleaning Services is a member of the IICRC (Institute of Inspection, Cleaning and Restoration Certification). We are certified by ProBloodBorne in the OSHA Blood Borne Pathogens Standard. We are licensed by the State of Maine in regards to the application of antimicrobial agents. We are also members of the NEIRC (New England Institute of Restoration and Cleaning), Mid-Maine Chamber of Commerce, and the Maine Indoor Air Quality Council.

## Cell Phone Sales/Service

### **Amcomm Wireless**

270 Kennedy Memorial Drive, Waterville, ME 04901, 207-660-6466,  
[gm cavo@amcommwireless.com](mailto:gm cavo@amcommwireless.com)

Amcomm Wireless is a Verizon Wireless Premium Retailer. This special designation allows our stores to leverage the powerful Verizon Wireless brand in ways, that many other retailers even those that sell Verizon Wireless simply cannot. We have 22 retail locations located throughout

Massachusetts, New Hampshire & Maine. We offer a full range of services designed to meet the needs of consumers and local area businesses.

## Chimney Building/Repair

### Mike's Chimney Service

15 Allenwood Park Road, Augusta, ME 04330, 207-441-2516, [afd49@yahoo.com](mailto:afd49@yahoo.com)

For the past 15 years, Mike's Chimney Service has been providing quality to Central Maine. Mike is a professional firefighter, who brings valuable expertise to each and every customer. In addition, Mike's Chimney Service provides free estimates and is fully insured.

## Cleaners (Home)

### Advance 1 Cleaning Services

57 Water Street, Waterville, ME 04901, 207-873-1241, [tjeadvance1clean.com](http://tjeadvance1clean.com)

Advance 1 Cleaning Services was established in 1987 by T.J. Bolduc, it is a locally owned and operated business. We provide service to Central Maine and its surrounding cities. Advance 1 Cleaning Services is a member of the IICRC (Institute of Inspection, Cleaning and Restoration Certification). We are certified by ProBloodBorne in the OSHA Blood Borne Pathogens Standard. We are licensed by the State of Maine in regards to the application of antimicrobial agents. We are also members of the NEIRC (New England Institute of Restoration and Cleaning), Mid-Maine Chamber of Commerce, and the Maine Indoor Air Quality Council.

## Clothing Stores

### Marden's Discount Store

458 Kennedy Memorial Drive, Waterville, ME 04901, 207-873-6112, [cburgess@mardens.com](mailto:cburgess@mardens.com)

Our dedicated clothing buyers scour the country looking for the best deals on quality apparel so we can bring that value back to Maine and pass the bargain on to you. As a result of our relationships with many apparel and outerwear manufacturers and sellers and our long track record of success in buying closeout and overstock goods, we are able to offer Marden's customers exceptional value in clothing on a regular basis at our stores throughout the state. Whether it's something fashionable for mom, rugged for dad, or affordable and durable for the kids, shop Marden's clothing department first to make sure you can stretch your hard earned dollars. Remember, don't get caught saying "I should have bought it, when I saw it, at Marden's!"

## Contractor

### B. H. Builders

153 Smith Road, Farmingdale, ME 04344, 207-623-2093, [www.bhbuilders.com](http://www.bhbuilders.com)

The local choice that central Maine has depended on for over 25 years, regardless if it's a minor home improvement or a major commercial property. B. H. Builders can be trusted to use quality materials installed by skilled craftsmen. We stand behind each and every project with our commitment to outstanding quality and satisfaction guaranteed.

## **Denture Labs/Service**

### **Allen Goldey**

P.O. Box 125, Albion, ME 04910, 207-437-2100

Lovejoy Dental serving Waterville, Winslow and Augusta, ME and all the towns in between with honest, high quality dental services. At Lovejoy Dental Center we provide an array of dental services to help you maintain healthy teeth. Our services include, but are not limited to teeth cleanings and whitening, cosmetic dentistry, extractions, dentures, implant restorations, root canals, and filling cavities. Our friendly and experienced dentist, hygienists, and staff are committed to providing top quality service for your whole family.

## **Driving Instruction**

### **KMD Driving School**

1015 Kennedy Memorial Drive, Oakland, ME 04963, 207-465-4835,  
[kmddrivingschool@gmail.com](mailto:kmddrivingschool@gmail.com)

Mike Perkins currently works for the Somerset County Sheriff's Department. Mike also serves on the Oakland Town Council and currently drives school bus for SAD 47. In addition, Mike actively works with the Oakland Youth Program and area food banks. Six years ago Mike decided that his passion was in work and in working with youth. Driver's education was a perfect fit and he has been operating KMD Driving School since.

## **Door Installation/Repair**

### **McCormick Building Supply**

8 Lithgow Street, Winslow, ME 04901, 207-749-1233, [info@mccormackbuildingsupply.com](mailto:info@mccormackbuildingsupply.com)

We have been serving homeowners and contractors with quality building materials since 1979. We are family owned and operated and service our local and surrounding community from our Winslow location. Our employees are what separate us from our competition. Their dedication to our customers and their jobs is second to none. We offer free on-site estimating, kitchen and bath design and free delivery! We will take the extra steps necessary to make sure your project is a success.

## **Ware Butler Building Supply**

14 North Street, Waterville, ME 04901, 207-873-3371, [rgigueve@roadrunner.com](mailto:rgigueve@roadrunner.com)

Ware-Butler, Inc., has been serving Maine homeowners and contractors with lumber and building supplies since 1925. We are a locally family owned operation with three locations to serve our customer base and it is part of our "Ware-Butler, Inc. Promise" to offer the best customer service in the industry, along with free estimates, and free in-house measuring, along with free delivery to many areas! Don't be fooled by the big box stores – we can usually meet their pricing and offer much better service. Find out for yourself why Ware-Butler, Inc has been in business since 1925!

## **Electricians**

### **D & L Electric**

170 Eight Rod Road, Waterville, ME 04901, 207-873-3435, [davidleach@roadrunner.com](mailto:davidleach@roadrunner.com)

Electrical contractor does interior and exterior electrical, commercial and residential.

### **Noel Electric**

73 Hussey Hill Road, Oakland, ME 04963, 1-866-514-0818, 207-465-2775,  
[ddnoel67@gmail.com](mailto:ddnoel67@gmail.com)

From design to finish, our experienced estimators, project managers and technicians provide the expertise to ensure your electrical project in the Oakland, Waterville, and Augusta area is completed on time, on budget and up to code. Contact us today and we'll show you how we can put our knowledge to work for you.

### **Choate Electric**

927 Northern Ave., Farmingdale, ME 04344, 207-582-376

Choate Electric is an electrical contractor for residential, commercial, and industrial clients primarily in the Central Maine area. The company also repairs and services appliances and offers 24-hour emergency services. The company was established in Maine in 1988. They employ 3 people. Mr. David F. Choate and Mrs. Sandra S. Choate are Co-Owners.

## **Elder Care Services**

### **Aging Excellence**

103 State St., Suite 102, Augusta, ME 04330, 207-512-8894, [www.seniorsonthego.com](http://www.seniorsonthego.com)

Professional geriatric care, in-home services, handyman/chore services, social companion, homemaking, personal care services, transportation services, reminder telephone calls, more.

## Employment Agencies

### Employment Specialists of Maine

776 Riverside Drive, Augusta, ME 04330, 207-622-5946, [karina.macfarland@esm.augusta.com](mailto:karina.macfarland@esm.augusta.com)

ESM serves a variety of individuals with a diagnosis of Mental Illness and/ or Intellectual Disabilities. We serve adults 18 years and older. ESM's consumers live in the community either in their own apartments, houses, or ESM licensed facilities. Some live on their own, while others live with roommates, friends, or family. ESM gives all of our consumers a chance to work in their own community. We consider ourselves their 'teachers of life skills'. We engage in skill building techniques with our consumers regarding Independent Living Skills, hygiene skills, medication compliance, community integration, behavioral management, crisis assistance, organizational skills, social skills training, community relations skills, work ethics, and much more. ESM may be assisting a consumer anywhere from one hour per day / one day a week, to 24 hours per day/ 7 days per week. We are a team that is driven by the needs of our consumers; it would be a rare event for ESM to turn away any individual in need of our assistance.

### ManPower

5 Community Drive, Augusta, ME 04330, 207-622-1535, [Lydia.sy@manpower.com](mailto:Lydia.sy@manpower.com)

For more than 60 years, Manpower has been dedicated to enriching people's lives with meaningful employment and development opportunities, and providing companies with innovative workforce solutions that help them increase agility, improve productivity and boost the bottom line. We started with a single office as a temporary staffing service - perhaps the first business of its kind. Today, all around the world, we provide this service and so much more, including permanent placement, workforce programs and workforce insight and innovation – all designed to optimize human potential and provide businesses with a key competitive advantage.

## Exercise and Physical Fitness Programs

### Anytime Fitness

126 Western Avenue, Augusta, ME 04330, 207-620-8491, [augustame@anytimefitness.com](mailto:augustame@anytimefitness.com)

Anytime Fitness of Augusta, ME, is the fitness center that fits your on-the-go lifestyle. At our Augusta, ME, health club, you can exercise any time using your own security-access key! That's 24 hours a day, 7 days a week, 365 days a year. Talk about no more excuses!

## Eyeglasses

### **Eye Care of Maine**

325 Kennedy Memorial Drive, Waterville, ME 04901, 207-873-2731, [rpurnell@maine2020.com](mailto:rpurnell@maine2020.com)

Since we were founded in 1922, more patients have trusted us with their eye care than any other practice in the region. We offer a broad range of services from delicate eye surgery to routine periodic exams and contact lens fittings. Our eye care providers and staff are dedicated to bringing you the latest and finest eye care possible. We are committed to excellence in eye care and welcome you as a patient. Trust your eyes to our experience.

### **Smart Eyecare**

255 Western Avenue, Augusta, ME 04330, 207-622-5800, [jlizotte@smarteeyecare.com](mailto:jlizotte@smarteeyecare.com)

Smart Eyecare Center believes that since our patients have entrusted us with their eye care, it is our responsibility to treat them with courtesy, respect and compassion while providing the highest quality medical eye care and optical services.

### **Wal-Mart Vision Center**

201 Civic Center Drive, Augusta, ME 04330, 207-622-4066

We have the lens' you need at the price you need. Come in and browse our vast selection of frames, lens', colors, contacts, and much more.

## Financial Planning Consultants/Services

### **Cornerstone Financial**

117 Moodys Island Road, Nobleboro, ME 04555, 207-832-6950, [Michel@cornerstonefinancial-inc.com](mailto:Michel@cornerstonefinancial-inc.com)

Cornerstone Financial Services was founded with the goal of assisting our clients in every aspect of their financial lives. We've provided the most personal service available, thus earning a reputation for excellence in our industry. For each of our clients we strive to help create financial stability and security to provide financial independence.

### **Duncklee & Nott**

P.O. Box 68, Hallowell, ME 04347, 207-622-5222, [jim@dnretire.com](mailto:jim@dnretire.com), [ken@dnretire.com](mailto:ken@dnretire.com)

We are an Independent Financial Services firm with a focus on customer service, and providing a great client experience. Whether you are looking for a simple solution to a simple problem, or would like a full financial road map to get you where you want to go, we can help. We currently work with many families in Maine and throughout the country as they work toward their retirement and education savings goals.

## **Edward Jones**

179 Mount Vernon Avenue Suite 5, Augusta, ME 04330, 207-622-0991,  
[Julie.barterlucas@edwardjones.com](mailto:Julie.barterlucas@edwardjones.com)

If you think Edward Jones is like every other large investment firm, think again. We are a leader in the financial-services industry, but we take a personal approach to business, an approach that starts with a face-to-face meeting between a financial advisor and you.

## **Fire and Water Damage Restoration**

### **Servpro of Augusta/Waterville**

7 Townsend Road, Augusta, ME 04330, 207-622-7166,  
[lharaden@servproaugustawaterville.com](mailto:lharaden@servproaugustawaterville.com)

SERVPRO of Augusta/Waterville Professionals provide fire and water damage restoration services. SERVPRO of Augusta/Waterville proudly serves Augusta, Waterville, Gardiner, Winthrop, Skowhegan, Farmingdale, Richmond, Rangeley, Winslow, Carrabassett Valley, and surrounding areas. We are available 24 hours/7 days a week and are ready to restore damage to your home or commercial structure caused by: Water Damage, Fire Damage, Disaster, storm and flood damage, and Mold Damage.

## **Funeral Homes**

### **Gallant Funeral Home**

10 Elm Street, Waterville, ME 04901, 207-873-3393, [gallantfh@roadrunner.com](mailto:gallantfh@roadrunner.com)

As Waterville's oldest and only locally owned funeral service provider, we want to be familiar faces when you are in need of personalized funeral and cremation services. We offer all of our families the best value and most compassionate and personalized service. We serve the needs of people from all faiths, beliefs, traditions and cultures. From the initial notification that a death has occurred to the final graveside prayers and beyond, the Gallant family is always available to assist your family in every step along the way.

### **Veilleux Funeral Home**

8 Elm Street, Waterville, ME 04901, 207-872-7676, [veilleuxfuneralhome@oxfordnetworks.com](mailto:veilleuxfuneralhome@oxfordnetworks.com)

We believe creating meaningful ways to pay tribute to a loved one begins with compassion and is shaped by the understanding that each life is truly unique. For us, there is no greater responsibility than honoring and preserving the story of one's life.

### **Knowlton & Hewins Funeral Homes**

1 Church Street, Augusta, ME 04330, 207-623-8722, [lynn@khrfuneralhomes.com](mailto:lynn@khrfuneralhomes.com)

Whether you are planning a traditional funeral or memorial ceremony or a creative celebration of life, at Knowlton Hewins Roberts, we are committed to meet the personal and unique needs of you and your family. Our professional staff consists of Licensed Funeral Service Practitioners, Licensed Funeral Attendants, and Bereavement Facilitators. We are proud of the dedication and

commitment each member of our professional staff brings to the families we serve. We will do our best to help you through this difficult time.

### **Staples Funeral Home**

53 Brunswick Ave., Gardiner, ME 04345, 207-582-2549, [www.staplesfuneralhome.com](http://www.staplesfuneralhome.com)

Providing professional, caring funeral services to the surrounding communities of Central Maine.

## **Furnace Repair**

### **Houles Plumbing and Heating**

19 North Street, Waterville, ME 04901, 207-872-6762, [bdavis@houlesphac.com](mailto:bdavis@houlesphac.com)

If you ask around, you're bound to find a family who has worked with us. They'll tell you – we know our stuff. From plumbing repairs and bathroom remodeling to electrical service and the latest in heating and cooling technology, our licensed and experienced technicians are committed to answering your questions directly and honestly and solving your home maintenance needs to your satisfaction.

## **Garbage Removal**

### **Gregory's Disposal**

149 Six Rod Road, Fairfield, ME 04937, 207-465-4500, [rabe@roadrunner.com](mailto:rabe@roadrunner.com)

Gregory's DisposALL is family owned and operated. Serving all types of trash and debris removal in the Central Maine area. Service has been number one for twenty seven years. We pride ourselves on being Reasonable and Reliable. We truly enjoy helping you. We offer a variety of services for your convenience: Debris Removal, Household Clean ups, Commercial Dumpster's, Appliance and Furniture Removal, One Time Pick-ups, Weekly Residential Pick-ups, Weekly Business Pick-ups, Online Payments

## **Geriatric Care Management**

### **Bridges Home Services**

One Weston Court, Augusta, ME 04330, 1-800-876-9212, [www.bridgeshomecare.org](http://www.bridgeshomecare.org)

Care Management services help you coordinate care when you can't be there. Care Management offers affordable individualized attention to assist family caregivers through the journey of caring for a loved one. We meet you at the point of need with quality support from a licensed Nurse who has worked in both the medical and social service fields. Our Geriatric Care Manager will work closely with family members, health care providers, trustees, guardians and a carefully screened network of community services.

## **Glass-Auto, Plate, Window**

### **Oakes & Parkhurst Glass**

966 Western Avenue, Manchester, ME 04351, 207-622-1265, [tobias@opglass.com](mailto:tobias@opglass.com)

O&P Glass is Central Maine's full service glazing company, specializing in large scale commercial glass projects. Our contract products and professional services include curtain walls, fiberglass sandwich panels, composite panels, storefronts, fire rated glazing, skylights, aluminum windows, and blast mitigation products. When it comes to anything glass O&P Glass always has a proven and superior solution. Our expertise even extends to historical windows and stained glass. Our amazing portfolio is full of successful projects. Contact us and we will explain how we can benefit your project with our quick, reliable, and safe workmanship.

## Handicapped Accessible Van Sales

### **Ride-Away Corp.**

32 Lewiston Road, Unit 2B, Gray, ME 04039, 1-888-743-3292, [www.ride-away.com](http://www.ride-away.com)

Ride-Away is one of the largest wheelchair van dealers in the United States because we offer the industry's best service and product selection. We make purchasing a wheelchair accessible vehicle easy and our caring Mobility Consultants understand your unique needs. You can visit us or we can come to your home.

## Health Clubs

### **Curves**

32 Bridge Street Suite 2, Gardiner, ME 04345, 207-582-6461, [curvesgardiner@gmail.com](mailto:curvesgardiner@gmail.com)

Curves International, Inc. is the largest chain of fitness centers for women in the world. We are famous for our 30-minute Circuit that works every major muscle group with strength training, cardio and stretching and always has a coach to help members with proper form, answer questions and offer encouragement.

**KV-YMCA** 31 Union Street, Augusta, ME 04330, 207-622-9622, [tom@kvymca.org](mailto:tom@kvymca.org)

Our goal is to provide the community with an inspirational environment for the enrichment of all people through social, recreational & learning activities. Caring, honesty, respect and responsibility are the basis for all we do.

## Heating Contractors

### **Houles**

19 North Street, Waterville, ME 04901, 207-872-6762, [bdavis@houlesphac.com](mailto:bdavis@houlesphac.com)

If you ask around, you're bound to find a family who has worked with us. They'll tell you – we know our stuff. From plumbing repairs and bathroom remodeling to electrical service and the latest in heating and cooling technology, our licensed and experienced technicians are committed to answering your questions directly and honestly and solving your home maintenance needs to your satisfaction.

### **Spring Brook Oil**

12 Sanger Avenue, Waterville, ME 04901, 207-872-5526, [ed@springbrookfuel.com](mailto:ed@springbrookfuel.com)

For over ninety years Spring Brook Ice and Fuel Company has been part of the community fabric of Central Maine. Now in the third generation of local ownership, we have evolved from

selling ice and coal to supplying heating oil, propane, diesel and solid fuels. In spite of accelerating change, our values have not wavered.

### **Augusta Fuel Company**

4 Northern Ave., Augusta, ME 04330, 207-623-3851, [www.afccomfort.com](http://www.afccomfort.com)

Since 1888, AFC has built our reputation and business on dependable, professional service. For all your heating, ventilation, and air conditioning contractor needs at reasonable prices by highly trained technicians.

## **Home Cleaning**

### **Millsy's Cleaning Services**

46 Bangor Street, Augusta, ME 04330, 207-622-2700, <http://millsyscleaningservices.com>

We are committed to providing you with a building that not only looks good but is healthy. We pride ourselves in providing excellent service, good value for your cleaning dollars and committed staff and management you can trust.

## **Home Health Care Providers**

### **Bridges Home Services**

One Weston Court, Augusta, 800-876-9212, [www.bridgeshomecare.org](http://www.bridgeshomecare.org)

Certified and insured professional staff help maintain independence at home with homemaking, hygiene assistance, nursing supervision, meal preparations, companionship or 24/7 care.

### **Helping Hands Healthcare Staffing**

571 Sabattus Street, Lewiston, ME 04240, 207-777-5294, [helpinghands@gwi.net](mailto:helpinghands@gwi.net)

Some of Helping Hands services include: Getting in and out of bed, a wheelchair or vehicle; meal planning, preparation and feeding; assistance with various household tasks; escorted transportation to medical appointments, grocery shopping, banking, etc.; assist with personal care, such as bathing and personal hygiene. HELPING HANDS employees have attended a training course approved by the State of Maine Department of Education and are Certified as a PCA/PSS or have obtained equivalent or greater training. HELPING HANDS makes sure that the PCA/PSS has these skills and the competency to best perform the tasks necessary to assist those clients in need. A qualified Agency also eliminates the concerns of Payroll, Workers Compensation Insurance, Liability Insurance, Fidelity Bonds and IRS paperwork requirements.

### **Home Care for ME**

347 Maine Avenue, Farmingdale, ME 04344, 207-582-8001, [mbaldwin@homecareforme.org](mailto:mbaldwin@homecareforme.org)

Home Care for Maine specializes in helping older and disabled adults stay at home, where most people want to be. Our more than 400 trained, compassionate staff are there to support you, or your family member with: housecleaning, grocery shopping, medication reminders, rides to medical and other appointments, yard clean-up, baths and dressing, minor home repairs, errands, and companionship.

### **Home Instead Senior Care**

442 Pleasant Street, Blue Hill, ME 04616, 207-374-2333

Home Instead Senior Care franchise owners, administrators and CAREGiversSM all share a passion for improving the quality of life for seniors and families in their communities. Here in your community, we offer a range of non-medical services that can be customized to your needs so you'll get exactly the help you need. Our CAREGivers are area residents who are kind, compassionate and truly enjoy working with seniors. They are professionals, extensively trained in elder care, and all are screened, insured and bonded.

## Home Organization

### The Savvy Organizer

Ridgewood Drive, Augusta, ME 04330, 207-462-1008 [www.organizesavvy.com](http://www.organizesavvy.com)

Organizing, Downsizing, & Relocation: THE SAVVY ORGANIZER specializes in working with seniors for relocation. To help seniors and their family members expedite process, and the difficult task of decision-making and letting go of many cherished items often required when moving into a smaller space. As a Project Manager, she will handle details and labor: purge, pack, label for storage, donation drop-offs or include antique dealer assistance, and coordinate the move---and unpack and organize at the new location.

## Home Renovations

### Tallwood Design

18 Tallwood Drive, Readfield, ME 04355, 207-685-9994, [tallwooddesign@gmail.com](mailto:tallwooddesign@gmail.com)

Our professional design services are available for home renovations, new home construction, or simply updating a room. We provide full-service interior design, including blue print review, space planning, color consultation, window treatments, fabric and trims, furnishings, lighting, and rugs. Personal or accompanied shopping at the Boston Design Center.

## Jewelers

### Days Jewelers

88 Main Street, Waterville, ME 04901, 1-800-439-3297, [www.daysjewelers.com](http://www.daysjewelers.com)

From free ring cleaning, to ear piercing, to complete repairs and custom designing—Days Jewelers is here to serve you!

## Kennels & Boarding Services

### Cat's Inn

605 Western Avenue, Augusta, ME 04330, 207-622-9915, [cathospitalinfo@gmail.com](mailto:cathospitalinfo@gmail.com)

In January of 1994, Dr. Wade opened The Cats Hospital in Manchester, Maine, which is adjacent to The Cat's Inn®. The hospital is centered on the treatment of cats, an area of veterinary medicine that Dr. Wade had studied and practiced extensively. After extensive research, he designed a system of cat "townhouses," made with European hardware, that is easy to assemble and disassemble. This low-maintenance system would also address many of the concerns he had about the cleanliness of boarding facilities.

## Locksmiths

### Boy Locksmith

12 Gray Street, Waterville, ME 04901, 207-872-5862, [boylocksmith@gwi.net](mailto:boylocksmith@gwi.net)

Services include: commercial services, keys, and residential services.

### Burts Security Center

49 Water Street, Hallowell, ME 04347, 207-622-9657, [www.burtsinc.com](http://www.burtsinc.com)

Commercial Locksmiths serving Maine since 1974.

## Massage Therapists

### Advanced Health Physical Therapy & Fitness, Augusta, Waterville

160 Riverside Drive, Waterville, ME 04901, 207-622-9467, [bouchardpt@roadrunner.com](mailto:bouchardpt@roadrunner.com)

At the start of your treatment sessions with Bouchard Physical Therapy you will discover that we are a very unique PT practice. We provide individualized hands-on Physical Therapy including deep massage, myofascial release, cranio sacral and neuro muscular therapy, strain/counterstrain and other soft tissue release techniques besides the regular Physical Therapy care.

### Healing Hands Therapeutic Massage

338 Water Street, Hallowell, ME 04347, 1-866-319-6340, 207-890-5526,  
[Jessica\\_lmt@yahoo.com](mailto:Jessica_lmt@yahoo.com)

Jessica St. Amand is a Maine Licensed Massage Therapist and Owner of Healing Hands Therapeutic Massage. Healing Hands offers professional therapeutic massage in order to provide clients with a variety of benefits: Reduced Pain and Motion Limitations, Reduced Muscular and Emotional Stress, Increased Flexibility and Circulation.

### Kennebec Therapeutics

295 Water St., Suite 291, Augusta, ME 04330, 207-621-2690, [www.kennebectherapeutics.com](http://www.kennebectherapeutics.com)

Individualized therapeutic sessions, including a variety of effective massage and integrative therapies, with a focus on results. We first discuss your needs and goals for therapy, then work with you to plan a session or sessions appropriate to these goals.

## Oil Burners Service & Repair/Oil-Fuel

### Mikes Oil Service

664 Bangor Road, Benton, ME 04901, 207-453-4534

Products & services: budget plans, delivery services, discounts, fuel oil, gasoline, K-1 kerosene, LP gas, RV's & gas grills (filling only).

## Orthopedic & Orthotic Prosthetics

### **Maine Orthotic & Prosthetic**

89 Hospital Street, Augusta, ME 04330, 207-621-0007, [jjordan@moprs.com](mailto:jjordan@moprs.com)

Maine Orthotics & Prosthetics is accredited by the American Board for Certification (ABC) in orthotics, prosthetics & pedorthics. ABC sets the highest standards for quality of care in our industry. Maine Orthotics & Prosthetics specializes in upper and lower extremity prosthetics and orthotics for adults and children. Our certified orthotists and prosthetists fit and fabricate custom prosthetic and orthotic devices on site in our Portland office. They are assisted by our experienced technicians, who use state of the art equipment and techniques to build the highest quality devices possible. Our approach is grounded by an in depth understanding of human biomechanics and enhanced by a high level of innovation and technological advancement.

## Oxygen and Durable Medical Equipment

### **Coastal Med Tech Inc.**

210 College Avenue, Waterville, ME 04901, 1-800-773-6511, [www.coastalmedtech.com](http://www.coastalmedtech.com)

Coastal Med Tech, Inc. mission is to provide respiratory therapy and durable medical equipment services in a timely and cost effective manner with the highest level of service possible. We are committed to meeting the needs of our patients and to help them achieve independence, through our knowledge, enthusiasm, and professionalism.

### **Gallant Therapy Services**

12 Spruce Street, Augusta, ME 04330, 207-441-0019, [rgallant@gallanttherapyservices.com](mailto:rgallant@gallanttherapyservices.com)

Provide rehabilitation services to promote independence and functional performance for all individuals. Through Occupational Therapy principles and philosophy, Gallant Therapy Services focuses on assisting individuals to function at the highest level possible. This is often achieved through careful evaluation of the client to identify strengths and needs, adapting the environment, teaching new skills, providing equipment, identifying resources, educating care providers, etc.

## Painting Contractors

### **Donald La Rochelle Painting**

26 Patrick Street, Augusta, ME 04330, 207-622-0153, [lroptco@roadrunner.com](mailto:lroptco@roadrunner.com)

Donald La Rochelle Painting Co performs painting services in Augusta, ME. Donald La Rochelle Painting Co is a local business that wants to do business with you. Contact Donald La Rochelle Painting Co for any painting specials, get a coupon or to find out all their business services.

## Personal Emergency Response Units

### **Bridges Home Services**

One Weston Court, Augusta, ME 04330, 1-800-876-9212, [www.bridgeshomecare.org](http://www.bridgeshomecare.org)

This is a personal connection via wristband to a 24 hour monitoring service. Use it as a concierge service, to help you in times of need as well. Basic service range is 1,000 feet; can be upgraded inexpensively to a cell service for national range. Service provided by Bridges Home Care.

## Plumbing Contractors

### **Houles Plumbing and Heating**

19 North Street, Waterville, ME 04901, 207-872-6762, [bdavis@houlesphac.com](mailto:bdavis@houlesphac.com)

If you ask around, you're bound to find a family who has worked with us. They'll tell you – we know our stuff. From plumbing repairs and bathroom remodeling to electrical service and the latest in heating and cooling technology, our licensed and experienced technicians are committed to answering your questions directly and honestly and solving your home maintenance needs to your satisfaction.

## Property Management/Leasing

### **Perkins Leasing and Management**

63 Silver Street, Waterville, ME 04901, 207-873-0751, [www.perkinsmanagement.net](http://www.perkinsmanagement.net)

Perkins Leasing and Management is mid-Maine's oldest and longest established asset management firm specializing in the management of apartments, single family homes, condominium units, and commercial properties.

## Real Estate Agents

### **Sprague & Curtis Real Estate**

75 Western Ave, Augusta, ME 04330, 207-623-1123, [www.spragueandcurtis.com](http://www.spragueandcurtis.com)

For over 50 years we've built our reputation helping thousand of buyers make their own important real estate decisions....which community to live in....what schools to consider....what stores and services to use....what style of home to choose....how much to invest in a new home....and much more. Our sales associates are professionally trained and eager to assist you with your relocation needs.

## Retirement Communities & Homes (private)

### **Arbor Terrace**

13 Plaisted Terrace, Gardiner, ME 04345, 207-582-1878, [sdutil@mcd.org](mailto:sdutil@mcd.org), [mconley@mcd.org](mailto:mconley@mcd.org)

Arbor Terrace is a newly updated 41 bed assisted living facility dedicated to providing the highest level of service and support for the elderly. Residents receive many services and supports including transportation to medical appointments and community events. We assist residents with ordering, administering, and managing their medications and provide them with personalized care and supervision on a 24 hour basis so that they feel safe and comfortable.

### **Woodlands Senior Living**

53 Colonial Circle, Brewer, ME 04412, 207-989-7577, [www.woodlandsmaine.com](http://www.woodlandsmaine.com)

We understand that everyone is unique, so we tailor our approach to care and services to each individual's needs. We also communicate with the families whose loved ones live with us. With a personal connection to everyone we serve, we strive in every way to make each day the best it can be.

## **Shipping Services (Packaging)**

### **S.B.S. Carbon Copy**

54 Main Street, Waterville, ME 04901, 207-873-4657, [sbscopy@onecommail.com](mailto:sbscopy@onecommail.com)

Our client first philosophy has served us well over the years and our can do attitude provides our customers with the services they need within the timeframe they determine appropriate. We have a staff of 5 with over 87 years of combined experience in the printing services industry. If we cannot do the work you need done, we can usually recommend someone else who can. We stock an extensive paper inventory for the sole purpose of meeting our clients needs within their schedule.

## **Sleep Aids & Oxygen**

### **Regional Home Care**

125 Tolman Avenue, Leominster, MA 01453, 978-840-0113, [service@regionalhc.com](mailto:service@regionalhc.com)

Regional Home Care is dedicated to the continuing care of patients in their homes and medical facilities. Our medical products line includes a variety of oxygen therapy equipment (liquid oxygen systems, portable and stationary concentrators, ventilators, etc.) and sleep therapy equipment and supplies (CPAP & BiLevel machines, masks, filters, supplies, Provent Therapy, etc.). Regional Home Care is large enough to offer brand name products, experienced staff, and 24-hour service for our complete equipment and supply solutions; but we've chosen to remain small enough to ensure personal care, service and attention in everything we do.

## **Snow Removal**

### **La Voie's Landscape Mgmt. Inc.**

66 Wyman Bog Road, Winslow, Me. 04901, 207-872-2368, [www.lavoieslandscape.com](http://www.lavoieslandscape.com)

The benefit of hiring LaVoie's for your lawn and landscaping services is that you get a company that handles virtually everything on your property; from mowing and trimming, to taking care of a diseased Elm or keeping your driveway clear in the winter. You write ONE check and deal with ONE company. Because we are at your property more often, we will be in a position to notice items that need attention MUCH sooner, so that they can be brought to YOUR attention sooner.

## Storage-Household

### **Benton Storage Units**

306 Neck Road, Benton, ME 04901, 207-453-6276, [chickford@roadrunner.com](mailto:chickford@roadrunner.com)

Household goods and furniture storage.

## Taxicab Service

### **Elite Taxi**

3 Willow Street, Waterville, ME 04901, 207-872-2221, [vervilleverville1@yahoo.com](mailto:vervilleverville1@yahoo.com)

Taxi services, taxis, transportation services, hours of operation: 24 hours service, additional information serving the greater Waterville communities, Lincoln town car fleet. Products & services •long distance service•taxis. Brands •junkers•Lincoln•POS. Emergency service 24 hour service.

### **PT Cab**

77 Ten Lots Road, Fairfield, ME 04937, 207-465-2304, [joancuares4@yahoo.com](mailto:joancuares4@yahoo.com)

Proudly serving the great state of Maine since 1995. Pine Tree Taxi will get you there on time. Make sure to visit our website for additional details at [www.pinetreetaxi.net](http://www.pinetreetaxi.net) We are open 24hrs a day, keep an eye out for our bright green cabs. We offer timed pick ups and deliveries!

## Transportation

### **Central Maine Private Transportation**

402 Maine Avenue, Farmingdale, ME 04344, 207-213-6547, <http://centralmainepte.com>

Often for less than the price of a taxi, Central Maine Private Transportation can get you there in style and comfort. Families can rely on our drivers and won't have to miss work to get loved ones to appointments. Senior and veteran appointments, Airport drop off and pick up, Courier services. We are a family based Transportation company dedicated to assisting senior citizens and veterans in getting where they need to go. CMPT is here to help!

## Upholstery-Cleaners

## **Advance 1 Cleaning Services**

57 Water Street, Waterville, ME 04901, 207-873-1241, [tjeadvance1clean.com](http://tjeadvance1clean.com)

Advance 1 Cleaning Services was established in 1987 by T.J. Bolduc, it is a locally owned and operated business. We provide service to Central Maine and its surrounding cities. Advance 1 Cleaning Services is a member of the IICRC (Institute of Inspection, Cleaning and Restoration Certification). We are certified by ProBloodBorne in the OSHA Blood Borne Pathogens Standard. We are licensed by the State of Maine in regards to the application of antimicrobial agents. We are also members of the NEIRC (New England Institute of Restoration and Cleaning), Mid-Maine Chamber of Commerce, and the Maine Indoor Air Quality Council.

## **Web Design**

### **Central Maine Web, LLC**

66 Wyman Bog Road, Winslow, ME 04903, 207-873-9321, [www.centralmaineweb.com](http://www.centralmaineweb.com)

Central Maine Web is a full service professional web design & hosting company offering complete web site design, hosting, maintenance, updating and search engine services under one roof. Central Maine Web can take care of everything for you, from selecting a domain name, to hosting, designing your site and getting it found by your customers or viewers. We stand behind our work with our no hassle guarantee.

# Knox County

## Automotive Repair

### **West Street Automotive: Tom Paxson, Owner**

52 West Street, Rockport, ME 04856, 207-975-5428

A full service automotive center. 30 + years experience. Specializing in engines, transmissions, electronic diagnostics for all foreign and domestic makes and models. A.S.E. Master Certified Technician. Hyundai Platinum Certified.

## Barbers

### **Franks Family Hair Care**

279 Main Street, Rockland, ME 04841, 207-594-7847, [frankalbert74@yahoo.com](mailto:frankalbert74@yahoo.com)

Barber shop: hair cuts, shampoo, shave.

## Burglar Alarm Systems/Home Security Systems

### **Pro-Tech Security**

3164 Camden Road, Warren, ME 04864, 207-594-9007, [protechsecurity@roadrunner.com](mailto:protechsecurity@roadrunner.com)

They sell: electrical apparatus and equipment wiring supplies, and construction materials / burglar alarm systems (wholesale).

### **Seacoast Security**

290 West Street, West Rockport, ME 04865, 207-236-4876,  
[customerservice@seacoastsecurity.com](mailto:customerservice@seacoastsecurity.com)

We are committed to being the most trusted provider of monitored security and safety systems in New England. Seacoast Security is determined to protect the people and things our customers care about most, using high-quality products and reliable services.

## Carpenters (smaller outfits than the building cont.)

### **Bruce Laukka, Inc.**

P.O. Box 157, West Rockport, ME 04865, 207-236-4407

a family owned and operated company – offer construction services for high quality custom residential and commercial projects, including additions and renovations. We have proudly served the mid-coast area with expertise and dedication since 1978. During that time, we have completed numerous projects from Wiscasset to Ellsworth and have recently expanded our services to the beautiful islands that line our shores.

## Convenience Stores (neighborhood stores)

### **Rockland Lil' Mart**

536 Old County Road, Rockland, ME 04841, 207-596-0700,  
[rockland01002@retail.nauriaenergy.com](mailto:rockland01002@retail.nauriaenergy.com)

Features: Air, Money Orders, ATM, Propane, Donuts, Restrooms, FRN + Sebago Café, Ice, Shake Machine, and Lottery, etc.

## Computer Sales/Repair

### **Computer Solutions LLC**

66 Maverick Street, Rockland, ME 04841, 207-594-5556, [info@computersolutionsme.com](mailto:info@computersolutionsme.com)

Started in April 2006 by owner Todd Gustafson, Computer Solutions has quickly become well-known to local residents and business owners, providing knowledgeable and friendly expert computer service. Todd's focus has always been customer service and even though Computer Solutions is growing so rapidly, his mission and values have not changed. Today, Computer Solutions provides a wide range of, well, computer solutions. From simple upgrades to full-fledged repair.

## Door Installation/Repairs

### **PDQ Door**

10 Rockport Center, Rockport, ME 04856, 207-230-0808, [pdqdave@roadrunner.com](mailto:pdqdave@roadrunner.com)

PDQ Door Company, Inc. of Maine is your statewide one stop shop for garage doors, garage door openers, security doors, and door related products from quality, top-name brands like C.H.I., Raynor, Liftmaster, Clopay, Richards-Wilcox, Artisan, Amarr and more! Specializing in installation, service, and repair we offer a wide variety of beautiful, functional and durable garage doors and security products for your home, cottage or commercial building.

## Electricians

### **3-D electric**

24 Birch Street, Rockland, ME 04841, 207-596-7471 or 207-691-2499, [www.3delectricinc.com](http://www.3delectricinc.com)

Residential and commercial electrical applications, computer networking, computer maintenance and repair, and audio/video setup and integration.

## Financial Planning Consultants/Services

### **Allen Financial Group**

31 Chestnut Street, Camden, ME 04843, 207-236-8376, [mpierce@allenfg.com](mailto:mpierce@allenfg.com),  
[www.alleninsuranceandfinancial.com](http://www.alleninsuranceandfinancial.com)

To be the local company that individuals and businesses in the community seek out first for advice, information, and education on all insurance and financial services issues. We work hard every day to earn their trust in our knowledge, expertise and professionalism.

## Funeral Directors

### **Burpee, Carpenter & Hutchins Funeral Home**

110 Limerock Street, Rockland, ME 04841, 1-800-590-4212

Our commitment at Burpee, Carpenter & Hutchins is to assist families in honoring and remembering their loved ones. In a comfortable, home-like environment, each family receives our utmost attention to detail, and a level of service that many have come to appreciate. Our staff family at Burpee, Carpenter & Hutchins Funeral Home, stands ready to serve, 24 hours a day, 365 days a year.

### **Long Funeral Home Inc.**

9 Mountain Road, Camden, ME 04843, 207-236-0092, [longfuneral@zwi.net](mailto:longfuneral@zwi.net)

Since our founding, the guiding principle of Long Funeral Home has been the commitment to treating each family who comes to us as our own. With sincerity, pride, and dedication, we are committed to this time-honored tradition. Our family opened the doors of the funeral home years ago. Our reputation for providing the highest quality of service grew, and today we are privileged to serve hundreds of area families each year.

## Geriatric Care Management

### **Bridges Home Services**

One Weston Court, Augusta, ME 04330, 1-800-876-9212, [www.bridgeshomecare.org](http://www.bridgeshomecare.org)

Care Management services help you coordinate care when you can't be there. Care Management offers affordable individualized attention to assist family caregivers through the journey of caring for a loved one. We meet you at the point of need with quality support from a licensed Nurse who has worked in both the medical and social service fields. Our Geriatric Care Manager will work closely with family members, health care providers, trustees, guardians and a carefully screened network of community services.

## Handyman Services

### **Harley Company Inc.**

157 Porter Street, Rockport, ME 04856, 207-594-2471, [theharleycompany@roadrunner.com](mailto:theharleycompany@roadrunner.com), [www.theharleycompany.com](http://www.theharleycompany.com)

The Harley Company has been providing landscaping, property maintenance and property caretaking services in Midcoast Maine since 1999. The Harley Company is your single point of contact for all your project needs, no matter how large or small, summer or winter, commercial property or residential property. Exceeding our customer's expectations is The Harley Company's goal. We will work with you to design a landscape that is shaped uniquely for you, your property, your lifestyle, and most importantly your budget. We also offer professional caretaking services to coastal Maine residents whether it be a seasonal home that needs tending to or a year round home that requires care while you are away.

## Health Clubs

### **Trade Winds Health Club**

2 Park Drive, Rockland, ME 04841, 207-594-2123, [coastalpt@zwi.net](mailto:coastalpt@zwi.net)

Hotel Guests are entitled to Free use of the Pool, Jacuzzi, Fitness Aerobic Room and Steam Room while staying at the Tradewinds. Our indoor heated swimming pool is open for guests from 6:00 AM to 9:00 PM. Also open to the public. Fees may apply.

## Home Health Care Providers

### **Ask...for Home Care**

641 St. George Road, South Thomaston, ME 04858, 207-354-7077, [joanne@askforhomecare.com](mailto:joanne@askforhomecare.com)

ASK...for Home Care is committed to enhancing the lives of our senior citizens and ensuring that they achieve their maximum level of independence and self-actualization in as home-like a setting as possible. We support environments that enable aging in place and opportunities to interact with others. We encourage respite for family caregivers, while maintaining their interest and involvement in the care of their loved ones. We believe in the efficient utilization of staff, supplies and space to provide cost effective services without sacrificing quality. We respect and revere our elders and believe that they have as much to offer us as we do them. With these beliefs in mind, we promise to deliver the very best care possible.

## **Bridges Home Services**

One Weston Court, Augusta, 800-876-9212, [www.bridgeshomecare.org](http://www.bridgeshomecare.org)

Certified and insured professional staff help maintain independence at home with homemaking, hygiene assistance, nursing supervision, meal preparations, companionship or 24/7 care.

## **Health Connections-Occupational Health**

6 Glen Cove Drive, Rockport, ME 04856, 207-593-5566, [rwalton@penbayhealthcare.org](mailto:rwalton@penbayhealthcare.org)

Health Connections works with local businesses. If you are getting a new job or doing an annual checkup for your current job, come to Health Connections for drug tests, urine tests, etc.

## **Kno-Wal-Lin**

170 Pleasant Street, Rockland, ME 04841, 207-594-9561, [mrich@penbayhealthcare.org](mailto:mrich@penbayhealthcare.org)

Pen Bay Healthcare provides comfort, care and support to people in their homes through Kno-Wal-Lin Home Care & Hospice. The services provided by Kno-Wal-Lin can help you to maintain your independence and stay in your own home by providing the help you need. We serve the residents of Knox, Waldo and Lincoln counties with offices in Rockland, Belfast and Newcastle.

## **Lincolnville Regional Health Center**

2399 Atlantic Highway, Lincolnville, ME 04849, 207-236-9851, [dplace@lncgh.org](mailto:dplace@lncgh.org)

Waldo County Healthcare, Inc. (WCHI) serves the healthcare needs of Waldo County residents through Waldo County General Hospital, five rural health centers, home health and hospice services, public health nursing, physicians' offices and educational programs. Waldo County General Hospital (WCGH) is a not-for-profit community hospital committed to providing excellent care for patients and their families in a friendly, caring atmosphere in line with its mission to be the BEST. Services are provided as efficiently as possible with an eye on the future and in collaboration with other community-minded agencies. All services are provided regardless of ability to pay in accordance with the hospital's financial assistance policy.

## **Lodging**

### **Country Inn at Camden Rockport**

8 country Inn Way, Rockport, ME 04856, 207-236-2725, [www.countryinmaine.com](http://www.countryinmaine.com)

Reminiscent of yesteryear, at County Inn of Camden Rockport, the pace slows and the mind rests. In the Camden, Maine family friendly hotel with designated pet suites, you will discover the casual essence of Camden and Rockport Maine and come to know you can just be yourself here.

## Massage Therapists

### **Camden Maine Massage Therapy**

28 Washington Street, Camden, ME 04843, 207-236-2889, [info@camdenmainemassage.com](mailto:info@camdenmainemassage.com)

All of our therapists are state licensed and highly trained to deliver the most comprehensive body work in the area. We specialize in deep tissue therapies and we take the time to really listen to your needs. Our tables are heated for your comfort during these chilly autumn days! And we use only the highest quality oils and creams that nourish your skin without leaving you feeling greasy.

## Movers

### **Knowlton Moving & Storage**

2445 Camden Road Route 90, Warren, ME 04864, 207-273-1250, [jay@knowltonmoving.com](mailto:jay@knowltonmoving.com)

Knowlton Moving has been in business for over 60 years. We are known for our moving and storage services, but many people don't realize there is much more we can do! We offer "in-house" moving for those wishing to reorganize their homes or businesses. With our heated, secure 31,000 sq ft warehouse we do all sorts of warehouse shipping and receiving, from all freight carriers as well as UPS and Fed Ex. We have other great services too.

## Oxygen Supplier/Therapy

### **Kennebec Pharmacy & Home Care**

839 Commercial Street, Rockport, ME 04856, 207-594-0888, [www.kennebecpharmacy.com](http://www.kennebecpharmacy.com)

Kennebec Pharmacy and Home Care provides pharmaceutical, durable medical equipment and home health care services to residents throughout Central and Southern Maine. In 2012 we opened a Sleep Improvement Center to provide help with issues involving sleep apnea and associated equipment. We have an on-call service that provides 24-hour coverage, 7 days a week. This valuable service includes our delivery drivers, respiratory therapist, pharmacists and registered nurses. In addition, we have a home delivery service for patients in our service area on regularly scheduled days.

## Painting Contractors

### **Isaac Rhode Painting**

279 Beechwood Street, Thomaston, ME 04861, 207-975-4664, [irpaint@yahoo.com](mailto:irpaint@yahoo.com)

Fine interior and exterior painting, small carpentry and drywall projects, power and mold washing. Fully insured, competitive pricing, and friendly reliable service since 1995.

## Personal Emergency Response Units

### **Bridges Home Services**

One Weston Court, Augusta, ME 04330, 1-800-876-9212, [www.bridgeshomecare.org](http://www.bridgeshomecare.org)

This is a personal connection via wristband to a 24 hour monitoring service. Use it as a concierge service, to help you in times of need as well. Basic service range is 1,000 feet; can be upgraded inexpensively to a cell service for national range. Service provided by Bridges Home Services.

## Real Estate Agencies (down-sizing)

### **Jaret & Cohn Real Estate**

38 Chestnut Street, Rockland, ME 04841, 207-236-9626, [rockland@jaretcohn.com](mailto:rockland@jaretcohn.com)

For over 30 years we have been the leading force in Midcoast Maine's real estate market. With more than 50 agents in five offices – Camden, Rockland, Belfast, Waldoboro, and Vinalhaven – we sell more real estate than any other agency.

## Retirement Communities & Homes (private)

### **Bartlett Woods Retirement Community**

20 Bartlett Drive, Rockland, ME 04841, 207-594-2745, [meads@bartlettwoods.com](mailto:meads@bartlettwoods.com)

When you walk into Bartlett House, you will be welcomed by smiles and hellos. You'll hear everyone greeting each other by name, asking about what's going on in their lives. In this intimate retirement community — one of the smallest in the state — it's the people who live here and work here who really make it special. Relationships between residents and also between residents and staff are genuinely caring, and built on trust. This warm, homelike atmosphere is one of the many things that set Bartlett Woods apart

## Sleep Aides & Oxygen

### **Regional Home Care**

125 Tolman Avenue, Leominster, MA 01453, 978-840-0113, [service@regionalhc.com](mailto:service@regionalhc.com)

Regional Home Care is dedicated to the continuing care of patients in their homes and medical facilities. Our medical products line includes a variety of oxygen therapy equipment (liquid oxygen systems, portable and stationary concentrators, ventilators, etc.) and sleep therapy equipment and supplies (CPAP & BiLevel machines, masks, filters, supplies, Provent Therapy, etc.). Regional Home Care is large enough to offer brand name products, experienced staff, and 24-hour service for our complete equipment and supply solutions; but we've chosen to remain small enough to ensure personal care, service and attention in everything we do.

## Taxicab Service

### **Schooner Bay Limo & Taxi**

12 Moran Drive, Rockland, ME 04841, 1-877-594-5001, [cmerritt@schoonerbaytaxi.net](mailto:cmerritt@schoonerbaytaxi.net)

Schooner Bay Taxi is the largest and longest running transportation service in Knox County. We offer service in and out of State. We are open 24 hours a day, 7 days a week, 365 day a year! We go above and beyond to make sure we are not a traditional taxi service, but a full service transportation company. We have uniformed professional drivers! Our drivers will help you with groceries, luggage, or just to have a helping hand to get you in and out of the vehicle!

# Lincoln County

## Adult Day-Care & Respite

### **Eldercare Network Maine**

21 Washington Street, Wiscasset, ME 04578, 207-882-9768, or P.O. Box 652, Damariscotta, ME 04543, 207-563-2148, [ahandel@eldercarenetwork.org](mailto:ahandel@eldercarenetwork.org)

Our mission: To improve the way services are provided to Lincoln County elders, whatever their income, by creating homes that function like a regular household. Our caregivers have the time to get to know the residents, and to offer each one just the right amount of assistance with personal care, medication, bathing and dressing.

## Animal Care

### **Damariscotta Veterinary Clinic**

530 Main Street, Damariscotta, ME 04543, 207-563-3934, [www.damariscottavetclinic.com](http://www.damariscottavetclinic.com)

We provide medical, surgical and dental care in a compassionate, caring manner with a personal touch. We understand that your pet is a member of the family and we respect and encourage this bond. We are a veterinary clinic that offers general health care for your pet with a focus on preventive care. Good health is essential for a long, happy life. Early detection of disease through yearly physical exams (twice a year for pets over 7 years of age) will also help prevent disease.

### **Coastal Veterinary Care**

161 Gardiner Rd., Wiscasset, ME 04578, 207-882-9458, [www.coastalveterinarycare.com](http://www.coastalveterinarycare.com)

Our unique walk-in philosophy offers top quality medical care to all pets at all times. We strive to serve all the pets of the midcoast area with caring compassion.

## Art Instruction

### **River Arts Inc.**

241 US 1, Damariscotta, ME 04543, 207-563-1507, [info@riverartsme.org](mailto:info@riverartsme.org)

River Arts is attuned to the needs of the community at large and strives to provide the highest quality art instruction, high caliber exhibitions and special events. We are a membership organization. Our volunteer board of directors is committed to transparent, innovative and responsible operation of the organization.

## Audiologists/Hearing Aids and Assistive Devices

### **Pine Tree Society**

P.O. Box 518, 149 Front Street, Bath, ME 04530, 207-443-3341, [info@pinetreesociety.org](mailto:info@pinetreesociety.org)

Pine Tree Society started as a bold new idea in 1936. That commitment continues every day throughout the state of Maine. Whether it's a young girl with Cerebral Palsy discovering her first best friend at Pine Tree Camp, an adult finding his voice with customized assistive technology or an adult with a developmental disability participating in new and exciting activities at Community Services...Pine Tree Society changes lives. Our mission: To provide Maine children and adults with disabilities the opportunities and the means to create better lives for themselves and their families.

## **Auto Body Shops/Repairs**

### **Grover Auto and Tire**

342 Bath Road, Wiscasset, ME 04578, 207-882-7368, [groverautoandtire@gmail.com](mailto:groverautoandtire@gmail.com)

Grover Auto & Tire is a full service, family owned and operated, auto repair and maintenance facility, serving Wiscasset, ME and surrounding areas since 1967. We are a AAA approved auto repair shop and a Napa affiliated shop as well. This association allows us to offer nationwide parts and labor warranties with the "Peace of Mind Warranty" to customers traveling outside the 25 mile radius of our repair shop.

### **Hillside Collision Center Inc.**

409 Atlantic Highway, Waldoboro, ME 04572, [hillsideinc@ne.twcbc.com](mailto:hillsideinc@ne.twcbc.com)

Hillside Collision Center, Inc. offers the repair of automobiles as well as a towing service. The company was established and incorporated in 1976 in Maine. The company has 12 employees. Mr. John E. Murray is the President of the company and Mr. Scott W. Murray is the Vice President

## **Barbers**

### **Ben's Barber Shop**

54 Front Street, Bath, ME 04530, 207-443-9039, [bdsteers@comcast.net](mailto:bdsteers@comcast.net)

Haircuts, shampoos, buzz cuts, etc.

## **Denture Labs/Service**

### **Denture Designs**

748 Main Street, Damariscotta, ME 04543, 207-563-3368

Denture Designs is a small privately owned and operated office offering a full range of denture services. Kathryn A. Young, Licensed Denturist is a trained laboratory technician with an expanded education to encompass clinical aspects of patient care! A denturist degree is

different from a dentist degree, as a denturist education is focused only on removable prosthetics, not on hygiene, extractions, or invasive tooth restorations.

### **Just For Grins Dental Hygiene**

510 Bath Road, Wiscasset, ME 04578, 207-687-2132, [joanie@justgrins.com](mailto:joanie@justgrins.com)

At Just for Grins, an oral hygiene visit isn't just about getting your teeth cleaned—it's about learning how to keep your mouth healthy for a lifetime. Specializing in affordable, convenient and preventive dental care for children and adults. My brand new office is open and conveniently located in Wiscasset, Maine.

## **Door Installation/Repair**

### **PDQ Door**

209A State Road, West Bath, ME 04530, 207-443-7426, [pdqdave@roadrunner.com](mailto:pdqdave@roadrunner.com)

PDQ Door Company, Inc. of Maine is your statewide one stop shop for garage doors, garage door openers, security doors, and door related products from quality, top-name brands like C.H.I., Raynor, Liftmaster, Clopay, Richards-Wilcox, Artisan, Amarr and more! Specializing in installation, service, and repair we offer a wide variety of beautiful, functional and durable garage doors and security products for your home, cottage or commercial building.

## **Fuel**

### **Colby & Gale, Inc.**

105 Main St., Damariscotta, ME 04543, 207-563-3414, [www.colbyandgale.com](http://www.colbyandgale.com)

Colby & gale is a locally owned, family run business that strives to fill the needs of our local communities. We are a full service fuel and propane company serving Lincoln County since 1946. We also offer outdoor equipment sales and service; full service Irving gas station and garage; and coin operated Laundromat with wash and fold service.

## **Funeral Directors**

### **Hall Funeral Home**

949 Maine St., P O Box 363, Waldoboro, ME 04572, 207-832-5541, [www.hallfuneralhomes.com](http://www.hallfuneralhomes.com)

Offering families comfort and peace of mind.

### **Strong-Hancock Funeral Home Inc.**

612 Main Street, Damariscotta, ME 04543, 207-563-3550, [info@stronghancock.com](mailto:info@stronghancock.com)

We are an independantly owned and operated funeral home, serving the people of mid-coast Maine since 1933. Dustin Hancock is only the fourth owner in the funeral homes 80 year history, and is proud to work with Paul Smeltzer, David Gay, Andrea Hollowell and George Farris, to

serve the people of the community we call home. If you have any questions, or if we can do anything at all, please feel free to contact us either by phone or email.

## Geriatric Care Management

### **Bridges Home Services**

One Weston Court, Augusta, ME 04330, 1-800-876-9212, [www.bridgeshomecare.org](http://www.bridgeshomecare.org)

Care Management services help you coordinate care when you can't be there. Care Management offers affordable individualized attention to assist family caregivers through the journey of caring for a loved one. We meet you at the point of need with quality support from a licensed Nurse who has worked in both the medical and social service fields. Our Geriatric Care Manager will work closely with family members, health care providers, trustees, guardians and a carefully screened network of community services.

## Hardware Stores

### **Damariscotta Hardware**

423 Main Street, Damariscotta, ME 04543, 207-563-3428, [albert@damariscottahardware.com](mailto:albert@damariscottahardware.com)

When you've been doing it for over 50 years, it becomes more than second nature- it's who we are. We're proud to be known as the place to go for all your hardware, paint, gardening and home repair needs. From chain to pipe or glass to screens, if it needs to be cut, trimmed or fixed, we can do it. And when it says "some assembly required", don't panic... we do that too!

## Home Health Care Providers

### **Bridges Home Services**

One Weston Court, Augusta, 800-876-9212, [www.bridgeshomecare.org](http://www.bridgeshomecare.org)

Certified and insured professional staff help maintain independence at home with homemaking, hygiene assistance, nursing supervision, meal preparations, companionship or 24/7 care.

## Hospices

### **Miles & St. Andrews Home Health & Hospice**

40 Belvedere Road, Damariscotta, ME 04543, 207-563-1234

In 2009, Miles & St. Andrews Home Health & Hospice joined forces to provide top quality home health and hospice services to the families of Lincoln and Knox counties. We have maintained our community-based approach but expanded our services so we can offer you the best possible care when and where you need it. We consistently receive perfect scores on state and federal surveys.

## Independent and Assisted Living

### **The Lincoln Home**

22 River Road, Newcastle, ME 04553, 207-563-3350, [www.lincoln-home.org](http://www.lincoln-home.org)

A continuum of care is offered at The Lincoln Home in Maine including [Independent](#) and [Assisted Living](#), [Memory Impairment Care](#) and [Private Duty Home Services](#). Situated on the [shores of the Damariscotta River in Midcoast Maine](#), every room enjoys beautiful, ever changing views of the water, gardens and nature. [Our staff](#) brings a commitment to excellence, a love of people, and superior wellness support. [Daily life](#) is enriched by social, educational, spiritual and cultural events and interaction with the Maine communities of Damariscotta and Newcastle. By nourishing each individual to pursue their own interests, The Lincoln Home experience ensures residents live an abundant and joyful life.

## Massage Therapists

### **Holistic Touch Inc.**

61 Lewiston Hill Road, Newcastle, ME 04553, 207-563-3056, [bodyofwaters@gmail.com](mailto:bodyofwaters@gmail.com)

Patti Corscaden, Licensed Massage Therapist, offers gentle, hands-on therapies that guide and enhance the body's natural healing energy.

## Optometry Services

### **Sheepscot Eye Associates**

165 bath Road, Wiscasset, ME 04538, 207-882-9566, [www.sea2seeportal.com](http://www.sea2seeportal.com)

At Sheepscot Eye Associates, it is our goal to provide you and your family with the highest quality eye care possible and at reasonable prices. At every visit, we will provide you with personal attention and answer any questions you might have about your eye health and the services we provide

## Personal Emergency Response Units

### **Bridges Home Services**

One Weston Court, Augusta, ME 04330, 1-800-876-9212, [www.bridgeshomecare.org](http://www.bridgeshomecare.org)

This is a personal connection via wristband to a 24 hour monitoring service. Use it as a concierge service, to help you in times of need as well. Basic service range is 1,000 feet; can be upgraded inexpensively to a cell service for national range. Service provided by Bridges Home Services.

## Plumbing Contractors

## **Arsenault Plumbing**

P.O. Box 101, Boothbay Harbor, ME 04538, 1-855-865-8745, [bill@arsenaultplumbing.com](mailto:bill@arsenaultplumbing.com)

Residential and Commercial Plumbing and Heating provided to the Midcoast area. New construction, renovations or existing plumbing and heating. Free estimates provided upon request.

## **Retirement Communities & Homes (private)**

### **St. Andrews Village**

145 Emery Lane, Boothbay Harbor, ME 04538, 207-633-0920, [wayne.printy@lchcare.org](mailto:wayne.printy@lchcare.org)

St. Andrews Village is a gracious, full service retirement community in Boothbay Harbor, Maine. By extending its senior living options and levels of care, St. Andrews created a new paradigm for senior living in Mid-Coast Maine. The St. Andrews Village Retirement Community opened its doors in 2000, and has been a thriving part of life in Boothbay Harbor ever since.

## **Sleep Aides & Oxygen**

### **Regional Home Care**

125 Tolman Avenue, Leominster, MA 01453, 978-840-0113, [service@regionalhc.com](mailto:service@regionalhc.com)

Regional Home Care is dedicated to the continuing care of patients in their homes and medical facilities. Our medical products line includes a variety of oxygen therapy equipment (liquid oxygen systems, portable and stationary concentrators, ventilators, etc.) and sleep therapy equipment and supplies (CPAP & BiLevel machines, masks, filters, supplies, Provent Therapy, etc.). Regional Home Care is large enough to offer brand name products, experienced staff, and 24-hour service for our complete equipment and supply solutions; but we've chosen to remain small enough to ensure personal care, service and attention in everything we do.

# Sagadahoc County

## Adult Day-Care & Respite

### **Sky-Hy Adult Day**

32 Sky-Hy Drive, Topsham, ME 04086, 207-725-7577, [servant@servant.net](mailto:servant@servant.net)

Sky-Hy Adult Day Care provides adult day care services in Topsham, ME. Services offered include organized daily activities in a community-based setting, transportation, meals, and professional supervision. Contact Sky-Hy Adult Day Care for more details on respite care services and rates.

### **Brunswick Area Respite Care**

41-2 Greenwood Road, Brunswick, ME 04011, 729-8571, [www.respite-care.org](http://www.respite-care.org)

Time off for caregivers, joyful hours for participants; community education, referral, program support opportunities.

## Barbers

### **Better U Hair**

68 Maine Street, Brunswick, ME 04011, 207-721-0397, [info@betterutotalimagespa.com](mailto:info@betterutotalimagespa.com)

Our goal at BETTER U Total Image Spa is to literally have you fall in love with your hair, skin and body - how fresh it looks, - how smooth it feels, how vibrant and relaxed you are when you walk out the door. We want you to feel special and cared for, whether you're in our spa or using our products at home. We think you will agree that there is no other Maine Day Spa that compares to BETTER U.

## Elder Care Services

### **Aging Excellence**

113 Pleasant St., Brunswick, ME 04011, 207-729-0991, [www.seniorsonthego.com](http://www.seniorsonthego.com)

Professional geriatric care, in-home services, handyman/chore services, social companion, homemaking, personal care services, transportation services, reminder telephone calls, more.

## Fire and Water Damage Restoration

### **Servpro of Bath Brunswick**

28 Monument Place, Topsham, ME 04086, 207-721-8500, [shawn@servprobb.com](mailto:shawn@servprobb.com)

With over 1,650 Franchises nationwide, SERVPRO is a leader in the restoration industry and its professionals are faster to any size disaster. SERVPRO Franchise Professionals are available 24 hours/7 days a week and are ready to restore or clean your property.

## Geriatric Care Management

### **Bridges Home Services**

One Weston Court, Augusta, ME 04330, 1-800-876-9212, [www.bridgeshomecare.org](http://www.bridgeshomecare.org)  
Care Management services help you coordinate care when you can't be there. Care Management offers affordable individualized attention to assist family caregivers through the journey of caring for a loved one. We meet you at the point of need with quality support from a licensed Nurse who has worked in both the medical and social service fields. Our Geriatric Care Manager will work closely with family members, health care providers, trustees, guardians and a carefully screened network of community services.

## Glass-Auto, Plate, Window

### **Coastal Glass & Window**

12 State Road, Bath, ME 04530, 207-443-2156, [cqwinc@zwi.net](mailto:cqwinc@zwi.net)

Coastal Glass & Window has been serving the Midcoast region since 1979. We are family owned and operated. Specializing in vinyl & wood window replacement. We also do auto Windshield replacement. We are a full service glass company. Serving residential & commercial customers. CGW, Inc is a family owned & operated full service glass company and was established in 1979 by Paul & Ellen Trudell. We have been serving the midcoast area for many years now, and have developed a reputation for doing quality work that lasts for years. We currently have 4 full time installers/ glaziers techs employed by us. and not by someone else. Also their daughter Jennifer has been with the company for almost 18 years and works with her parents in all aspects of the business.

## Handyman Services

### **Handy Harley the Handy Man**

P.O. Box 169, Harpswell, ME 04079, 207-833-7880, [handyharley@handyharley.com](mailto:handyharley@handyharley.com)

We have been in business since 2000 and are a proud member of the Better Business Bureau. We are also fully insured and happy to lend a hand to the residents of the greater Harpswell, Brunswick and Topsham areas.

## Hearing Aids & Assistive Devices

### **Berrie's Hearing and Optical Center**

86 Maine Street, Brunswick, ME 04011, 207-725-5111, [anna.strange@gmail.com](mailto:anna.strange@gmail.com)

Berries Hearing and Optical Center is dedicated to providing the best quality eyewear, hearing aids and accessories with "Old Time Service", since 1950.

## Heating

### **Dead River Company**

2 Industrial Parkway, Brunswick, ME 04011, 207-729-6688, [www.deadriv.com](http://www.deadriv.com)

Trusted, responsive, and always reliable; this is the reputation that Dead River Company has earned over the decades. Since 1936 we have steadily grown into one of the largest home heating service providers in Northern New England.

## Home Health Care Providers

### **Bridges Home Services**

One Weston Court, Augusta, 800-876-9212, [www.bridgeshomecare.org](http://www.bridgeshomecare.org)

Certified and insured professional staff help maintain independence at home with homemaking, hygiene assistance, nursing supervision, meal preparations, companionship or 24/7 care.

### **CHANS Home Care & Hospice of Midcoast ME**

60 Baribeau Drive, Brunswick, ME 04011, 207-729-6782, [dchalmers@midcoasthealth.com](mailto:dchalmers@midcoasthealth.com)

CHANS Home Health Care is full service non-profit, Joint Commission Accredited agency providing skilled home health, hospice, private duty care services and an array of community based wellness clinics and support services in Mid Coast Maine. CHANS is an affiliate of Mid Coast Health Services and has been providing home health and wellness services in our community since 1947.

## Locksmiths

### **B & B Locksmiths**

15 Patricia Drive, Topsham, ME 04086, 207-729-1389, [jrhoover207@comcast.net](mailto:jrhoover207@comcast.net)

B & B locksmiths has been serving the Mid-coast region for 23 years, providing in shop and mobile services. We strive to meet the needs of our clients by offering creative solutions, quality products and caring, professional services.

## Movers

### **Bisson Moving and Storage**

83 Eisenhower Drive, Westbrook, ME 04092, [www.movebisson.com](http://www.movebisson.com)

Located in Westbrook and Brunswick, Bisson Moving and Storage provides local, long-distance, international, residential, office and commercial moving and storage services from and to nearly anywhere.

## Optical Services

### Midcoast Optical Services

8 Mason St., Brunswick, ME 04011, 207-729-7979

Contact lenses, eyewear, laser surgery

## Oxygen Supplier/Therapy

### Medical Home Care Services Inc.

29 Centre Street, Bath, ME 04530, 207-442-8898, [laurie@medicalhomecareservices.net](mailto:laurie@medicalhomecareservices.net)

We offer a full line of durable medical equipment and oxygen as well as other medical products needed to serve the needs of the public. In August of 2008 we acquired ContinueMed, Inc. an oxygen company from South Portland which greatly increased our service area and added substantially to our client's referrals. It is owned by Carol McBride and her daughter Laurie Lugenbeal who was made a part owner in 2008. Carol found after 15 years in the medical field, that there was a major need for a store like this in her area. So in March of 1986 she opened the doors. After three years her daughter became part of the company bringing with her over 10 years of medical background. This provided the necessary assistance for the growth of the business.

## Packaging Service

### Mail It 4U

10 State Road, Bath, ME 04530, 207-443-1457, [mailit4u@tidewater.net](mailto:mailit4u@tidewater.net)

Store services and products: ground, air, packaging supplies and services, office supplies and services, duplication services, mail box rentals, and faxing.

## Personal Emergency Response Units

### Bridges Home Services

One Weston Court, Augusta, ME 04330, 1-800-876-9212, [www.bridgeshomecare.org](http://www.bridgeshomecare.org)

This is a personal connection via wristband to a 24 hour monitoring service. Use it as a concierge service, to help you in times of need as well. Basic service range is 1,000 feet; can be upgraded inexpensively to a cell service for national range. Service provided by Bridges Home Services.

## Real Estate Agencies (down sizing)

### **Carleton Realty**

99 Commercial Street, Bath, ME 04530, 207-443-3388, Wiscasset # 207-882-7357,  
[nancy@carletonrealty.me](mailto:nancy@carletonrealty.me)

Roy Farmer Associates, a Wiscasset institution, has been sold to Nancy Carleton, widely known as one of the mid-coast's most successful real estate agents. Farmer and Carleton have joined forces to pursue the goal of building this Midcoast Maine Real Estate Agency into an even stronger presence in the mid-coast area. With 2 offices, one in Wiscasset and one in Bath, Carleton Realty offers a warm, welcoming and professional environment. Each client experiences the same high standards of service; Personable, Responsive, Collaborative, Thoughtful, Thorough.

### **Morton Real Estate**

240 Maine St., Brunswick, ME 04011, 207-729-1863, [www.mainere.com](http://www.mainere.com)

Trusted experience for over 38 years. We have extensive knowledge in the Brunswick and Harpswell markets as well as the surrounding areas. We can help you find, negotiate and purchase the perfect property for you as a buyer. As a seller, we can help you present your property to the market in ways to maximize your sales price and minimize market time.

### **RE|MAX Riverside**

1 Bowdoin Mill Island #101, Topsham, ME 04086, 207-725-8505

The Code establishes time-honored and baseline principles that come from the collective experiences of REALTORS® since the Code of Ethics was first established in 1913. Those principles can be loosely defined as: Loyalty to clients; Fiduciary (legal) duty to clients; Cooperation with competitors; Truthfulness in statements and advertising; and non-interference in exclusive relationships that other REALTORS® have with their clients.

## Sleep Aides & Oxygen

### **Regional Home Care**

125 Tolman Avenue, Leominster, MA 01453, 978-840-0113, [service@regionalhc.com](mailto:service@regionalhc.com)

Regional Home Care is dedicated to the continuing care of patients in their homes and medical facilities. Our medical products line includes a variety of oxygen therapy equipment (liquid oxygen systems, portable and stationary concentrators, ventilators, etc.) and sleep therapy equipment and supplies (CPAP & BiLevel machines, masks, filters, supplies, Provent Therapy, etc.). Regional Home Care is large enough to offer brand name products, experienced staff, and 24-hour service for our complete equipment and supply solutions; but we've chosen to remain small enough to ensure personal care, service and attention in everything we do.

## Storage

### **Cumberland Self Storage**

14 Maine St., Suite 208, Brunswick, ME 04011, 207-725-6434, [www.mainestorage.com](http://www.mainestorage.com)

Relax, you've found the friendliest storage professionals in Maine, offering affordable household and business storage and an easy, pleasant storage experience.

## Taxi

### **Brunswick Taxi**

1 Simpsons Point Rd., Brunswick, ME 04011, 207-729-3688

Brunswick Taxi is A Midcoast Maine taxi company that specializes in both local transportation and airport transportation. We have a brand new fleet of yellow and black checkered taxis that make us hard to miss as you're driving around town! Hope to hear from you for any and all of your transportation needs! Available for weddings, proms, parties and all airport needs including during our off times! Call for an appointment now!

# Somerset County

## Adult Day-Care & Respite

### **Bridges Adult Day Services**

Spectrum Generations 30 Leavitt St, Skowhegan, 474-8552, [www.bridgeshomecare.org](http://www.bridgeshomecare.org)

A safe and secure home away from home to encourage nutritious meals, activities for social engagement, and monitored relaxation.

## Animal Care

### **Animal Medical Clinic**

PO Box 599, 413 North Avenue, Skowhegan, ME 04976, 207-474-8376,  
[www.animalmedicalclinic.us](http://www.animalmedicalclinic.us)

The Animal Medical Clinic has been providing compassionate medical and surgical care for companion animals for over 50 years. The veterinarians, technicians, and staff provide the highest quality of veterinary service in a friendly, caring environment.

## Apartments (not subsidized; Agencies that can handle)

### **Longmeadow's Apartments**

47 McClellan Street, Skowhegan, ME 04976, 207-474-5233, [krice@stanfordmanagement.com](mailto:krice@stanfordmanagement.com),  
[www.stanfordmanagement.com](http://www.stanfordmanagement.com)

Stanford Management is a full-service property management firm. Our experienced management team is dedicated to improving the state of affordable housing in America. Our mission is to create safe, beautiful, friendly and engaged living communities that evoke pride and investment from residents and employees alike.

## Automotive Repair

### **Randy's Full Service Auto Repair**

PO Box 1051, 204 Madison Avenue, Skowhegan, ME 04976, 207-474-7580

Randy's Full Service Auto Repair - Voted "Best Auto Repair" in greater Skowhegan 12 years running! At Randy's we pride ourselves on offering quality repairs at reasonable rates and on providing the best possible customer service.

## Beauty Salons (include home hair stylists)

### Lady Gayle's Hair Design

21 Dr. Mann Road, Skowhegan, ME 04976, 207-474-8126

Services include: haircuts, hair dyeing, shampooing, etc.

## Carpenters (smaller outfits than the building cont.)

### Dunbar Custom Homes

53 Main Street, Canaan, ME 04924, 207-474-8232, [dunbarcustomhomes@myfairpoint.net](mailto:dunbarcustomhomes@myfairpoint.net)

Many people search for years to find their dream home only to come up empty. As a custom home building company, we can help to solve this problem. We offer custom made homes that reflect your distinct style, all within your budget.

### Homes and More Builders

43 Decker Road, Mercer, ME 04957, 207-491-6641, [markhturk@hotmail.com](mailto:markhturk@hotmail.com)

Homes and More Builders is owned and operated by Mark Turk, a craftsman with over 20 years experience with building, remodeling and custom woodcraft. Mark operates Homes and More Builders from his home base in Mercer, Maine, a central location convenient to Bangor, Waterville and Augusta locations. Mark and company work statewide and beyond. Mark has worked in the construction field, starting out with his own concrete company, moving into pre-manufactured homes, and for the past 20 years has worked independently as a builder. His early experience with several facets of the construction field allows Mark to anticipate the various phases of a project and advise customers.

## Carpet & Rug Cleaning

### Hurricane Cleaners

98 Palmer Road, Skowhegan, ME 04976, 207-474-8552 [www.maineccleaningcompany.com](http://www.maineccleaningcompany.com)

Our services include: carpet and oriental rug cleaning, wood floor refinishing, tile and grout cleaning and sealing, natural stone cleaning and sealing, upholstery and leather cleaning, Scotchguard treatment, hard surface cleaning-concrete floors and sidewalks, odor control. Business and residential.

## Door Installation/Repair

### PDQ Door

50 Airport Road, Waterville, ME 04901, 1-866-570-7711, [pdqdave@roadrunner.com](mailto:pdqdave@roadrunner.com)

PDQ Door Company, Inc. of Maine is your statewide one stop shop for garage doors, garage door openers, security doors, and door related products from quality, top-name brands like C.H.I., Raynor, Liftmaster, Clopay, Richards-Wilcox, Artisan, Amarr and more! Specializing in installation, service, and repair we offer a wide variety of beautiful, functional and durable garage doors and security products for your home, cottage or commercial building.

## Electricians

### Quality Electric

14 Jewett Street, Skowhegan, ME 04976, 207-474-3749, [qualityelectric@beeline-online.net](mailto:qualityelectric@beeline-online.net)

Electricians, computer cable & wire installation, electric contractors-commercial & industrial.

## Exercise and Physical Fitness Programs

### Somerset Sports & Fitness

P.O. Box 3158, Skowhegan, ME 04976, 207-474-2224, [kcoughlin@rfgh.net](mailto:kcoughlin@rfgh.net)

Fitness is for everyone no matter what age or fitness level. We offer over 30 classes weekly (all levels) including daily Yoga, step aerobics, daily cycling/spinning classes, Fit For Life, ZUMBA and TurboKick classes, step and resistance training, Insanity, Battle Ropes and PUMP!! We have numerous state-of-the-art cardiovascular machines (most with personal viewing monitors or wide-screen TV access) and 3 rooms full of weight machines and free weights.

## Financial Planning Consultants/Services

### Skowhegan Insurance Agency

108 Madison Avenue, P.O. Box 550, Skowhegan, ME 04976, 207-474-7111, [insurance@gwi.net](mailto:insurance@gwi.net)

Whether you require auto insurance or income tax preparation, we carry full lines of personal and commercial insurances. We also provide tax services to meet all of your financial needs. Because we are honest and care about you, we only offer services that you truly need. Let us provide you with a variety of insurance and tax services.

## Funeral Directors

### Lawry Brothers Funeral Homes

107 Main Street, Fairfield, ME 04937, 207-453-6049, 1-800-660-2111, [www.lawrybrothers.com](http://www.lawrybrothers.com)

So many times, it seems that the honored tradition of neighbor helping neighbor becomes lost in daily life. But time and time again, when tragedy occurs in this community, we help our neighbors. At Lawry Brothers Funeral Home, that philosophy serves as the basis for everything

we do. We offer our services in order to honor a life that has been lived and to comfort those who grieve.

## Geriatric Care Management

### **Bridges Home Services**

One Weston Court, Augusta, ME 04330, 1-800-876-9212, [www.bridgeshomecare.org](http://www.bridgeshomecare.org)

Care Management services help you coordinate care when you can't be there. Care Management offers affordable individualized attention to assist family caregivers through the journey of caring for a loved one. We meet you at the point of need with quality support from a licensed Nurse who has worked in both the medical and social service fields. Our Geriatric Care Manager will work closely with family members, health care providers, trustees, guardians and a carefully screened network of community services.

## Handyman Services

### **Quinn Hardware**

125 Waterville Road, Skowhegan, ME 04976, 207-474-3449, [quinnhdw@hotmail.com](mailto:quinnhdw@hotmail.com)

Welcome to friendly customer service and hometown shopping at Quinn Hardware. We are your local True Value Hardware store offering a full line of quality paints, hardware, plumbing and electrical supplies. If you can't find what you're looking for just ask, we can special order it!

## Home Health Care Providers

### **Bridges Home Services**

One Weston Court, Augusta, 800-876-9212, [www.bridgeshomecare.org](http://www.bridgeshomecare.org)

Certified and insured professional staff help maintain independence at home with homemaking, hygiene assistance, nursing supervision, meal preparations, companionship or 24/7 care.

### **Helping Hands Homecare**

P.O. Box 93, Waterville, ME 04903, 1-800-777-8976, [helpinghands@gwi.net](mailto:helpinghands@gwi.net)

Helping Hands serves clients for Personal Care Assistance throughout Eastern, Central and Southern Maine, with offices in Lewiston and Winslow. Helping Hands has been recognized by the Maine Department of Health & Human Services as the first agency to develop an approved PCA/PSS training program in 1994. Helping Hands dedicates itself to a full range of services to meet the needs of clients. Helping Hands works directly with consumers and intermediaries to develop personalized plans of care. One hour per month or 24 hours a day coverage, Helping Hands provides the type of care needed to provide personal attention, service and peace of mind.

## Home Renovations

### Accessible Living Solutions

P.O. Box 220, Smithfield, ME 04978, 207-362-5252

Together with a team of dedicated contractors and subcontractors, Paul takes pride in bringing quality and value to your project. Don't hesitate to call. No assignment is too big or too small for Accessible Living Solutions. If you want integrity and a contractor who is willing to work with you to assure that your needs are met, give Paul a call.

## Hospices

### Somerset County Hospice Volunteers

41 Main Street, Skowhegan, ME 04976, 207-474-7775, [director.huse@beeline-online.net](mailto:director.huse@beeline-online.net)

Care for those with a life limiting illness, provide support and solace to the grieving, and to educate the community. Unlike medical hospice, a client does not have to have a prognosis of six months or less to live and can still be pursuing curative treatment. Once a family has lost a loved one, HVSC provides bereavement services for thirteen months. Those services include mailings, phone calls, support groups and memorial events like Lights to Remember. All our services are provided at no charge to residents of Somerset County. Volunteers are the backbone of our organization. Volunteers take a basic training program that also includes work outside the classroom and each volunteer must undergo a background check.

## Oil Burners-Service & Repair/Oil-Fuel

### Bob's Cash Fuel

424 Main Street, Madison, ME 04950, 207-696-3040, [rob@bobscashfuel.com](mailto:rob@bobscashfuel.com),  
[www.bobscashfuel.com](http://www.bobscashfuel.com)

Our mission has been to provide our customers with the highest quality products and services that we demand ourselves. We live and work in this community: our customers are our friends and our neighbors. We maintain our own state-of-the-art storage facility for all products we provide, assuring you there will be no interruption in supply.

## Painting Contractors

### Paint It Right Painters

176 Russel Road, Skowhegan, ME 04976, 207-474-0881, [paintitright@beeline-online.net](mailto:paintitright@beeline-online.net)

Top rated provider for painting services throughout Skowhegan, and Somerset county. We focus on: painting, commercial interior latex painting, faux finishes textured painting and brush and spray applications. Our company's top goal is providing total happiness to each of our buyers.

## Personal Emergency Response Units

### **Bridges Home Services**

One Weston Court, Augusta, ME 04330, 1-800-876-9212, [www.bridgeshomecare.org](http://www.bridgeshomecare.org)

This is a personal connection via wristband to a 24 hour monitoring service. Use it as a concierge service, to help you in times of need as well. Basic service range is 1,000 feet; can be upgraded inexpensively to a cell service for national range. Service provided by Bridges Home Services.

## Real Estate Sales

### **Whittemore's Real Estate**

108 Water Street, Skowhegan, ME 04976, 207-474-3303, <http://whittemoresrealestate.com>

Founded in 1969 by Alton Whittemore, and known for integrity and an outstanding business philosophy. If you are looking to purchase or sell your property we can help. We know the real estate market in Maine and will find you the best deal possible to fit your purchase or selling needs.

## Sleep Aides & Oxygen

### **Regional Home Care**

125 Tolman Avenue, Leominster, MA 01453, 978-840-0113, [service@regionalhc.com](mailto:service@regionalhc.com)

Regional Home Care is dedicated to the continuing care of patients in their homes and medical facilities. Our medical products line includes a variety of oxygen therapy equipment (liquid oxygen systems, portable and stationary concentrators, ventilators, etc.) and sleep therapy equipment and supplies (CPAP & BiLevel machines, masks, filters, supplies, Provent Therapy, etc.). Regional Home Care is large enough to offer brand name products, experienced staff, and 24-hour service for our complete equipment and supply solutions; but we've chosen to remain small enough to ensure personal care, service and attention in everything we do.

# Waldo County

## Accountant/Financial Planner

### **Kadonoff & Associates, LLC**

70 Bayview Street, Belfast, 464-4520, [www.kadassoc.com](http://www.kadassoc.com)

Providing in-home bookkeeping and accounting services to seniors and their families in the mid coast area. We provide seniors with comprehensive personal finance assistance. In essence, we “fill the gap” between seniors, their family and their team of professional advisors, enhancing their network of support so they can maintain their independence for as long as possible.

## Adult Day-Care & Respite

### **Bridges Adult Day Services**

Spectrum Generations 18 Merriam Rd, Belfast, 338-1190, [www.bridgeshomecare.org](http://www.bridgeshomecare.org)

A safe and secure home away from home to encourage nutritious meals, activities for social engagement, and monitored relaxation.

## Auto Body Shops/Repairs

### **J&B Auto Body**

278 Lincolnville Avenue, Belfast, ME 04915, 207-338-1383, [jbauto@midmaine.com](mailto:jbauto@midmaine.com)

"The 'A'uto 'C'ollision 'E'xperts". Your "ACE" in the hole when the chips are down. We are a full service collision repair shop associated with and a direct repair facility for most insurance carriers. Our lifetime warranty and certified technicians guarantee the restoration of your vehicle to pre-accident appearance and safety levels. Our commitment to service and satisfaction are unparalleled in Midcoast Maine.

## Cleaners

### **Servpro of Belfast/Camden/Rockland**

134 B Waldo Avenue, P.O. Box 326, Belfast, ME 04915, 207-338-1850, [servpro9253@servprobelfastcamdenrockland.com](mailto:servpro9253@servprobelfastcamdenrockland.com)

SERVPRO Franchise Professionals provide fire and water damage restoration services. With over 1,600 Franchises nationwide, there's a SERVPRO Professional nearby and ready to serve you. We are available 24 hours/7 days a week and are ready to restore damage to your home or commercial structure caused by: water, fire, disaster, storm and flood, and mold.

## Carpet & Rug Cleaning

### **Community Cleaning LLC.**

91 Poors Mill Road, Belfast, ME 04915

Our Mission is to satisfy you, our customer, with respectable service at a reasonable price. Locally- and family-owned business. Services include: buffing, carpet, ceramic, commercial, floor care, steam extraction, etc.

### **Servpro of Belfast/Camden/Rockland**

134 B Waldo Avenue, P.O. Box 326, Belfast, ME 04915, 207-338-1850,  
[servpro9253@servprobelfastcamdenrockland.com](mailto:servpro9253@servprobelfastcamdenrockland.com)

SERVPRO Franchise Professionals provide fire and water damage restoration services. With over 1,600 Franchises nationwide, there's a SERVPRO Professional nearby and ready to serve you. We are available 24 hours/7 days a week and are ready to restore damage to your home or commercial structure caused by: water, fire, disaster, storm and flood, and mold.

## Caterers

### **Young's Lobster Shore Pound Wharf**

4 Mitchell Street, Belfast, ME 04915, 207-338-1160, [youngslobsters@yahoo.com](mailto:youngslobsters@yahoo.com)

Entrees, Lobster and Clams, Hotdogs, Lobster Roll, Crab Roll

## Computer Sales/Repair

### **PC Medix**

156 Searsport Avenue, Belfast, ME 04915, 207-338-4233, [jmartin@itec3.org](mailto:jmartin@itec3.org)

ITE was established by 6 Maine residents in 2002 with a mission to increase technology access and literacy. Today ITE is fulfilling this mission through a variety of programs. Our immediate focus is on helping non-profits, families and individuals overcome obstacles to technology access such as cost, literacy, fear, sustainability and availability.

## Eyeglasses

### **Hersey Eyecare**

14 Parsonage Street, Winterport, ME 04496, 207-223-5555, [info@herseyeyecare.com](mailto:info@herseyeyecare.com)

Provide exceptional eye care to individuals and families in an advanced eye care environment that meets or exceeds the expectations of those we serve. We will maintain the highest quality healthcare standards and products that provide the best possible vision and eye health for our patients in an efficient and secure manner.

Contact information for Hersey Eyecare in Palmyra/Newport: 1573 Main Street Suite 1, Palmyra, ME 04965, 207-355-2937. Bangor Mall Eye Associates: 663 Stillwater Avenue Suite 1132A, Bangor, ME 04401, 207-262-7192.

### **Peter Nesin Optician**

158 Northport Avenue, Belfast, ME 04915, 207-338-2440, [peternesinoptician@ne.twcbc.com](mailto:peternesinoptician@ne.twcbc.com)

Our optical dispensary specializes in filling prescriptions for eyeglasses. This includes helping our customers choose an appropriate and fashionable frame, measuring, fitting, and adapting lenses for the patient according to the written optical prescription. We then prepare the work order for the optical laboratory containing instructions for grinding and mounting lenses in the frame. When the eyeglasses arrive from the laboratory we checked them thoroughly for accuracy. Then the customer is called to pick up the eyeglasses and adjust the frame and lens position for a proper fit. We are also skilled in eyeglass repair.

### **Vancil Vision Care**

165 US 1, Bucksport, ME 04416, 207-469-3022, [vancilvisioncare@yahoo.com](mailto:vancilvisioncare@yahoo.com)

Dr. Jessica Vancil began practicing optometry in Bangor in 2000. January 1, 2008 Vancil Vision Care permanently relocated to Bucksport. She is a member of the Maine Optometric Association and the American Optometric Association. Dr. Vancil graduated valedictorian from Benton Consolidated High School in 1993. After attending Southeast Missouri State University she graduated with honors from the Illinois College of Optometry in 2000. Dr. Vancil specializes in family eye care. From being an InfantSEE provider to management of glaucoma and macular degeneration, Dr. Vancil sees patients of all ages for refractive and disease management.

## **Funeral Directors**

### **Riposta Funeral Home**

182 Waldo Avenue, Belfast, ME 04915, 207-338-9191, [directcremationofmaine@gmail.com](mailto:directcremationofmaine@gmail.com), [ripostafh@gmail.com](mailto:ripostafh@gmail.com)

Mark and Katherine Riposta are funeral directors whose mission is to help your family through a difficult time. The entire staff at Riposta is here to assist you. Death care requires kindness, compassion, and attention to detail. Our goal is to help families make a peaceful and respectful final arrangement and offer personalized and affordable services and products. Whether you have just experienced a loss, are considering making your own arrangements or those of a loved one in advance, our intention is to do as much as we can to assist you. Our caring and experienced staff have been helping families here in Maine since 1977. We are here to support you through this difficult time.

## **Garbage Removal**

### **DM & J Waste Inc.**

219 Stream Road, Winterport, ME 04496, 207-223-4112, [help@dmjwaste.com](mailto:help@dmjwaste.com)

We provide 15-30-40 and 50 cubic yard roll off containers for home owner, commercial building and renovation projects as well as servicing municipal transfer stations. 100 cubic yard live floor trailers are available for larger projects. Our transportation and disposal rates are competitive, and we are very proud of the level of service we provide our customers. All material is sorted at our facility in Winterport, recyclable materials are shipped to their respective end users and the balance is disposed of at a licensed landfill.

## Geriatric Care Management

### **Bridges Home Services**

One Weston Court, Augusta, ME 04330, 1-800-876-9212, [www.bridgeshomecare.org](http://www.bridgeshomecare.org)

Care Management services help you coordinate care when you can't be there. Care Management offers affordable individualized attention to assist family caregivers through the journey of caring for a loved one. We meet you at the point of need with quality support from a licensed Nurse who has worked in both the medical and social service fields. Our Geriatric Care Manager will work closely with family members, health care providers, trustees, guardians and a carefully screened network of community services.

## Health Clubs

### **Bay Area Fitness**

192 Searsport Avenue, Belfast, ME 04915, 207-338-3567, [bayarea@panax.com](mailto:bayarea@panax.com)

Bay Area Fitness Gym is proud to have served the Belfast area for 38 years. We are the largest gym in the area with the most equipment in Maine! We offer FREE Diet Consultation as well as FREE Body Fat Composition Testing

## Heating Contractors

### **Consumer's Fuel Co.**

12 Main Street, Belfast, ME 04915, 207-338-2000

Offer reliable, automatic delivery of fuel oil, kerosene and propane. Full Service Department, including installations, from room heaters to complete heating system.

## Home Health Care Providers

### **Bridges Home Services**

One Weston Court, Augusta, 800-876-9212, [www.bridgeshomecare.org](http://www.bridgeshomecare.org)

Certified and insured professional staff help maintain independence at home with homemaking, hygiene assistance, nursing supervision, meal preparations, companionship or 24/7 care.

### **Private Home Care, Inc.**

243 High Street, Belfast, ME 04915, 207-930-5835

Private Home Care, Inc. is a personal care agency serving in-home clients in the Belfast, Maine and surrounding areas. Services address health, safety, and nutritional needs, as well as individual aspects of care such as personal interests and activities.

## **Home Modification**

### **Home Accessibility, LLC.**

678-758-8273

ericshrader123@gmail.com

## **Jewelers**

### **Belfast Jewelry**

1 Belfast Avenue, Belfast, ME 04915, 207-338-2663

Services include: jewelry sales and repair.

## **Movers**

### **Fox & Ginn Movers**

171 High Street Suite 4, Belfast, ME 04915, 1-800-288-4369, [pquimby@roadrunner.com](mailto:pquimby@roadrunner.com)

Fox & Ginn Movers is a full service moving & storage company, located in the state of Maine. We are agents for Allied Van Lines and have been in business for over 50 years. We are a full service mover, doing local, intrastate, interstate and international moves. We offer safe, secure storage at our 21,000-square-foot Bangor warehouse. We have been in our Belfast location for over 10 years now, where we also offer packing supplies, packaging services, and shipping via FedEx, in our Packaging Solutions store, open 9-4:30, Monday thru Friday. Call 338-2194 for more info.

## **Painting Contractors**

### **Accent Painting**

510 Beach Road, Lincolnville, ME 04849, 207-763-2920

Paint interior and exterior residential and business.

## Personal Emergency Response Units

### **Bridges Home Services**

One Weston Court, Augusta, ME 04330, 1-800-876-9212, [www.bridgeshomecare.org](http://www.bridgeshomecare.org)

This is a personal connection via wristband to a 24 hour monitoring service. Use it as a concierge service, to help you in times of need as well. Basic service range is 1,000 feet; can be upgraded inexpensively to a cell service for national range. Service provided by Bridges Home Services.

## Plumbers

### **Larrabee Bros Plumbing and Heating**

219 Congress Street, Belfast, ME 04915 207-338-1280

Plumbing, heating and air conditioning services

## Real Estate

### **Better Homes and Gardens Real Estate**

143 High Street, Belfast, ME 04915, 207-322-3392, [www.belfastmaine.org](http://www.belfastmaine.org)

Our eight branch offices provide personalized attention to make your journey through real estate buying or selling a pleasant experience. We're on your way home.

## Sleep Aides & Oxygen

### **Regional Home Care**

125 Tolman Avenue, Leominster, MA 01453, 978-840-0113, [service@regionalhc.com](mailto:service@regionalhc.com)

Regional Home Care is dedicated to the continuing care of patients in their homes and medical facilities. Our medical products line includes a variety of oxygen therapy equipment (liquid oxygen systems, portable and stationary concentrators, ventilators, etc.) and sleep therapy equipment and supplies (CPAP & BiLevel machines, masks, filters, supplies, Provent Therapy, etc.). Regional Home Care is large enough to offer brand name products, experienced staff, and 24-hour service for our complete equipment and supply solutions; but we've chosen to remain small enough to ensure personal care, service and attention in everything we do.