



SENIOR SERVICES CONTACTS

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Note: Maine State Government Agency: *MG*; Non-Profit: *NP*; For-Profit Business: *FP*

FIRST POINTS OF CONTACT:

Office of Elder Services (OES - *MG*)
Lincoln County's Area on Aging
Maine Department of Health and Human Services
11 State House Station
32 Blossom Lane
Phone: 207-287-9200 or 1-800-262-2232

Local Office:
91 Camden Street
Rockland, ME 04841
Phone: 596-4200 or 1-800-432-7802

Spectrum Generations (*NP*)
One Weston Court, PO Box 2589
Augusta, ME 04338-2589
Augusta, Maine 04333
Phone: 622-9212
or 1-800-639-1553
Web site: www.seniorspectrum.com

ABUSE:

- **Maine Department of Health & Human Services - Office of Elder Services - (*MG*)**
<http://www.maine.gov/dhhs/oes/index.shtml> 1-800-624-8404

ADULT DAY CARE:

- **Riverside Adult Day Services (Damariscotta) (*FP*)** 207-563-4625
- **Sky-Hy Adult Day Care (Topsham) (*FP*)** 207-725-7577
- **Tallpines Adult Day Services Program (Belfast) (*NP*)** 207-930-7031
- **Waldo County Spectrum Generations ADP (Belfast) (*NP*)** 207-338-1190

DIRECTORY OF SERVICES:

- **2-1-1 Maine**

Maine is a comprehensive statewide directory of over 8,000 health and human services available in Maine. The toll free 2-1-1 hotline connects callers to trained call specialists who can help 24 hours a day, 7 days a week. Finding the answers to health and human services questions and locating resources is as quick and easy as dialing 211 or visiting www.211maine.org

- **Resource Directory for Older People in Maine**

This booklet has information on all sorts of topics of interest to older people in Maine, such as employment training, food stamps, residential and institutional care, tax preparation, and volunteer opportunities. It also has the addresses and phone numbers of Maine's five Area Agencies on Aging; Community Action Programs; Department of Health and Human Services, Regional offices; Employment Service agencies, and transportation providers. It is published by the Maine Office of Elder Services and is free. Call 1-800-262-2232, 207-287-9200. It is available on the Internet at: <http://www.maine.gov/dhhs/oes/resource/resource.htm>

EMERGENCY RESPONSE:

- **Emergency Oil Spill Response (MG)** 1-800-482-0777
- **Emergency Hazardous Materials Response (MG)** 1-800-452-4664
- **Waldoboro Emergency Medical Services - Ambulance (EMS)** 911 For Emergencies
207-832-5369 For the Office
- **Waldoboro Police Department** 911 For Emergencies
207-832-4500 For the Office
- **Waldoboro Fire Department** 911 For Emergencies
207-832-5369 For the Office

For *Lifeline* devices that contact emergency responders without needing to dial a phone number, you may call any of the following. There is usually a fee for the *Lifeline* system.

- **Interim Assisted Care - South Portland, ME** 207-775-3366
- **Mid Coast Lifeline - Brunswick, ME (FP)** 207-373-3635
(For information on purchasing an Electronic Response Device (ERS), worn by the elderly

person in need. Pressing the button on the device contacts an emergency response system)

- **Miles Home Health/Hospice - Damariscotta, ME (FP)** 207-563-4592
- **Northern New England Poison Center (Gov)**
(Maine Medical Center) (FP) 1-800-222-1222 or 207-662-4720 (Emergency: call 911)
http://www.mmc.org/mmc_body.cfm?id=2046
- **Personal Health Services - Portland, ME (FP)** 207-771-4479
(For information on purchasing an Electronic Response Device (ERS), worn by the elderly person in need. Pressing the button on the device contacts an emergency response system)

FOOD ASSISTANCE:

- **Maine Senior Farmshare – (MG)**
(fresh, locally grown produce to low-income seniors) 1-877-353-3771
www.getrealmaine.com/index.cfm/fuseaction/home.showpage/pageID/77/index.htm
- **Spectrum Generations – (NP)**
(Meals on Wheels & Community Dining Sites) 1-800-639-1553
http://www.spectrumgenerations.org/Services/Dining_Cafes.html
- **Waldoboro Food Bank – (NP)** 207-832-4743
- **Department of Human Services, Maine – Office of Elder Services Information:**
<http://www.maine.gov/dhhs/oes/resource/nutritio.htm>

HEALTH CARE:

- **Alzheimer's Information - (OES - MG)**
<http://www.maine.gov/dhhs/oes/alz/alzheimer/lincoln.htm> 207-287-9200
- **Alzheimer's Association – Maine**
<http://www.alz.org/maine/> 207-772-0115
- **Alzheimer's – Relief for Caregivers (OES - MG)** 1-800-262-2232 or 287-9200
- **Alzheimer's Support Groups:**
 - Chase Point, Miles Hospital Campus, Damariscotta 563-4617
 - St. Andrew's Hospital Campus, Boothbay Harbor 633-1903

- **Kno-Wal-Lin Home Care and Hospice** – Newcastle (*FP & NP*)
<http://www.penbayhealthcare.org/knowallin/home/welcome/> 207- 563-5119
- **Low Cost Drug Program (OES - MG)** 1-866-796-2463 or 1-877-353-3771
or call Spectrum Generations (*NP*) 1-800-639-1553
- **MaineCare (Formerly Medicaid)** – Rockland
<http://www.maine.gov/dhhs/oms/> 297-596-4200 or 1-800-432-7802
- **Miles Memorial Hospital** – Damariscotta 207-563-1234 (Emergency: call 911)
http://www.mmc.org/miles_homepage.cfm?id=509
- **Pen Bay Medical Center** – Rockport 207-596-2000 (Emergency: call 911)
<http://www.penbayhealthcare.org/penbaymedicalcenter/>
- **Spectrum Generations** – Damariscotta (*NP*)
<http://www.seniorspectrum.com/Services/HealthWellness.html> 1-800-639-1553
- **Waldoboro Family Medicine** – (*FP*) 207-832-6394
592 West Main Street
PO Box 680
Waldoboro, ME 04572

HOME CARE:

- **Aging and disability Resource Center** (Spectrum Generations - *NP*)
<http://www.seniorspectrum.com/index.html> 1-800-639-1553
- **Branches Homecare Services** – Wiscasset (*FP*)
<http://www.brancheshomecareservices.com/home> 207-563-6455
- **Bridges** (A division of Spectrum Generations) (*NP*)
http://spectrumgenerations.org/Services/Help_Home.html 1-800-876-9212
- **Catholic Charities of Maine (For Homecare Helpers)** (*NP*)
<http://www.ccmaine.org/> 1-888-477-2263 or 207-514-1451
- **Elder Independence of Maine** - (Maine's Home Care Coordination Agency)
<http://www.elderindependence.org/> 1-888-234-3920
- **Hearthside Senior Assistance**
<http://www.hearthsideseniorassistance.com/> 1-877-686-5748 or 443-5748

- **Kno-Wal-Lin Home Care and Hospice – Newcastle (FP & NP)**
<http://www.penbayhealthcare.org/knowallin/home/welcome/> 207- 563-5119
- **Long-Term Care Information (OES – MG)** 207-287-9200
- **Miles & St. Andrew’s Home Health – Damariscotta (FP)**
http://www.mmc.org/lch_body.cfm?id=6165 207- 563-5472
- **Riverside Adult Day Service – Damariscotta (NP)**
<http://www.riversideonline.com/index.cfm> 207-563-4200
- **Serviau, LLC (Personal Care Assistance) – Edgecomb (FP?)** 207-633-6678
- **Transitioning Back Home From a Nursing Facility (OES – MG)** 1-800-262-2232

LEGAL ASSISTANCE:

- **Adult Guardianship (OES - MG)** 1-800-262-2232
- **Disability Rights Center (Advocacy - NP)**
<http://www.drcme.org/home.php> 207-626-2774 or 1-800- 452-1948
- **Legal Service for the Elderly (NP)**
<http://www.mainelse.org/> 207-621-0087 or 1-800-750-5353
- **Living Wills (OES - MG)** 1-800-262-2232 or 287-9200
- **MaineCare Eligibility - (Good Health Systems - NP)**
<http://www.maine.gov/dhhs/oes/long-term/assessment.shtml> 1- 800-832-9672
- **Long Term Care Ombudsman (NP)**
<http://www.maineombudsman.org/index.php> 1-800-499-0229 or 621-1079
- **Maine Attorney General’s Office** 207-626-8800
- **Nursing Home Denial/Discharge (OES – MG)** 1-800-262-2232
http://www.maine.gov/dhhs/oes/home_care/nursinghome-denial.html
- **Pine Tree Legal Assistance (NP)**
<http://www.ptla.org/> 207-622-4731

MONEY:

- **Financial Exploitation - (OES – MG)** 1-800-624-8404
http://www.maine.gov/ag/elder_issues/financial_exploitation/index.shtml
also:
- **Check It Out!** (for information on offers that seem too good to be true) 1-877-353-3771
- **Property Tax & Rent Relief** (Maine Revenue Services - AG)
<http://www.maine.gov/revenue/taxrelief/tnr.htm> 207-626-8475

REFERRING AGENCIES:

- **Consumer Information Referral** (A nation-wide program) Dial 211
- **Eldercare Locator** (U.S. Administration on Aging)
<http://www.eldercare.gov/Eldercare.NET/Public/Index.aspx> 1-800-677-1116
- **Midcoast Maine Community Action** (NP)
<http://www.midcoastmainecommunityaction.org/> 207-442-7963 or 1-800-221-2221
- **Office of Elder Services - Maine**(DHHS - MG) 1-800-262-2232

RESIDENTIAL CARE:

- **ElderCare Network – Lincoln County** (NP)
<http://www.eldercarenetwork.org/> 207-563-2148
- **Long Term Care Assessment** (Good Health Systems)
<http://www.maine.gov/dhhs/oes/long-term/assessment.shtml> 1-800-832-9672
- **Nursing Care & Assisted Housing Programs – Report Abuse (Long-term Care Ombudsman OES – MG)** 207-621-1079 or 1-800-499-0229
- **Nursing Home Denial/Discharge** 1-800-262-2232
http://www.maine.gov/dhhs/oes/home_care/nursinghome-denial.html
- **Transitioning Back to Home** (OES – MG) 1-800-262-2232

Licensed Assisted Living Facilities – Lincoln County

Boothbay Green

Boothbay, ME 04537

Phone: (207)633-2440 or (207)882-9768

Payment Type: Medicaid

Phone: (207)633-0920 or (207)633-2121

Payment Type: Private Pay

Chase Point Assisted Living Facility

Damariscotta, ME 04543

Phone: (207)563-4200

Payment Type: Private Pay

Jefferson Green

Jefferson, ME 04348

Phone: (207)549-3540 or (207)882-9768

Payment Type: Medicaid

Country Manor Nursing Home

Coopers Mills, ME 04341

Phone: (207)549-7471

Payment Type: Cost Reimbursement/DHS

Katahdin House

Newcastle, ME 04553

Phone: (207)563-2895 or (207)563-3511

Payment Type: State

Edgecomb Green

Edgecomb, ME 04556

Phone: (207)882-6723 or (207)882-6723

Payment Type: Cost Reimbursement/DHS

Lothrop Foster Home

Newcastle, ME 04553

Phone: or (207)563-2727

Payment Type: State

Harbor View Cottage

Newcastle, ME 04553

Phone: (207)563-3305 or (207)563-3350

Payment Type: ?

Market Square Health Care Center

South Paris, ME 04281

Phone: (207)743-7086

Payment Type: ?

Hodgdon Green Boarding Home

Damariscotta, ME 04543

Phone: (207)563-2148 or (207)882-9768

Payment Type: Cost Reimbursement/DHS

Riverside Adult Day Services

Damariscotta, ME 04543

Phone: (207)563-4625

Payment Type: Private Pay

Holmes House

Newcastle, ME 04553

Phone: (207)563-3511 or (207)563-1695

Payment Type: State

Riverside at Chase Point

Damariscotta,, ME 04543

Phone: (207)563-4200

Payment Type: Cost Reimbursement/DHS

Inn of St. Andrews Village

Boothbay Harbor, ME 04538

Round Pond Green 1

Round Pond, ME 04564

Phone: (207)529-6000 or (207)882-9768

Payment Type: ?

Safe Havens at St. Andrews Village
Boothbay Harbor, ME 04538

Phone: (207)633-2121 or (207)633-2121
Payment Type: Cost reimbursement

State Funded Assisted Living Facilities

Freeses

10 Water Street
Bangor, ME. 04401
Telephone: 973-3571

Wardwell

43 Middle St.
Saco, ME. 04072
Telephone: 284-7061

Sterns

80 Maine Ave.
Millinocket, ME. 04462
Telephone: 973-3571

Iris Network

Park Ave.
Portland, ME. 04101
Telephone: 774-6273

Merry Gardens

87 John St.
Camden, ME. 04843
Telephone: 973-3571

The Inn at City Hall

1 Cony St.
Augusta, ME. 04331
Telephone: 623-0840

The Mayflower

27 Mayflower Dr.
Sanford, ME. 04073
Telephone: 490-0400

SOCIAL SECURITY:

- **National Toll Free Number:** 1-800-772-1213

TRANSPORTATION PROVIDERS:

- **Spectrum Generations – Damariscotta**
<http://www.seniorspectrum.com/Locations/Lincoln.html> 1-800-639-1553

WEATHERIZATION & HOME REPAIR:

- **Midcoast Maine Community Action (NP)** 207-442-7963 or 1-800-221-2221
<http://www.midcoastmainecommunityaction.org/>

LOCAL CONTACTS FOR VOLUNTEER ASSISTANCE: Yet to be gathered. *Note: This list does not constitute an endorsement or recommendation.* Updated: 12/16/11