

MAINE'S AGING & DISABILITY RESOURCE DIRECTORY

2016



Paul R. LePage, Governor

*Aging and Disability
Services*

*An Office of the
Department of Health and Human Services*

Mary C. Mayhew, Commissioner



State of Maine

Paul R. LePage
Governor

Mary C. Mayhew, Commissioner
Department of Health and Human Services

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Toll Free Nationwide: 1-800-262-2232
Dial 711 (Maine Relay)



Maine's Aging & Disability Resource Directory is
available on the Internet



www.maine.gov/dhhs/oads

*A special thank you to **211 Maine** for assistance with ensuring accuracy
of this directory!*

If your organization is listed in this Resource Directory and you need to
make any changes or corrections, call the Office of Aging and Disability
Services. Updates will be made in a future edition.

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211 Maine

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

Aging and Disability Resource Centers (ADRC)

The Office of Aging and Disability Services (OADS) is committed to using a No Wrong Door system throughout the state. A No Wrong Door is an Aging and Disability Resource Center (ADRC) where people can receive information about services and support.

The ADRC creates a single, coordinated system of information and access for people looking for long term supports and services. The ADRCs work to increase consumer understanding, build trust and respect by giving individual choice and informed decision making. ADRCs break down barriers to community- based living by giving consumer's information about private and public long-term care options.

Anyone can call an Aging and Disability Resource Center. There is no cost for these services.

- Information and referrals
- Service information
- Medicare/Health Insurance counseling
- Educational Opportunities
- Options Counseling
- Advocacy
- Caregiver Support Services
- Healthy Aging Programs

You call ADRC Maine at 1-877-353-3771 from anywhere in Maine. Office hours are 8:00 - 4:30 Monday through Friday. You can directly contact the ADRC that serves the town you live in using the numbers that follow:

Aroostook Agency on Aging (Aroostook County)

One Edgemont Drive, Suite 2, PO Box 1288, Presque Isle, ME 04769

Voice(207) 764-3396

Toll Free1-800-439-1789

TTY(207) 992-0150

Website: www.aroostookaging.org

Eastern Agency on Aging (Hancock, Penobscot, Piscataquis and Washington Counties)

450 Essex Street; Bangor, ME 04401-3937

Voice(207) 941-2865

Toll Free1-800-432-7812

TTY(207) 941-2865

Website: www.eaaa.org

SeniorsPlus (Androscoggin, Franklin and Oxford Counties)

8 Falcon Road, Lewiston, ME 04240-0659

Voice(207) 795-4010

Toll Free1-800-427-1241

Website: www.seniorsplus.org

Spectrum Generations (Kennebec, Knox, Lincoln, Sagadahoc, Somerset and Waldo Counties, Brunswick and Harpswell)

One Weston Court, PO Box 2589, Augusta, ME 04338-2589

Voice(207) 622-9212

Toll Free1-800-639-1553

TTY1-800-464-8703

Website: www.spectrumgenerations.org

Southern Maine Agency on Aging (Cumberland, except Brunswick and Harpswell, and York Counties)

136 U.S. Route 1, Scarborough, ME 04074

Voice(207) 396-6500

Toll Free1-800-427-7411

TTY(207) 883-0532

Fax.....(207) 883-8249

Website: www.smaaa.org

Adult Day Services

Adult Day Services provide older adults and adults with disabilities with community-based services like: social, recreational, education and therapeutic activities; some health services and health monitoring; meals; supervision; help with activities of daily living and personal care services; and information and referrals.

Adult Day Services programs support independence by offering of activities to participants based on their needs and interests. These services provide respite for caregivers. Maine’s Adult Day Services are licensed as medical and social models. For more information and a list of licensed Adult Day Service facilities, please call or write:

DHHS Office of Professional and Occupational Regulation - Licensing

41 Anthony Avenue, #11 State House Station, Augusta, ME 04333-0011
 Voice(207) 287-9300
 Toll Free1-800-791-4080
 TTY (Maine Relay)..... Dial 711

Visit the Division of Licensing and Regulatory Services at:

www.gateway.maine.gov/dhhs-apps/rcare/adc_search.asp

An assessment may be needed to determine a person’s functional and financial eligibility for long term care services like Adult Day Services. The Medical Eligibility Determination form is an assessment that helps individuals and families understand what services are available to them and to plan for service needs. To find out if an assessment is needed, call an adult day provider, or your local Area Agency on Aging/Aging and Disability Resource Center listed on pages 1 - 2.

Adult Protective Services

If you or someone you know is being abused, neglected, exploited or is unsafe, call Adult Protective Services to make a confidential report and learn what to do to protect incapacitated and dependent adults age 18 and over.

24-hour, Toll Free1- 800-624-8404
 TTY (Maine Relay).....Dial 711

Alcoholism and Substance Abuse

The Information & Resource Center provides information about alcohol and other drugs, substance abuse prevention, treatment, research and education. For more information, call or write:

DHHS/Office of Substance Abuse & Mental Health Services Information & Resource Center

11 State House Station, 41 Anthony Avenue, Augusta, ME 04333

Voice(207) 287-8900

Toll Free (in Maine only).....1-800-499-0027

TTY (Maine Relay).....Dial 711

Website: www.maine.gov/dhhs/samhs

Alzheimer’s Disease and Related Dementias

Services for people with Alzheimer’s disease and related dementias includes diagnosis and evaluation at memory clinics, adult day services, in-home and overnight respite, home care services, and special care units in residential care and nursing facilities. For information call your local Area Agency on Aging/ADRC listed on pages 1 - 2.

Alzheimer’s Association, Maine Chapter

Information, education and support services for people with dementia and their families are available through the Alzheimer’s Association, Maine Chapter. Referral and resource information on Alzheimer’s disease and related disorders, symptoms, diagnosis, caregiving issues and county-by-county lists of dementia specific services are available at no cost. Information, care consultation, and a sympathetic listener are available 24 hours a day through their statewide toll-free Helpline.

Social workers provide in-depth care management as requested. Educational conferences, workshops and training seminars are held all over Maine for family and professional caregivers. Other services include support groups and Safe Return, a nationwide program for people with dementia who wander and become lost. The Association publishes a free, quarterly newsletter with up-to-date articles on research, caregiving issues, and a calendar of events. Free information packets are sent upon request to:

383 U.S. Route 1, Suite 2C, Scarborough, ME 04074

Helpline 24/71-800 -272-3900

Business.....(207) 772-0115
 Fax.....(207) 772-3705
 Website: www.alz.org/maine

Caregiver Respite Program

Respite may provide several hours a week of time off from your care giving duties occasionally or on a regular basis. Respite can be provided at home, an adult day care program or overnight. Up to two weeks a year of overnight respite is offered at certain nursing residential care facilities. The Caregiver Respite Program at your local Area Agency on Aging/ADRC may help to cover the cost of these respite services. See pages 1 - 2 for the Agency that serves the area you live in. The Agencies on Aging can provide information and support to caregivers of persons with dementia.

Geriatric Evaluation Centers

Maine Medical Center Outpatient Geriatric Center

66 Bramhall St Suite G1/Lower Level, Portland ME 04101

Voice(207) 662-2847

Website: www.mmc.org/geriatric-assesment-clinic

Family Medicine Institute

15 East Chestnut Street, Augusta ME 04330

Voice(207) 626-1561

Prescription Refill1-877-626-1849

TTY (Maine Relay).....Dial 711

Website: www.mainegeneral.org

Memory Cafés

A Memory Café is a place where persons with Alzheimer's or a related dementia can go with their care partners to relax, socialize and have fun with other people going through similar things. Sometimes the group may have speakers or an educational class, or go to museums or music recitals or other activities. Some Memory Cafés are built around a concept like the arts, or to do a charitable act.

The MemoryWorks Memory Cafe Network

c/o Kenneth A. Capron, Founder, 1375 Forest Avenue D-11, Portland, ME 04103

Voice(207) 797-7891

E-mail: info@memoryworks.org

Website: www.memoryworks.org

Savvy Caregiver Program

The Savvy Caregiver Program provides a 6 session training for caregivers of people with dementia who live in the community. The training helps family members understand their role as caregivers, teaches about dementia and its impact, and teaches caregiving skills. These skills build confidence and a sense of ability for caregiving success. .

For more information, call the Office of Aging and Disability Services at (207)287-7134 or go to www.maine.gov/dhhs/oads (under Training, Resource & Policy) for the training dates.

American Red Cross in Maine

The American Red Cross is an organization, led by volunteers who provide relief to victims of disasters and help people prevent, prepare for, and respond to emergencies.

Website: www.redcross.org

Disaster Relief

The American Red Cross helps families who are victims of fires, natural disasters like floods and hurricanes, man-made disasters, and other emergencies. Volunteers are ready at a moment's notice to offer disaster relief like mental health counseling, shelter, and vouchers for food, clothing, household items, occupational supplies, prescriptions, funeral expenses, utility deposits, and first month's rent. All help is free.

Health and Safety Training and Education

CPR, First Aid, and Water Safety are skills everyone should know. You never know who you may need to help – a stranger on the street, a co-worker at lunch, or even your own family member at the dinner table. The training can be done at the Red Cross or your workplace.

International Services

American Red Cross International Services supports relief worldwide. Besides tracing relatives lost during disasters or wars, this part of the Red Cross provides services like: responding with personnel, financial aid, and specific donations of

products in response to appeals for relief assistance in armed conflicts and international disasters,

Armed Forces Emergency Services

Armed Forces Emergency Services began in 1900 by a charter with the Red Cross. The Red Cross provides emergency communications and case management, and other important services to help members of the armed forces and their families.

Financial help is provided to military families in ways like interest-free loans or grants during times of emergency.

Website: www.redcross.org/local/me

ARC of United Valley

1180 Lisbon Street, Lewiston, ME 04240

Voice(207) 874-1192

Fax.....(207) 795-4037

Aroostook County Branch

7 Hatch Drive, Suite 205, Caribou, ME 04736

Voice(207) 493-4620

Fax.....(207) 493-4869

Mid Coast Chapter American Red Cross

16 Community Way, Topsham ME 04086

Voice(207) 729-6779

Fax.....(207) 729-2738

Pine Tree Red Cross

122 Target Industrial Circle, Bangor, ME 04401

Voice(207) 941-2903

Fax.....(207) 941-2906

Southern Maine Headquarters

2401 Congress Street, Portland, ME 04102

Voice(207) 874-1192

Fax.....(207) 874-1976

Assessment for Long-Term Services and Supports

Long-term service and supports includes home care services or services in residential or institutional settings. The State of Maine Long-term Care

Assessment is for anyone who needs long-term care services and wants to know which ones are available and affordable. The first step is a telephone screen to make sure you need an assessment.

If you have an assessment there is no cost, and the assessment is private. The assessment is done in your home, in the hospital, or nursing home by a Registered Nurse. The nurse will ask about the kinds of things you can do by yourself, what kinds of help you need, if you have friends and family members or neighbors who can help you, what your income is, and other questions.

For more information, or to have a telephone screen, call:

Goold Health Systems

Toll Free1-800-609-7893

TTY Helpline(207) 622-3210

Website: www.ghsinc.com/clients/maine

The free assessment is available statewide and is needed for anyone entering a nursing home. If you have questions call:

Office of Aging and Disability Services

Voice(207) 287-9200

Toll Free (Nationwide)1-800-262-2232

Toll Free (Maine Relay).....Dial 711

Website: www.maine.gov/dhhs/oads

Assistive Technology

A wide range of independent living services are available for adults of all ages with disabilities. Services may include:

- Adaptive Equipment Loan Program
- Independent Living Skills Instruction
- Adapted Driver Evaluation and Training
- Adaptive and Mobility Equipment (high and low-tech) and Selection (trial rentals)
- Adapted Transportation
- Access Design Consultation
- Information and Referral

For more information, contact:

Accessible Solutions

P.O. Box 127, Wells, ME 04090

Voice:(207) 646-4542

E-mail: debbie@makeyourhomeaccessible.com

Website: www.makeyourhomeaccessible.com

ALPHA ONE

Bangor Office:

Alpha One

11 Bangor Mall Boulevard, Unit A, Bangor, ME 04401

Voice.....(207) 941-6410

Toll Free.....1-800-300-6016

E-mail: accessdesign@alphaonenow.org

Website: www.alphaonenow.org

Alpha One

Adapted Driver Evaluation Program

11 Bangor Mall Boulevard, Unit A, Bangor, ME 04401

Voice:(207) 941-6410

Toll Free:.....1-800-300-6016

E-mail: driver@alphaonenow.org

Website: www.alphaonenow.org

Alpha One

Critical Access Ramp Program

11 Bangor Mall Boulevard, Unit A, Bangor, ME 04401

Voice:(207) 941-6410

Toll Free:.....1-800-300-6016

E-mail: info@alphaonenow.org

Website: www.alphaonenow.org

Alpha One

HOME Retro

11 Bangor Mall Boulevard, Unit A, Bangor, ME 04401

Voice:(207) 941-6410

Toll Free:.....1-800-300-6016

E-mail: info@alphaonenow.org
Website: www.alphaonenow.org

Alpha One
mPower Adaptive Equipment Loan Program
11 Bangor Mall Boulevard, Unit A, Bangor, ME 04401
Voice:(207) 941-6410
Toll Free:1-800-300-6016
E-mail: Bangor@alphaonenow.org
Website: www.alphaonenow.org

Alpha One
Title VII Part B Grant Program
11 Bangor Mall Boulevard, Unit A, Bangor, ME 04401
Voice:(207) 941-6410
Toll Free:1-800-300-6016
E-mail: Bangor@alphaonenow.org
Website: www.alphaonenow.org

Presque Isle Office:

Alpha One
Access Design
549-1 Main Street, Presque Isle, ME 04769
Voice:(207) 764-5396
Toll Free:1-800-974-6466
E-mail: info@alphaonenow.org
Website: www.alphaonenow.org

Alpha One
Critical Access Ramp Program
549-1 Main Street, Presque Isle, ME 04769
Voice:(207) 764-5396
Toll Free:1-800-974-6466
E-mail: info@alphaonenow.org
Website: www.alphaonenow.org

Alpha One
Adapted Driver Evaluation Program
549-1 Main Street, Presque Isle, ME 04769

Voice:(207) 764-5396
Toll Free: 1-800-974-6466
E-mail: driver@alphaonenow.org
Website: www.alphaonenow.org

Alpha One
HOME Retro
549-1 Main Street, Presque Isle, ME 04769
Voice:(207) 764-5396
Toll Free: 1-800-974-6466
E-mail: info@alphaonenow.org
Website: www.alphaonenow.org

Alpha One
mPower Adaptive Equipment Loan Program
549-1 Main Street, Presque Isle, ME 04769
Voice:(207) 764-5396
Toll Free: 1-800-974-6466
E-mail: info@alphaonenow.org
Website: www.alphaonenow.org

Alpha One
Title VII Part B Grant Program
549-1 Main Street, Presque Isle, ME 04769
Voice:(207) 764-5396
Toll Free: 1-800-974-6466
E-mail: info@alphaonenow.org
Website: www.alphaonenow.org

South Portland Office:

Alpha One
Access Design
127 Main Street, South Portland, ME 04106
Voice:(207) 799-8346
Toll Free: 1-800-640-7200
E-mail: accessdesign@alphaonenow.org
Website: www.alphaonenow.org

Alpha One
Adapted Driver Evaluation Program

127 Main Street, South Portland, ME 04106
Voice:(207) 799-8346
Toll Free: 1-800-640-7200
E-mail: driver@alphaonenow.org
Website: www.alphaonenow.org

Alpha One
Critical Access Ramp Program
127 Main Street, South Portland, ME 04106
Voice:(207) 799-8346
Toll Free: 1-800-640-7200
E-mail: info@alphaonenow.org
Website: www.alphaonenow.org

Alpha One
HOME Retro
127 Main Street, South Portland, ME 04106
Voice:(207) 799-8346
Toll Free: 1-800-640-7200
E-mail: info@alphaonenow.org
Website: www.alphaonenow.org

Alpha One
mPower Adaptive Equipment Loan Program
127 Main Street, South Portland, ME 04106
Voice:(207) 799-8346
Toll Free: 1-800-640-7200
E-mail: info@alphaonenow.org
Website: www.alphaonenow.org

Alpha One
Title VII Part B Grant Program (South Portland)
127 Main Street, South Portland, ME 04106
Voice:(207) 799-8346
Toll Free: 1-800-640-7200
E-mail: info@alphaonenow.org
Website: www.alphaonenow.org

Disability Rights of Maine
Telecommunications Equipment Program

68 Bishop Street, Suite 3, Portland, ME 04103

Voice:(207) 797-9791

Toll Free: 1-800-639-3884

Website: www.drme.org

Assistive Technology Loan Program

CARES, Inc.

134 Main Street, Suite 2C, Winthrop, ME 04364

Voice:(207) 377-7055

Fax:(207) 377-7057

E-mail: auger@caresinc.org

Website: www.careinc.org

CaptionCall

CaptionCall is a telephone for anyone with difficulty hearing on the phone. CaptionCall makes it easy to talk with friends, family and colleagues by phone.

CaptionCall assistants use voice recognition technology to provide written captions of what callers say on a large, easy-to-read screen. The CaptionCall phone free captioning service and free delivery, installation, in-home training by a CaptionCall Trainer, and ongoing customer support, lets people use the phone again.

Voice: 1-877-863-1196

Website: <http://captioncallphone.com>

Catholic Charities of Maine

Education Services for the Blind and Visually Impaired Children

229 Pool Street, P.O. Box 645, Biddeford, ME 04005

Voice: 1-888-941-2855 x5416

Fax:(207) 282-1694

E-mail: esbvic@ccmaine.org

Website: www.ccmaine.org/a-z-services/education-services-for-blind-and-visually-impaired-children

Central Maine Adaptive Sports

200 Lost Valley Road, Auburn, ME 04210

Voice:(207) 786-3062

E-mail: goefig@aol.com
Website: www.cmasports.org

Disability Rights of Maine

Deaf-Blind Equipment Program
68 Bishop Street, Suite 3, Portland, ME 04103
Voice:(207) 797-9791
Toll free:1-800-639-3884
Website: www.drme.org

Disability Rights of Maine

Telecommunications Equipment Program
68 Bishop Street, Suite 3, Portland, ME 04103
Voice:(207) 797-9791
Toll free:1-800-639-3884
Website: www.drme.org

Disability Rights of Maine

Deaf-Blind Equipment Program
68 Bishop Street, Suite 3, Portland, ME 04103
Voice:(207) 797-9791
Toll free:1-800-639-3884
Website: www.drme.org

Dorothy Ames Trust Fund

Key Bank
66 South Pearl Street, Albany, NY 12201
Voice:(518) 257-8765
Toll free:1-866-238-8650
E-mail: timothy_m_bartlett@keybank.com

Rebuilding Together

P.O. Box 7161, Lewiston, ME 04243
Voice:(207)344-3232
E-mail: ggreenwood@gmail.com

Robbie Foundation

Adaptive Equipment /Assistive Technology/Therapy Treatment Program
P.O. Box 1534, Scarborough, ME 04070

Voice:(207) 229-1807
E-mail: robbiefoundation@gmail.com
Website: www.robbiefoundation.com

Spurwink ALLTECH Program

Spurwink
400 Riverside Street, Suite A4, Portland, ME 04103
Voice:(207) 871-1200
Fax:(207) 871-1232
E-mail: info@alltech-tsi.org
Website: alltech-tsi.org

University of Maine System

Theodora J. Kalikow Curriculum Materials Center
Mantor Library
186 High Street, Education Center #102, Farmington, ME 04938
Voice:(207) 778-7895
Website: www.umf.maine.edu/kcmc/

Two other agencies that focus on services for persons with disabilities:

Maine Consumer Information and Technology Training Exchange (CITE) has information about policies, programs and funding resources.

Maine CITE
University of Maine System
225 Western Avenue, Augusta, ME 04330
Voice:(207) 621-3195
Fax:.....(207) 629-5429
E-mail: iweb@mainecite.org
Website: www.mainecite.org

Blind and Visually Impaired Services

The Division for the Blind and Visually Impaired provides many services to persons with severe visual impairments.

Augusta

21 Enterprise Dr., Suite 2, 73 State House Station, Augusta, ME 04333-0073

Voice(207) 624-5141
 Toll Free1-800-760-1573
 TTY (Maine Relay).....Dial 711

Bangor

45 Oak Street, Suite 1, Bangor, ME 04401

Voice (207) 561-4020
 Toll Free1-888-545-8811

Lewiston

5 Mollison Way, Lewiston, ME 04240

Voice(207) 753-9000
 Toll Free1-800-741-2991

Portland

151 Jetport Blvd, Portland, ME 04102

Voice(207) 822-3300
 Toll Free1-877-594-5627
 TTY (Maine Relay).....Dial 711

Presque Isle

66 Spruce Street, Presque Isle, ME 04769-3222

Voice(207) 760-6300
 Toll Free1-800-635-0357
 TTY Toll Free1-800-697-2877

Rockland

91 Camden Street, suite 202, Rockland, ME 04841-9914

Voice(207) 596-2633
 Toll Free1-877-421-7916
 TTY (Maine Relay).....Dial 711

Website: www.maine.gov/rehab/dbvi/index.shtml

Hear Now

6700 Washington Avenue
 Starkey Labs, Eden Prairie, MN 55344

Toll free:.....1-800-328-8602

Website: www.starkeyhearingfoundation.org

The Iris Network

Access Technology and Employment Services

189 Park Avenue, Portland, ME 04102

Voice:(207) 774-6273

Fax:.....(207) 774-0679

Website: www.theiris.org/services/access-technology-and-employment-services

The Iris Network

Low Vision Clinic

189 Park Avenue, Portland, ME 04102

Voice:(207) 774-6273

Fax:.....(207) 774-0679

Website: www.theiris.org/services/low-vision-clinic

Brain Injury Services

MaineCare (Maine’s Medicaid Program) has services for qualified persons who have sustained an acquired brain injury. You must be 18 years old, qualify for MaineCare, have an acquired brain injury (as defined below), and meet the level of care for the type of service you are seeking.

In Maine, a qualifying brain injury is an insult to the brain resulting directly or indirectly from trauma, infection, anoxia, or vascular lesions, and not of a degenerative or congenital nature, but which may produce a diminished or altered state of consciousness resulting in impairment of cognitive abilities and/or physical functioning. It can also result in the disturbance of behavioral or emotional functioning. These impairments may be either temporary or permanent and cause partial or total functional disability or psychosocial maladjustment. This does not include brain injuries that are induced by birth.

For more information, call: Maine Department of Health and Human Services, Office of Aging and Disability Services at (207) 287-9200.

Brain Injury Association of America—Maine Chapter

Toll Free1-800-444-6443

Website: www.biausa.org/Maine

Community Action Programs

These agencies help with energy assistance, getting your home ready for the weather or with repair, transportation and keeping seniors home.

Aroostook County Action Program

771 Main Street, PO Box 1116, Presque Isle, ME 04769

Voice(207) 764-3721

Toll Free1-800-432-7881

Website: www.acap-me.org

Community Concepts

17 Market Square, South Paris, ME 04281

Voice(207) 743-7716

In-State Only1-800-866-5588

240 Bates Street, Lewiston, Maine 04240

Voice(207) 795-4065

Fax(207) 784-6882

Website: www.community-concepts.org

Kennebec Valley Community Action Program

97 Water Street Waterville, ME 04901

Voice(207) 859-1500

22 Armory St Rm. 15, Augusta, ME 04330

Voice(207) 622-4761

Website: www.kvcap.org

Midcoast Maine Community Action

34 Wing Farm Parkway, Bath, ME 04530

Voice(207) 442-7963

Toll Free1-800-221-2221

Fax.....(207) 442-0122

Or.....(207) 443-7447

Website: www.midcoastmainecommunityaction.org

Penquis Community Action Program

262 Harlow Street, PO Box 1162, Bangor, ME 04401

Voice(207) 973-3500

Toll Free1-800-215-4942
 TTY(207) 973-3520
 Website: www.penquis.org

The Opportunity Alliance

73 Deering Street, Portland, ME 04101

Voice(207) 874-1140
 TTY(207) 874-1013
 Toll Free1-800-698-4959
 Website: www.opportunityalliance.org

Waldo County Community Action Partners

9 Field Street, PO Box 130, Belfast, ME 04915

Voice administrative(207) 338-6809
 Voice (for fuel).....(207) 338-3025
 Toll free (for fuel)1-800-498-3025
 Website: www.waldocap.org

Washington-Hancock Community Action Agency

PO Box 280, Milbridge, ME 04658

Voice(207) 664-2424
 Toll Free (9-11 a.m.)1-800-828-7544
 Website: www.whcacap.org

Western Maine Community Action

Church Street, PO Box 200, East Wilton, ME 04234

Voice(207) 645-3764
 Toll Free1-800-645-9436
 Website: www.wmca.org

York County Community Action Corporation

6 Spruce Street, PO Box 72, Sanford, ME 04073

Voice(207) 324-5762
 Toll Free1-800-965-5762
 Website: www.yccac.org

Consumer Fraud

State laws protect Maine consumers against fraud, unfair and deceptive practices. To learn more about your rights or to file a general fraud complaint, call or write:

Consumer Mediation Service

Attorney General's Office

#6 State House Station, Augusta, ME 04333

Toll Free1-800-436-2131

Voice(207) 626-8849

Email: consumer.mediation@maine.gov

Website: www.maine.gov/ag/consumer/complaints/index.shtml

The Attorney General's Office Health Care Crimes Unit investigates and prosecutes:

- MaineCare (Medicaid) fraud; and
- Abuse, neglect or financial exploitation occurring in MaineCare facilities
- or committed by MaineCare providers or employees.

Call or write:

Health Care Crimes Unit

Maine Office of the Attorney General, 6 State House Station, Augusta, ME 04330

Voice(207) 626-8870

TTY (Maine Relay).....Dial 711

E-mail: AG.HCU@maine.gov

Website: www.maine.gov/ag/crime/crimes_we_prosecute/healthcare_crimes.shtml

Bureau of Consumer Credit Protection

35 State House Station, 76 Northern Avenue, Augusta, ME 04333

Voice(207) 624-8527

Toll Free1-800-332-8529

TTY (Maine Relay).....Dial 711

Fax.....(207) 582-7699

Website: www.credit.maine.gov

Public Utilities Commission (electric, telephone, water & natural gas utilities)
18 State House Station, Augusta, ME 04333
Voice(207) 287-3831
Website: www.maine.gov/mpuc

If you need a lawyer to represent you in a consumer fraud case, call **Legal Services for the Elderly** at: **Toll Free V/TTY 1-800-750-5353.**

Senior Medicare Patrol (SMP)

The Senior Medicare Patrol educates consumers about Medicare and MaineCare and how they can help identify and reduce errors, fraud, waste and abuse. For more information, contact:

The Office of Aging & Disability Services1-800-262-2232
Legal Services for the Elderly Helpline.....1-800-750-5353
Area Agencies on Aging/ADRC.....1-877-353-3771

Cooperative Extension

Cooperative Extension Service – University of Maine System

The Cooperative Extension Service of the University of Maine System conducts a variety of programs in communities throughout the state such as:

- Pre-Retirement Planning
- You and Your Aging Relative
- Cooking for 1 or 2
- Nutrition Education

The Extension Service develops programs in nursing homes and boarding homes. They sponsor the Senior Companion Program in all counties except York and Cumberland. For more information:

Website: www.extension.umaine.edu

Androscoggin and Sagadahoc Counties

University of Maine Cooperative Extension
24 Main St., Lisbon Falls, ME 04252-1505

Voice(207) 353-5550
Toll Free1-800-287-1458
TTY1-800-287-8957

Fax.....1-866-500-9088
 E-mail: andsag@umext.maine.edu
 Website: www.extension.umaine.edu/androscoggin-sagadahoc

Aroostook County

Fort Kent:

University of Maine Cooperative Extension
 34 Amory Road, Suite 101, Fort Kent, ME 04743-7131
 Voice(207) 834-3905
 Toll Free1-800-287-1421
 TTY1-800-287-8957
 Fax.....(207) 834-3906
 E-mail: cenass@umext.maine.edu
 Website: <http://www.extension.umaine.edu/aroostook>

Presque Isle:

University of Maine Cooperative Extension
 57 Houlton Rd., Presque Isle, ME 04769-0727
 Voice(207) 764-3361
 Toll Free1-800-287-1462
 TTY1-800-287-8957
 Fax.....(207) 764-3362
 E-mail: cecas@umext.maine.edu
 Website: <http://www.extension.umaine.edu/aroostook>

Houlton:

University of Maine Cooperative Extension
 25 School St., Suite 210, Houlton, ME 04730-0008
 Voice(207) 532-6548
 Toll Free1-800-287-1469
 TTY1-800-287-8957
 Fax.....(207) 532-6549
 E-mail: cesas@umext.maine.edu
 Website: www.extension.umaine.edu/aroostook

Cumberland County

University of Maine Cooperative Extension
 UMaine Regional Learning Center
 75 Clearwater Dr. Suite 104, Falmouth, ME 04105
 Voice(207) 781-6099

Toll Free1-800-287-1471
 TTY1-800-287-8957
 Fax.....(207) 781-5983
 E-mail: www.extension.cumberland@maine.edu
 Website: <http://www.extension.umaine.edu/cumberland>

Franklin County

University of Maine Cooperative Extension
 138 Pleasant St., Suite 1, Farmington, ME 04938-5828
 Voice(207) 778-4650
 Toll Free (In-State).....1-800-287-1478
 TTY1-800-287-8957
 Fax.....(207) 778-3982
 E-mail: cefrk@umext.maine.edu
 Website: www.extension.umaine.edu/franklin

Hancock County

University of Maine Cooperative Extension
 63 Boggy Brook Road, Ellsworth, ME 04605-9540
 Voice(207) 667-8212
 Toll Free1-800-287-1479
 TTY1-800-287-8957
 Fax.....(207) 667-2003
 E-mail: cehmk@umext.maine.edu
 Website: www.extension.umaine.edu/hancock

Kennebec County

University of Maine Cooperative Extension
 125 State St., 3rd Floor, Augusta, ME 04330-5692
 Voice(207) 622-7546
 Toll Free1-800-287-1481
 TTY1-800-287-8957
 Fax.....(207) 622-7548
 E-mail: ceken@umext.maine.edu
 Website: <http://www.extension.umaine.edu/kennebec>

Knox and Lincoln Counties

University of Maine Cooperative Extension
 377 Manktown Road, Waldoboro, ME 04572
 Voice(207) 832-0343

Toll Free1-800-244-2104
 TTY1-800-287-8957
 Fax.....(207) 832-0377
 E-mail: cekl@umext.maine.edu
 Website: www.extension.umaine.edu/knox-lincoln

Oxford County

University of Maine Cooperative Extension
 9 Olson Road, South Paris, ME 04281-6402
 Voice(207) 743-6329
 Toll Free1-800-287-1482
 TTY1-800-287-8957
 Fax.....(207) 743-0373
 E-mail: ceoxf@wmext.maine.edu
 Website: www.extension.umaine.edu/oxford

Penobscot County

University of Maine Cooperative Extension
 307 Maine Avenue, Bangor, ME 04401-4331
 Voice(207) 942-7396
 Toll Free1-800-287-1485
 TTY1-800-287-8957
 Fax.....(207) 942-7537
 E-mail: cepen@umext.maine.edu/penobscot
 Website: www.extension.umaine.edu/penobscot

Piscataquis County

University of Maine Cooperative Extension
 165 E. Main Street, Dover-Foxcroft, ME 04426-1396
 Voice(207) 564-3301
 Toll Free1-800-287-1491
 TTY1-800-287-8957
 Fax.....(207) 564-3302
 E-mail: cepsq@umext.maine.edu/piscataquis
 Website: www.extension.umaine.edu/piscataquis

Somerset County

University of Maine Cooperative Extension
 7 County Drive, Skowhegan, ME 04976-4209
 Voice(207) 474-9622

Toll Free1-800-287-1495
 TTY1-800-287-8957
 Fax.....(207) 474-0374
 E-mail: cesom@umext.maine.edu
 Website: <http://umaine.edu/somerset>

Waldo County

University of Maine Cooperative Extension
 992 Waterville Road, Waldo, ME 04915
 Voice(207) 342-5971
 Toll Free1-800-287-1426
 TTY1-800-287-8957
 Fax.....(207) 342-4229
 E-mail: cewal@umext.maine.edu
 Website: www.umaine.edu/waldo

Washington County - Senior Companion Program

University of Maine Cooperative Extension
 28 Center Street, Machias, ME 04654
 Voice(207) 255-3345
 Toll Free1-800-287-1542
 TTY1-800-287-8957
 Fax.....(207) 255-6118
 E-mail: cewsh@umext.maine.edu
 Website: www.umaine.edu/washington

York County

University of Maine Cooperative Extension
 21 Bradeen Street, Suite 302, Springvale, ME 04083
 Voice(207) 324-28141
 Toll Free1-800-287-1535
 TTY1-800-287-8957
 Fax.....(207) 324-0817
 E-mail: ceyrk@umext.maine.edu
 Website: www.umaine.edu/york

USDA Cooperative Extension: www.csrees.usda.gov/Extension/#

Deaf and Hard of Hearing Services

Deaf Advocacy & Communication Access Program

68 Bishop Street, Suite 3, Portland, Maine 04103

Voice/TTY(207) 797-7656
 Toll-Free (outside of Portland)1-800-639-3884
 Fax.....(207) 797-9791
 VP.....(207) 766-7113
 or(207) 766-7111
 E-mail: deafservices@drme.org

DHHS – District Offices

Contact the Department of Health and Human Services District Offices about Food Stamps, Medical Assistance (MaineCare), Residential and Nursing Home Assistance, and Public Health Nursing. DHHS will contact the AT&T Language Line to make arrangements for an interpreter for anyone who needs one.

For more information on district office locations and phone numbers, visit:
www.maine.gov/dhhs

Augusta

35 Anthony Avenue, Augusta, ME 04333

Voice(207) 624-8090
 Toll Free1-800-452-1926
 TYY (Maine Relay)Dial 711
 Fax.....(207) 624-8074

Bangor

396 Griffin Road, Bangor, ME 04401-3095

Voice(207) 561-4380
 Toll Free1-800-432-7825
 TTY (Maine Relay).....Dial 711
 Fax.....(207) 941-8856

Biddeford

208 Graham Street, Biddeford, ME 04005-3350

Voice(207) 286-2467
 Toll Free1-800-322-1919

TTY (Maine Relay).....Dial 711
 Fax.....(207) 286-2543

Calais

392 South Street, Calais, ME 04619-1108

Voice(207) 904-3800
 Toll Free1-800-622-1400
 TTY (Maine Relay).....Dial 711
 Fax.....(207) 904-3812

Caribou

30 Skyway Drive, Skyway Plaza Unit 100, Caribou, ME 04736-2060

Voice(207) 493-4000
 Toll Free1-800-432-7366
 TTY (Maine Relay).....Dial 711
 Fax.....(207) 493-4001

Ellsworth

17 Eastward Lane, Ellsworth, ME 04605-1718

Voice(207) 664-1400
 Toll Free1-800-432-7823
 TTY (Maine Relay).....Dial 711
 Fax.....(207) 667-5364

Farmington

114 Corn Shop Lane, Farmington, ME 04938

Voice(207) 778-8400
 Toll Free1-800-442-6382
 TTY (Maine Relay).....Dial 711
 Fax.....(207) 778-8429

Fort Kent

137 Market Street, Fort Kent, ME 04743

Voice(207) 834-1000
 Toll Free1-800-432-7340
 TTY (Maine Relay).....Dial 711
 Fax.....(207) 834-1001

Houlton

11 High Street, Houlton, ME 04730-2012

Voice(207) 532-5000
 Toll Free1-800-432-7338
 TTY (Maine Relay).....Dial 711
 Fax.....(207) 532-7995

Lewiston

200 Main Street, Lewiston, ME 04240-7098

Voice(207) 795-4664
 Or.....(207) 753-9100
 Toll Free1-800-482-7517
 TTY (Maine Relay).....Dial 711
 Fax.....(207) 795-4445

Machias

38 Prescott Drive, Suite 3, Machias, ME 04654-9984

Voice(207) 255-2000
 Toll Free1-800-432-7846
 TTY (Maine Relay).....Dial 711
 Fax.....(207) 255-2022

Portland

151 Jet Port Boulevard, Portland, ME 04102

Voice(207) 822-2225
 Toll Free1-800-482-7520
 TTY (Maine Relay).....Dial 711
 Fax.....(207) 822-2146

Rockland

91 Camden Street, Suite 103, Rockland, ME 04841-0201

Voice(207) 596-4302
 Toll Free1-800-432-7802
 TTY (Maine Relay)..... Dial 711
 Fax.....(207) 596-4331

Sanford (Sanford residents should call the Portland office at (207) 822-2000; Sanford residents will be able to meet with a case manager at the Sanford office.)

890 Main Street, Suite #208, Sanford, ME 04073-3800

Voice(207) 490-5400
 Toll Free1-800-482-0790
 TTY (Maine Relay).....Dial 711
 Fax.....(207) 490-5463

Skowhegan

98 North Avenue, Suite 10, Skowhegan, ME 04976-1996

Voice(207) 474-4800
 Toll Free1-800-452-4602
 TTY (Maine Relay).....Dial 711
 Fax.....(207) 474-4888

South Paris

243 Main Street, Suite #6, South Paris, ME 04281

Voice(207) 744-1219
 Toll-Free.....1-888-593-9775
 TTY (Maine Relay).....Dial 711
 Fax.....(207) 743-1698

Developmental Services

State of Maine Developmental Services

OADS Disability Services provides leadership and is an active partner in Maine’s system of support to persons eligible for Developmental Services. You must be 18 years old, and meet the eligibility criteria which establishes an intellectual disability or Autism during the developmental period.

For more information, contact:
 The Office of Aging and Disability Services at (207) 287-9200

Disability Rights Maine (DRM)

The Disability Rights Maine (DRM) provides protection and advocacy services for eligible people of all ages with developmental disabilities or mental illness. DRM offers direct advocacy assistance, information and referral, and training. For more information:

Disability Rights Maine

24 Stone Street, Suite 204, Augusta, ME 04330-2007

Voice/TTY(207) 626-2774

Toll Free/voice/TTY1-800-452-1948
 Website: www.drme.org

Educational Opportunities

Adult Education

Maine Adult Education Programs offer a variety of academic, self-improvement, vocational and craft courses to community residents in all parts of Maine. Courses are usually announced in local papers. In some areas, adults earning high school diplomas can participate free of charge. If you have a special interest or hobby you would like to teach or if you would like an adult education program at your senior club or dining site, contact the Adult Education Office through your local school system.

Voice(207) 624-6752

To find an office in your area go to: www.maineadulted.org/programs

Community Colleges

Community Colleges provide post-secondary education. Enrollment in specific courses are conditional on the approval of the Dean of Admissions.

Central Maine Community College

1250 Turner Street, Auburn, ME 04210

Voice(207) 755-5273

Toll Free1-800-891-2002

Fax.....(207) 755-5493

E-mail: enroll@cmcc.edu

Website: www.cmcc.edu

Eastern Maine Community College

354 Hogan Road, Bangor, ME 04401

Voice(207) 974-4680

Toll Free1-800-286-9357

Fax.....(207) 974-4683

E-mail: admissions@emcc.edu

Website: www.emcc.edu

Kennebec Valley Community College

92 Western Avenue, Fairfield, ME 04937-1375

Voice(207) 453-5000
 Toll Free1-800-528-5882
 TTY(207) 453-5163
 Fax.....(207) 453-5010
 E-mail: Admissions_Office@kvcc.me.edu
 Website: www.kvcc.me.edu

Northern Maine Community College

33 Edgemont Drive, Presque Isle, ME 04769

Voice(207) 768-2785
 TTY(207) 768-2817
 E-mail: [mailto: admissions@nmcc.edu](mailto:admissions@nmcc.edu)
 Website: www.nmcc.edu

Southern Maine Community College

2 Fort Road, South Portland, ME 04106

Voice(207) 741-5800
 Toll Free1-877-282-2182
 TTY (Maine Relay).....Dial 711
 Fax.....(207) 741-5760
 E-mail: admissions@smccME.edu
 Website: www.smccme.edu

Brunswick address

29 Sewall Street, Brunswick, ME 04011

Voice(207) 844-2102

Washington County Community College

Calais Campus, 1 College Drive, Calais, ME 04619

Voice(207) 454-1000
 Toll Free1-800-210-6932
 Fax.....(207) 454-1092
 E-mail: admissions@wccc.me.edu
 Website: www.wccc.me.edu

York County Community College

112 College Drive, Wells, ME 04090

Voice(207) 646-9282

Toll Free1-800-580-3820
Fax.....(207) 641-0837
E-mail: admissions@yccc.edu
Website: www.yccc.edu

Emergency Medical Information Alert Systems

At Home Downeast

118 Ellsworth Road, Blue Hill, ME 04614
Voice(207) 374-5852
Other.....(207) 479-3046
E-mail: kjanes@whcacap.org
Website: www.athomedowneast.org

Elder Nutritional and Supportive Services

Penobscot Indian Nation
9 Sarah's Spring Drive, Indian Island, Old Town, ME 04468
Voice(207) 817-7492
Fax.....(207) 829-2937
E-Mail: epaul@penobscotnation.org
Website: www.penobscotnation.org

Friend in Action

125 State Street, P.O. Box 1446, Ellsworth, ME 04605
Voice(207) 664-6016
E-mail: info@friendsinactionellsworth.org
Website: www.friendsinactionellsworth.org

Good Morning Neighbor

St. Andrews Campus of LincolnHealth
6 St. Andrews Lane, P.O. 417, Boothbay Harbor, ME 04538
Voice(207) 633-1928
Website: www.standrewshealthcare.org

Good Morning Program

35 Union Street, P.O. Box 766, Brunswick, ME 04011
Voice(207) 729-0757
Fax.....(207) 729-0672
Website: www.peopleplusmaine.org

Maine-ly Elder Care

28 Center Street, Oakland, ME 04963

Voice(207) 465-3249

Toll free.....1-866-430-3249

E-mail: denise@maine-lyeldercare.com

Website: www.maine-lyeldercare.com

Phone Friends

450 Essex Street, Bangor, ME 04401

Toll free.....800-432-7812

Fax.....(207) 941-2869

E- mail: info@eaaa.org

Website: www.eaaa.org

Pleasant Point title VI – Elderly Program

P.O. Box 343, 15 Elders Way, Suite 101, Perry, ME 04667

Voice(207) 853-0902

Fax.....(207) 853-6039

Website: www.wabanaki.com

Project Good Morning

City of Bath

250 Water Street, Bath, ME 04530

Voice(207) 443-5563

Fax.....(207) 443-8343

TDD.....(207) 443-6276

Website: www.cityofbath.com

SEARCH

270 Minot Avenue, Suite B, Auburn, ME 04210

Voice(207) 784-0157

Fax.....(207) 784-2453

E-mail: searchinfo@ccmaine.org

Website: www.ccmaine-org/a-z

SEARCH

125 Congress Avenue, Bath, ME 04530

Voice(207) 837-8810

Or.....(207) 784-0157

Fax.....(207) 784-2453

E-mail: cszalay@ccmaine.org

Website: www.ccmaine.org/a-z-services/search-program-elderly-services

SEARCH

St. Michael Pastoral Center

24 Washington Street, Augusta, ME 04330

Voice:(207) 530-0137

Other #:.....(207) 784-0157

Fax:.....(207) 784-2453

E-mail: ikidd@ccmaine.org

Website: www.ccmaine.org/a-z-services/search-program-elderly-services

Telecare

885 Union Street, Bangor, ME 04401-Suite 221

Voice:(207) 973-7094

Toll free:.....(855) 973-7094

Fax:.....(207) 973-5652

E-mail: inadeau@emhs.org

Website: www.rosscare.org

Yellow Dot Program

Unpublished address

Gorham, ME 04038

Website: www.yellowdotme.org/sites

MedicAlert and Safe Return Program

383 U.S. Route 1, Scarborough, ME 04074

Toll free:.....(888) 572-8566

Fax:.....(207) 289-3705

E-mail: bkirkpatrick@alz.org

Website: www.medicalert.org/safereturn

Personal Emergency Response

96 Campus Avenue, P.O. Box 291.Lewiston, ME 04240--3rd Floor

Voice:(207) 777-8827

Website: www.stmarysmaine.com

Healthy Aging

Healthy aging programs are offered in Maine to older people who wish to take control over their health through lifestyle changes. Many community partners offer classes in A Matter of Balance, Enhance Wellness, Enhance Fitness, Healthy IDEAS and Chronic Disease Self-Management.

Living Well is for people with chronic health conditions like high blood pressure, diabetes, depression, etc. They take part in a 6 week course to learn how to better manage their health conditions. A Matter of Balance is an 8 week course of a two-hour meeting per week for older community living adults to learn how to reduce their fear of falling and improve activity levels.

For more information, call 1-877-353-3771.

Road Scholar

Road Scholar is a not-for-profit educational organization that offers 5,500 educational tours in all 50 states and 150 countries. Alongside local and renowned experts, experience in-depth and behind-the-scenes learning opportunities, from cultural tours and study cruises. For more information, call or write:

Road Scholar – (Formerly Elderhostel)

11 Ave. De Lafayette, Boston, MA 02110-1746

Toll Free 1-800-454-5768

Website: www.roadscholar.org

Senior College

Maine has seventeen “Senior Colleges,” learning centers that offer Mainers age 55 or older courses on topics like music, art, history and science, in a university environment.

The Osher Lifelong Learning Institute at The University of Southern Maine in Portland helps senior colleges organize and communicate with one another. Retirees who have lifetimes of experience in the subjects usually teach senior college courses.

Local/Out-of-State(207) 780-4128

Website: www.maineseniorcollege.org

Augusta Senior College

University of Maine Augusta, 46 University Drive, Augusta, ME 04330
Voice(207) 621-3551
E-mail: UMASC@maine.edu

Bridgton Senior College

Mailing address: P.O. Box, Bridgton, ME 04009-0308
Voice(207) 647-5593
E-mail: seniorcollegebridgton@gmail.com
Website: seniorcollegebridgton.org

Coastal Senior College

University College at Rockland
91 Camden Street, Suite 402, Rockland, ME 04841
Voice(207) 596-6906
Or..... 1-800-286-1594
E-mail: cscpeople@gmail.com
Website: www.coastalseniorcollege.org

Down East Senior College

University College at Ellsworth, 248 State Street, Suite 1, Ellsworth, ME 04605
Voice(207)667-3897x17
Toll free..... 1-800-696-2540
E-mail: dsc@maine.edu
Website: www.learn.maine.edu/ellsworth/about-us/downeast-senior-college/

Gold Leaf Institute Senior College

University of Maine at Farmington, 186 High Street (Education Center, Room 318), Farmington, ME 04938
Voice(207) 778-7063
E-mail: goldleaf@maine.edu
Website: www.goldleaf.wikispaces.com

Lewiston-Auburn Senior College

USM Senior College, Lewiston-Auburn College, 51 Westminster Street, Lewiston, ME 04240
Voice(207) 753-6610
Information line.....(207) 753-6510

Midcoast Senior College Bath/Brunswick

Voice(207) 725-4900

E-mail: info@midcoastseniorcollege.org
Website: www.midcoastseniorcollege.org

Osher Lifelong Learning Institute

University of Southern Maine, Portland Campus
OLLI-USM, P.O. Box 9300, Portland, ME 04104
Voice(207) 780-4406
Fax.....(207) 780-4317
E-mail: olliatusm@maine.edu
Website: www.usm.maine.edu/OLLI

Penobscot Valley Senior College

University of Maine Center on Aging
450 Essex Street, Bangor, ME 04401
Voice(207) 992-0118
E-mail: seniorcollege@mainecenteronaging.org
Website: www.mainecenteronaging.umaine.edu/programs/education/seniorcollege

SAGE

University of Maine at Presque Isle
Conferences and Special Programs, 181 Main Street, Presque Isle, ME 04769
Voice(207) 768-9502
Or.....(207) 768-9558
E-mail: renee.larson@maine.edu
Website: www.umpi.edu/for-the-community/things-to-do/sage/

Senior College UMaine Hutchinson Center

80 Belmont Avenue, (Route #3), Belfast, ME 04915
Voice(207) 338-8033
E-mail: hutchinsoncenter@umit.maine.edu
Website: www.hutchinsoncenter.umaine.edu

Sunrise Senior College

University of Maine at Machias, SSC Program at UMM, 116 O'Brien Avenue,
Machias, ME 04654
Voice(207) 255-1384
Or.....(207) 255-3768
E-mail: sunriseseniorcollege@maine.edu
Website: www.ssc.umm.maine.edu

Western Mountains Senior College

P.O. Box 1305, Bethel, ME 04217, Operates through Adult Education SAD 44,
Bethel, ME 04217

Voice(207) 824-2136

E-mail: uwingam@gouldacademy.org

Website: www.sad44.maineadulted.org/western_mountains_senior_college

York County Senior College

University of Maine – Saco, Scammon Street, Suite 18, Saco Island, Saco, ME
04072

Voice(207) 282-4030

University of Maine System

Maine residents age 65 or older who wish to register for courses at a campus of the University of Maine but are unable to cover the cost of tuition may apply to take the course tuition free. To do so, request a Senior Waiver at the Student Accounts (billing) office at the campus you plan to attend. The waiver of tuition can be used only for undergraduate courses; it does not cover lab and other course fees.

University of Maine Augusta

46 University Drive, Augusta, ME 04330-9410

Voice(207) 621-3000

Toll Free Enrollment Center1-877-862-1234

Website: www.umaine.edu

University of Maine Augusta/Bangor

65 Texas Avenue, Lewiston Hall, Bangor, ME 04401-4367

Voice(207) 262-7800

Fax.....(207) 262-7801

E-mail: uma.bangor@umaine.edu

University of Maine Southern Maine

Lewiston-Auburn College

51 Westminster Street, Lewiston, ME 04240

Voice(207) 753-6500

Fax.....(207) 753-6555

TTY(207) 753-6540

Website: www.usm.maine.edu/lac

University of Maine Farmington

246 Main Street, Farmington, ME 04938

Voice(207) 778-7050

Fax.....(207) 778-8182

TTY(207) 778-7275

E-mail: umfadmit@maine.edu

Website: www.farmington.edu

University of Maine Fort Kent

23 University Drive, Fort Kent, ME 04743

Voice(207) 834-7600

Toll Free1-888-879-8635

TTY (Maine Relay).....Dial 711

E-mail: umskadm@maine.edu

Website: www.umfk.edu

University of Maine Machias

116 O'Brien Avenue, Machias, ME 04654-1397

Voice(207) 255-1200

Toll Free1-888-468-6866

Fax.....(207) 255-4864

E-mail: ummadmissions@maine.edu

Website: www.machias.edu

University of Maine Orono

5713 Chadbourne Hall, Orono, ME 04469

Voice(207) 581-1865

Fax.....(207) 581-1213

E-mail: umaineadmissions@maine.edu

Website: www.umaine.edu/orono

University of Maine Presque Isle

181 Maine Street, Presque Isle, ME 04769

Voice(207) 768-9400

E-mail: nancy.g.nichols@maine.edu

University of Southern Maine

PO Box 9300, Portland, ME 04104-9300

Voice(207) 780-5646

Or.....(207) 780-4141
Toll Free1-800-800-4876
E-mail: admitusm@maine.edu
Website: www.usm.maine.edu

UMaine Center on Aging

Camden Hall, 25 Texas Avenue, Bangor, ME 04401-4324
Voice(207) 262-7920
Fax.....(207) 262-7921
Website: www.mainecenteronaging.umaine.edu

Eldercare Locator

The Eldercare Locator is a public service of the Administration on Aging and the U.S. Department of Health and Human Services. It is a nationwide service that connects older Americans and their caregivers with information and senior services.

Choose from a number of topics and receive information, or learn about services available locally.

Toll Free1-800-677-1116
Website: www.eldercare.gov

Employment and Training

Age Discrimination in Employment

If you feel you have been forced to retire or otherwise discriminated against because of age, or would like more information regarding your rights as a job applicant, employer, or employee, call or write:

Maine Human Rights Commission

51 State House Station, 19 Union Street, Augusta, ME 04333
Voice(207) 624-6290
TTY (Maine Relay).....Dial 711
Fax.....(207) 624-8729
Website: www.maine.gov/mhrc

For supports to obtain, maintain or advance in employment contact a local Rehabilitation Office in your area if you have a disability that creates a barrier to employment:

Bureau of Rehabilitation (BRS) Offices

Administrative Offices, 150 State House Station, Augusta, ME 04333-0150
Voice(207) 623-6799
TTY (Maine Relay).....Dial 711
Fax.....(207) 287-5292

Career Centers

Career Centers in Maine provide workers with the information, advice, job search assistance and training needed to enter the job market.

Website: www.mainecareercenter.com

Region 1

Aroostook & Washington Counties

Presque Isle Career Center

66 Spruce Street, Suite 1, Presque Isle, ME 04769-3222
Voice(207) 760-6300
Toll Free1-800-635-0357
TTY (Maine Relay).....Dial 711
Fax.....(207) 760-6350
E-mail: presqueisle.careercenter@maine.gov
Website: mainecareercenter.com/presqueisle

Calais Career Center

1 College Drive, Calais, ME 04619-0415
Voice(207) 454-7551
Toll Free1-800-543-0303
TTY (Maine Relay).....Dial 711
Fax.....(207) 454-0349
E-mail: calais.careercenter@maine.gov
Website: www.mainecareercenter.com/calais

Machias Career Center

15 Prescott Drive, Suite 1, Machias, ME 04654-9752
Voice(207) 255-1900

Toll Free1-800-292-8929
 TTY (Maine Relay).....Dial 711
 Fax.....(207) 255-4778
 E-mail: machais.careercenter@maine.gov
 Website: www.mainecareercenter.com/machais

Aroostook County Action Program

91 Military Street, Suite 3, Houlton, ME 04730-2421
 Voice(207) 532-5300
 Toll Free1-800-697-2987
 Fax.....(207) 532-5309
 TTY (Maine Relay).....Dial 711

Region 2

Piscataquis, Penobscot & Hancock Counties

Tri-County (Bangor) Career Center
 45 Oak Street, St. 3, Bangor, ME 04401
 Voice(207) 561-4050
 Toll Free1-888-828-0568
 Fax.....(207) 561-4066
 TTY (Maine Relay).....Dial 711
 E-mail: bangor.careercenter@maine.gov
 Website: www.mainecareercenter.com/bangor

Piscataquis County (limited services may be provided)

Eastern Maine Development Corp.
 50 Mayo Street, Penquis Higher Education Center, Dover-Foxcroft, ME 04426
 Voice1-888-828-0568
 TTY (Maine Relay).....Dial 711

Eastern Maine Development Corp.
 Ellsworth Higher Education Center, Mill Mall, Ellsworth, ME 04605
 Voice1-888-828-0568

Eastern Maine Development Services
 One Industrial Drive, Suite 2, East Millinocket, ME 04430-1062
 Voice(207) 746-9608
 Toll Free1-800-777-8173

Fax.....(207) 746-9439
 TTY (Maine Relay)..... Dial 711

Region 3

Androscoggin, Franklin, Kennebec, Oxford and Somerset Counties

Augusta Career Center

21 Enterprise Dr., Suite 2, Augusta, ME 04333-0109

Voice(207) 624-5120
 Toll Free1-800-760-1573
 Fax:.....(207) 287-6236
 E-mail: Augusta.careercenter@maine.gov
 Website: www.mainecareercenter/Augusta

Lewiston CareerCenter

5 Mollison Way, Lewiston, ME 04240

Voice(207) 753-9001
 TTY (Maine Relay).....Dial 711
 Fax.....(207) 783-5301
 Toll Free1-800-741-2991
 E-mail: lewiston.careercenter@maine.gov
 Website: www.mainecareercenter.com/lewiston

Skowhegan Career Center

98 North Avenue, Suite 20, Skowhegan, ME 04976

Voice(207) 474-4950
 Toll Free1-800-760-1572
 TTY (Maine Relay).....Dial 711
 Fax.....(207) 474-4914
 E-mail: skowhegan.careercenter@maine.gov
 Website: www.mainecareercenter.com/skowhegan

Wilton Career Center

865 US Route 2E, Wilton, ME 04294-6649

Voice(207) 645-5800
 Toll Free1-800-982-4311
 TTY (Maine Relay)Dial 711
 Fax.....(207) 645-2093
 E-mail: wilton.careercenter@maine.gov

Website: www.mainecareercenter.com/wilton

Limited services may also be available by calling:

Western Maine Community Action

60 Lowell Street, Rumford, ME 04276-2096

Voice(207) 369-5000

Fax.....(207) 369-5002

TTY (Maine Relay).....Dial 711

Western Maine Community Action

4 Western Avenue, South Paris, ME 04281

Voice(207) 743-7763

Toll free.....1-877-237-6171

Fax.....(207) 743-0687

Region 4

Waldo, Knox, Lincoln, Sagadahoc, Cumberland & York Counties

Southern Midcoast (Brunswick) CareerCenter

275 Bath Road, Brunswick, Maine 04011

Phone.....(207) 373-4000

Toll free.....1-888-836-3355

Fax.....(207) 373-4004

E-mail: brunswick.careercenter@maine.gov

Website: www.mainecareercenter.com/brunswick

Cumberland County Career Center

185 Lancaster Street, PO Box 738, Portland, ME 04104

Voice(207) 882-3300

Toll Free1-877-594-5627

TTY Maine RelayDial 711

Fax.....(207) 822-0221

E-mail: portland.careercenter@maine.gov

Website: www.mainecareercenter/portland

Knox County Career Center

91 Camden Street, Suite 201, Rockland, ME 04841-0201

Voice(207) 596-2600

Toll Free1-877-421-7916
 TTY1-888-212-6229
 Fax.....(207) 594-1428

Oxford County Career Center (Western Maine Community Action-Job Training) 4 Western Avenue, South Paris, ME 04281

Voice(207) 743-7763
 Toll Free1-877-237-6171
 TTY1-888-313-9400

Tri-County (Bangor) Career Center – serving Piscataquis, Penobscot & Hancock Counties

Sagadahoc County Career Center

Southern Midcoast (Brunswick) Career Center

275 Bath Rd., Brunswick, ME 04011

Voice(207) 373-4000
 Toll Free1-888-836-3355
 TTY (Maine Relay).....Dial 711
 Fax.....(207) 373-4004

Waldo County Career Center (Open Monday, Tuesday and Thursday)

91 Camden Street, Suite 201, Rockland, ME 04841-3424

Voice(207) 596-2600
 Toll Free1-877-421-7916
 TTY1-888-212-6229
 Fax.....(207) 594-1428

York County Career Center

9 Bodwell Court, Springvale, ME 04083

Voice(207) 324-5460
 Toll Free1-800-343-0151
 TTY (Maine Relay).....Dial 711
 Fax.....(207) 324-7069

E-mail: springvale.careercenter@maine.gov

Website: www.mainecareercenter/springvale

Employment for Me

Information for people with disabilities around accessing employment services in Maine. Website: www.employmentforme.org

Employment First Maine

A coalition formed to improve the employment outcomes for Maine people with disabilities. For information go to: Website: www.employmentfirstmaine.org/

Senior Community Service Employment Program (SCSEP)

Provides part-time employment training community service jobs, in non-profits and government agencies, for people age 55 and over who meet income guidelines. The sponsors in Maine are:

Goodwill Industries of Northern New England

(Cumberland, Sagadahoc & Lincoln Counties)

Voice(207) 774-6323

Toll Free1-800-244-5891

Website: www.goodwillnne.org/jobs/sadult-employment-services/senior-community-service-employment-program

National ABLE Network (A.B.L.E.)

336 Mt Hope Ave. Suite 1, Bangor, ME 04401

Voice(207) 385-2500

Toll Free1-855-944-8300

Fax.....(207) 945-6839

E-mail: able@nationalable.org

Website: www.nationalable.org

New Ventures (formerly Women, Work and Community, formerly Displaced Homemakers) assists people after divorce, death, or disability of a spouse or family member. It provides services such as support groups, one-to-one counseling, referral, career exploration and training in job-seeking skills. For more, information call toll free 1-800-442-2092 or at the local offices listed below.

Central Maine Region

Administrative Office:

NVME/UMA, 46 University Drive, Augusta, ME 04330
Voice(207) 621-3440
Website: www.newventuresmaine.org

Augusta – University of Maine Augusta (outreach to Skowhegan and Waterville)

Handley Hall, 5th Floor, 331 Water Street, Augusta, ME 04330-9410
Voice(207) 621-3434
Toll Free1-800-442-2092
Fax.....(207) 621-3429

Midcoast Maine Region

NVME, UCBB, 12 Sewall Street-Orion Hall, Brunswick, Me 04011
Voice(207) 386-1664

NVME, URock, 91 Camden Street, #402, Rockland, ME 04841
Voice(207) 593-7942
Or.....(207) 593-7943

Northern Central Maine

Bangor; with outreach to Ellsworth, Millinocket and Washington County.

1 University Drive, Bangor, ME 04401-4367
Voice(207) 262-7843
Fax.....(207) 262-7951

Northern Maine (outreach to Houlton and St. John Valley.)

NVME, University of Maine at Presque Isle, 181 Main Street, South Hall, Presque Isle, ME 04769
Voice(207) 768-9635

Southern Maine Region

Cumberland County:

NVME, 175 Main Street, South Portland, ME 04106
Voice(207) 799-5025
Fax.....(207) 799-5443

York County:

NVME, University College at Saco, UMS, 110 Main Street, Suite 1101
Saco, ME 04072
Voice(207) 286-1722

Western Maine Region

Farmington:

108 Perham Street, Suite 2, Farmington, ME 04938-1520
Voice(207) 778-2757
Fax.....(207) 778-2463

Lewiston-Auburn (outreach to Oxford County):

NVME, Lewiston-Auburn College, USM
51-55 Westminster Street, Lewiston, ME 04240
Voice(207) 753-6622
Fax.....(207) 753-6688

Family Caregiver Support Program

The Family Caregiver Support Program, supported by the Administration on Aging, is for families caring for older individuals and for grandparents caring for grandchildren. Each Area Agency on Aging/ADRC has a Family Caregiver Coordinator who provides or arranges for:

- Information and assistance
- Individual counseling
- Support groups
- Caregiver training
- Respite care

For more information, contact your local Area Agency on Aging/ADRC at 1-877-353-3771.

Financial

General Assistance Program

Each town has a General Assistance Program to help people in emergencies. You may be eligible even if you work or receive other benefits like SNAP, VA benefits,

or Social Security. To request General Assistance, contact your city/town office. Your application must be accepted for review. You may be turned down if you do not meet the guidelines. The application is private. If you have problems about General Assistance, contact:

Office of Family Independence

Department of Health and Human Services

11 State House Station, 19 Union Street, Augusta, ME 04333

Voice(207) 624-4168

TTY (Maine Relay).....Dial 711

General Tax Assistance

General tax assistance is for income eligible owners and renters of any age. Maximum refund is \$1,000.00. People of any age who were assisted with their housing costs by a government subsidy are not eligible for this program. Elderly people living in subsidized housing may be eligible for elderly tax assistance. To request an application, call or write:

Maine Revenue Services

24 State House Station, P.O Box 1060, Augusta, ME 04332-1060

Voice(207) 626-8475

TTY (Maine Relay).....Dial 711

To order forms(207) 624-7894

Website: www.maine.gov/revenue

Application booklets are also available at town or city tax offices and at Area Agencies on Aging/ADRC, listed on pages 1 – 2.

The Property Tax Fairness Credit

Offers a tax credit to Maine residents who own a home or pay rent. Residents are eligible to take the credit if they have an adjusted gross income of no more than \$40,000, or they pay more than 40% of their adjusted gross income on rent. The Maine Income Tax Form will include a Property Tax Fairness Worksheet to help you figure out if you qualify. If you usually do not file an income tax return, you can apply by contacting the Maine Revenue Services at (207) 626-8475. Website: www.maine.gov/revenue

Social Security/Social Security Income

Security Income (SSI) guarantees a minimum monthly income to people who are at least 65 years old, or blind, or disabled with limited income and resources. You may get SSI even if you work, get Social Security, or own your house and car. If you receive SSI, you are automatically eligible for MaineCare.

To find out if you qualify, contact the nearest Social Security Office. For assistance in applying for SSI, contact your local Area Agency on Aging/ADRCs, listed on pages 1 - 2.

Toll Free Nationwide1-800-772-1213
 TTY Nationwide1-800-325-0778

Auburn

600 Turner Street, Auburn, ME 04210
 Voice1-866-627-6996

Augusta

330 Civic Center Drive, Augusta, ME 04332
 Toll Free1-866-882-5422

Bangor

202 Harlow Street, Room 208, Bangor, ME 04401
 Toll Free1-877-405-1448

Portland

550 Forrest Ave., Suite 150, Portland, ME 04104
 Toll Free1-877-319-3076

Presque Isle

365 Main Street, Presque Isle, ME 04769
 Toll Free1-866-837-2719

Rockland

231A Park Street, Rockland, ME 04841
 Voice1-855-269-9179

Saco

110 Main Street, Suite 1450, Saco, ME 04072

Toll Free1-877-253-4715

Waterville

14 Colby Street (next to the district court), Waterville, ME 04901

Toll Free1-866-931-9169

Portsmouth, NH

Toll Free1-888-397-9796

TTY1-603-436-3086

Tax Preparation

Federal

Soon after the first of every year, the Internal Revenue Service (IRS) publicizes a list of Volunteers in Tax Assistance (VITA) who can assist you to prepare your federal income tax returns. There is no charge for the service. The list is available at the beginning of every year at the Area Agencies on Aging/ADRCs listed on pages 1 - 2.

To call the IRS directly:

For assistance1-800-829-1040

For forms1-800-829-3676

Website: www.irs.gov

State

To call the Maine Revenue Service directly:

For assistance(207) 626-8475

For forms(207) 624-7894

Website: www.maine.gov/revenue

Guardianship and Conservatorship

When appropriate less restrictive alternatives are not available, the **Probate Courts** may appoint a guardian to act as a substitute decision maker on behalf of an incapacitated individual. Depending on an individual’s incapacity, a guardianship appointment may be full or limited to certain areas such as medical or residential decision making. Conservatorship appointments are made to protect, preserve, and manage estates of incapacitated adults.

The Office of Aging and Disability Services (OADS) may serve as public guardian and/or public conservator for mentally incapacitated adults only when there is no suitable, available and willing private individual to serve as private guardian or conservator.

For more information about guardianship and conservatorship and their alternatives, contact your County Probate Court; visit: <http://www.maine.gov/dhhs/> or call your local OADS District Office and ask for the Adult Protective Services Supervisor.

Health Screening and Care

Hospitals and health centers often sponsor health screening clinics where you can be tested for high blood pressure, diabetes, eye and vision problems, and hearing difficulties. Check your local newspaper or call your local Area Agency on Aging/ADRCs listed on pages 1 - 2, for times and locations. In most cases, this service is free. If you have Medicare your AAA/ADRCs also can tell you about Medicare preventive benefits.

Dental

Maine Donated Dental Services

A program of the Maine Dental Association and the Foundation of Dentistry for the Handicapped in which volunteer dentists and labs donate treatment and lab work to disabled and elderly people. For more information about this service, contact Maine Donated Dental Services at 1-800-205-5615 or the Area Agency on Aging/ADRCs toll free at 1-877-353-3771.

Eye Care

Services available for people of all ages with vision problems include: diagnosis, adaptive skill training, provision of aids and appliances, property tax exemptions, and counseling. For information contact the Division for the Blind and Visually Impaired call or write:

IRIS (Formerly Maine Center for the Blind)

189 Park Avenue, Portland, ME 04102

Voice(207) 774-6273

Fax.....(207) 774-0679

E-mail: ashah@theiris.org
 Website: www.theiris.org

Any person legally blind and in need, may apply for Security Income (SSI) or Social Security Disability (SSDI) at the nearest Social Security Office.

Bureau of Rehabilitation
 Division for the Blind and Visually Impaired, 150 State House Station, Augusta, ME 04333-0150

Voice(207) 623-6799
 TTY (Maine Relay).....Dial 711
 Fax.....(207) 287-5292
 Website: www.maine.gov/rehab/offices

Regional Offices:

Augusta:

21 Enterprise Drive, Suite 2, Augusta, ME 04333-0073
 Voice(207) 624-120
 Toll Free:.....1-800-760-1573
 TTY (Maine Relay).....Dial 711
 Fax.....(207) 287-6249

Bangor:

45 Oak Street, Suite 1, Bangor, ME 04401-6664
 Voice(207) 561-4000
 Toll Free1-800-545-8811
 TTY (Maine Relay).....Dial 711
 Fax.....(207) 561-4027

Houlton

91 Military Street, Suite 3, Houlton, ME 04730-0033
 Voice(207) 532-5300
 Toll Free1-800-691-0033
 TTY (Maine Relay).....Dial 711
 Fax.....(207) 532-5309

Lewiston

5 Mollison Way, Lewiston, ME 04240-5905
 Voice(207) 753-9000

Toll Free1-800-741-2991
 TTY (Maine Relay)..... Dial 711
 Fax.....(207) 753-9051

Machais

53 Prescott Drive, Suite 2, Machias, ME 0654-9751
 Voice(207) 255-1926
 Toll Free1-800-770-7774
 TTY (Maine Relay).....Dial 711
 Fax.....(207) 255-3091

Portland

151 Jetport Boulevard, Portland, ME 04102
 Voice(207) 822-3300
 Toll Free1-877-594-5627
 TTY (Maine Relay).....Dial 711
 Fax.....(207) 755-7870

Presque Isle

66 Spruce Street, Suite 3, Presque Isle, ME 04769-3222
 Voice(207) 760-6300
 Toll Free1-800-635-0357
 TTY (Maine Relay).....Dial 711
 Fax.....(207) 760-6316

Rockland

91 Camden Street, Suite 202, Rockland, ME 04841-2421
 Voice(207) 596-2641
 Toll Free1-877-421-7916
 TTY (Maine Relay).....Dial 711
 Fax.....(207) 594-1858

Skowhegan

98 North Avenue, Suite 20, Skowhegan, ME 04976-1923
 Voice(207) 474-4958
 Toll Free1-800-760-1572
 TTY (Maine Relay).....Dial 711
 Fax.....(207) 474-4914

If you are unsure which office covers your town/city, go to www.maine.gov/rehab/offices and click the link Search by Town.

Maine State Library Talking Book Program

The Maine State Library Talking Book Program provides books and magazines in a recorded cassette or disc format to visually impaired, blind, or physically handicapped people. For more information, call (207) 287-5650 or 1-800-762-7106.

Mailing Address: 64 State House Station, Augusta, ME 04333

Website: www.maine.gov/msl/outreach/lbph/talkingbooks

Medical Eye Care Program

Financial assistance is available for certain treatments for people with a vision problem and who have limited income but are not MaineCare eligible. For information call or write:

Office of MaineCare

242 State Street, Augusta, ME 04333-0011

Voice(207) 287-2674

Pharmacy Help Desk

Voice1-866-796-2463

TTY (Maine Relay).....Dial 711

Fax.....(207) 287-8601

National Eye Care Project

Maine is served by the National Eye Care Project, under which Maine ophthalmologists offer free treatment for qualified persons 65 years of age or older.

To be eligible, an individual must not have seen an ophthalmologist (physician eye specialist) in the last 3 years. If they have seen an optometrist or optician, they are still eligible for this program. To get the name of a doctor in your area call 1-800-222-3937 (Eye Care America).

Website: www.eyecareamerica.org

Hearing

The Division of Deafness provides services to persons who are deaf, late deafened or hard of hearing. This includes a resource guide, a newsletter, information and

referral, advocacy, Certification of Hearing Dogs and accessibility promotion. For more information and a listing of interpreter services, call or write:

Department of Labor Bureau of Rehabilitation Services

Division for the Deaf, Hard of Hearing & Late Deafened, 150 State House Station, Augusta, ME 04333

Voice(207) 623-7668

TTY (Maine Relay).....Dial 711

Website: www.maine.gov/rehab/dod/index.shtml

The Telecommunications Equipment Project (TEP)

Provides assistive telephone devices to people who are deaf or hard of hearing and persons with mobility, vision and speech disabilities. Devices include amplified telephones, speaker phones and large button speaking phones. A person’s income determines if they get the equipment on loan, free or on a sliding scale by income. For more information, call:

V/TTY(207) 797-7656

Toll Free1-800-639-3884

Website: www.mcdmaine.org

People interested in employment and want to learn about vocational rehabilitation services for deaf or hearing impaired should contact the Department of Labor, Bureau of Rehabilitation Services at one of the Employment Service Agencies. The Employment Service Agencies are in the phone book under Maine State, Department of Labor.

Home Care

Home care services include meals, Independent Support Services, personal care assistance, and nursing care. If you are not able to pay the cost of home care services, there may be state or federal programs that can help you.

Office of Aging & Disability Services

11 State House Station, Augusta, ME 04333-0011

Voice(207) 287-9200

Toll Free Nationwide1-800-262-2232

TTY (Maine Relay).....Dial 711

Fax.....(207) 287-9229

Website: www.maine.gov/dhhs/oads

Homeward Bound/Money Follows the Person

Homeward Bound helps older and disabled adults transition from nursing homes or hospitals to community living. You must be 18 or older, qualify for MaineCare, have lived in a nursing home and/ or hospital for at least 90 days, and have a desire to move back to the community. *We will however begin working with you prior to the 90-day mark.* Homeward Bound can:

- Help you identify your care needs and access services
- Help find a place to live and assist with home modifications, adaptive equipment and or assistive technology devices
- Assess and consult with specialists prior to and/or after the transition to help identify and address your unique needs.
- Provide Peer Support - guidance from people who have made the transition from long term institutional care back to the community.

For more information, contact:

Maine Department of Health and Human Services, Office of Aging and Disability Services

11 SHS, Augusta, ME 04333

Voice(207) 287-9200

TTY (Maine Relay).....Dial 711

Fax.....(207) 287-3005

Hospice Services

Hospice provides special help to people who have a terminal illness and their families. For more information, call or write:

Maine Hospice Council

PO Box 2239, 295 Water St., Suite 303, Augusta, ME 04330

Voice(207) 626-0651

Fax.....(207) 622-1274

E-mail: info@mainehospicecouncil.org

Website: www.mainehospicecouncil.org

Housing

Home Energy Assistance

The Federal Low Income Home Energy Assistance Program (LIHEAP) provides funds to low income homeowners and renters to help pay heating costs. The funds are distributed through Maine by Community Action Programs. For information contact your local Community Action Program on pages 18 - 20, or your local Public Housing Authority on pages 63 - 66.

Home Equity Conversion (Reverse Mortgage)

Home Equity Conversion is a way to maintain residency in your own home while gaining needed income to cover such costs as heat, home maintenance, property taxes and other personal needs. For information call or write your local Area Agency on Aging/ADRCs on pages 1 - 2.

Home Improvement Grants

MaineHousing

Provides grants or low cost home improvement loans for health and safety related repairs and improvements. MaineHousing’s Home Repair Program helps low-income homeowners who cannot afford needed home repairs. The program consists of a Home Repair Grant, Elderly Hardship grant and Septic Repair/Replacement loans. For Repair Program brochure call (207) 626-4602 or go to the Maine Housing website and download a copy.

For more information go to their website:
www.mainehousing.org/homeimprovementdetails

Or contact your local agency listed below:

Aroostook County Action Program

Voice(207) 768-3023
 Toll Free(800) 432-7881
 Website: <http://www.acap-me.org/>

Community Concepts

Voice(207) 743-7716
 Toll Free(800) 866-5588
 TTY:(207) 743-0276

Website: <http://www.community-concepts.org/>

Kennebec Valley Community Action Program

Voice(207) 859-1500

Toll Free(800) 542-8227

Website: <http://www.kvcap.org/>

Penquis Community Action Program (Bangor)

Voice(207) 973-3500

Toll Free(800) 215-4942

Website: <http://www.penquis.org/>

Penquis Community Action Program (Rockland)

Voice(207) 596-0361

Toll Free(800) 585-1605

Website: <http://www.penquis.org/>

The Opportunity Alliance (Portland)

Voice(207) 553-5905

Toll Free(800) 698-4959

Website: <http://www.opportunityalliance.org/>

Waldo Community Action Partners

Voice(207) 338-6809

Website: <http://www.waldocap.org/>

Washington-Hancock Community Agency

Voice(207) 259-5015

Toll Free(800) 828-7544

Website: <http://www.whcacap.org/>

Western Maine Community Action

Voice(207) 645-3764

Toll Free(800) 645-9636

Website: <http://www.wmca.org/>

Rural Repair and Rehabilitation Loans and Grants

The USDA’s Very Low-Income Housing Repair program provides loans and grants to very low-income homeowners to repair, improve, or modernize their dwellings or to remove health and safety hazards.

USDA Rural Development State Office

967 Illinois Avenue, Bangor ME 04401-2767

Voice(207) 990-9160

Fax.....1-855-589-1060

Website: www.rd.usda.gov/ME

Home Repair - Community Action Programs

Low interest loans and repair and renovation assistance is available to eligible homeowners. For more information, contact your local Community Action Program listed on pages 18 – 20.

Rental Assistance and Subsidized Housing

Older persons may be eligible for an apartment in a subsidized elderly housing project. In most cases the rent is pre-set. In some cases, the tenant pays a portion of their income toward rent. MaineHousing keeps a list of affordable apartments on their website at: www.mainehousing.org/programs-services/rental

353 Water Street, Augusta, ME 04330-4633

Voice(207) 626-4600

Toll Free1-800-452-4668

TTY (Maine Relay).....Dial 711

Fax.....(207) 626-4678

To apply for these apartments, contact the property manager and ask for an application. MaineHousing can provide the contact information for the USDA Rural Development Offices on subsidized apartments, locations and application procedures. MaineHousing keeps contact information for the Public Housing Authorities (PHA’s) that manages developments and accepts applications for rental assistance in existing privately owned apartments.

MaineHousing maintains a free rental listing service. It includes detailed listings with pictures, maps and more. The listings are updated daily.

MaineHousing

353 Water Street Augusta ME 04330-4633

Voice(207) 626-4600

Toll Free1-800-452-4668

TTY (Maine Relay).....Dial 711

Fax.....(207) 626-4678
Website: www.mainehousing.org

Shelters for Homeless People and Victims of Family Violence

There are homeless shelters in many towns and cities in Maine. Most provide temporary and emergency shelter only. In some cases, 2 to 4 weeks of shelter are offered, particularly to family violence victims or for detoxification purposes.

For more information, contact:

Maine Housing

353 Water Street, Augusta, ME 04330

Voice(207) 626-4600
Toll Free1-800-452-4668
TTY (Maine Relay).....Dial 711

Weatherization

Funds are available to low income homeowners and renters for weatherization projects to improve efficiency. Projects may include insulation, weather-stripping, caulking and some safety related repairs. For more information contact your local Community Action Agency on pages 18 - 20.

Central Heating Improvement Program (CHIP) grants may be used to repair or replace dangerous, malfunctioning or inoperable central heating systems that pose a threat to health and safety. The maximum grant for a heating system repair or replacement is \$3,000 for owner occupied homes. Limited CHIP benefits of up to \$300 may be available for rental properties occupied by LIHEAP-eligible tenants.

For more information, contact your local Community Action Agency, on pages 18 - 20.

Public Housing Authorities

Auburn Housing Authority

20 Great Falls Plaza, P.O. Box 3037, Auburn, ME 04212-3037

Voice(207) 784-7351
TTY (Maine Relay).....Dial 711

Fax.....(207) 784-5545
Website: www.augustamaine.gov

Augusta Housing Authority

City of Augusta, City Center Plaza, 16 Cony Street, Augusta, ME 04330
Voice(207) 626-2357
Fax.....(207) 626-2359

Bangor Housing Authority

161 Davis Road, Bangor, ME 04401
Voice(207)942-6365
Fax.....(207) 942-6043
TTY (Maine Relay).....Dial 711
Website: www.bangorhousing.org

Bath Housing Authority

80 Congress Avenue, Bath, ME 04530
Voice(207) 443-3116
Fax.....(207) 443-8116
E-mail: info@bathhousing.org
Website: www.bathhousing.org

Biddeford Housing Authority

22 South Street, Biddeford, ME 04005
Voice(207) 282-6537

Brewer Housing Authority

15 Colonial Circle, Suite 1, Brewer, ME 04412
Voice(207) 989-7551
V/TDD.....(207) 989-9810
Fax.....(207) 989-7554

Brunswick Housing Authority

12 Stone Street, P.O. Box A, Brunswick, Me 04011
Voice(207) 725-8711
Fax.....(207) 729-2642
Website: www.brunswickhousing.org

Caribou Housing Authority

25 High Street, Caribou, ME 04736

Voice(207) 493-4234
Fax.....(207) 498-3954
Website: www.caribouhousing.org

Fort Fairfield Housing Authority

18 Fields Lane, Fort Fairfield, ME 04742
Voice(207) 476-5771
Fax.....(207) 476-5450
Website: www.ffha.org

Indian Township Passamaquoddy

P.O. Box 99, U.S. Route 1, Princeton, ME 04668
Voice(207) 796-8004
Fax.....(207) 796-8019
Website: www.passamaquoddy.com

Lewiston Housing Authority

1 College Street, Lewiston, ME 04240
Voice(207) 783-1423
Fax.....(207) 783-8648

Mt. Desert Island & Ellsworth Housing Authority

(Bar Harbor, Southwest Harbor, Mount Desert, Tremont and Ellsworth)
P.O. Box 28, Bar Harbor, Maine 04609
Voice(207) 288-4770
E-mail: terry.kelley@emdiha.org
Website: www.emdiha.org

Old Town Housing Authority

City of Old Town, 358 Main Street, P.O. Box 404, Old Town, ME 04468-0404
Voice(207) 827-6151
Fax.....(207) 827-1502
TTY (Maine Relay).....Dial 711
E-mail: hacot@oldtownhousing.net
Website: www.oldtownhousing.net

Penobscot Nation Housing Department

Voice(207) 817-7370
Website: www.penobscotnation.org

Pleasant Point Passamaquoddy Reservation

15 Elders Way, #201, Pleasant Point, ME 04667

Voice(207) 853-6021

Portland Housing Authority

14 Baxter Boulevard, Portland, ME 04101

Voice(207) 773-4753

Fax.....(207) 774-6471

TTY(207) 774-2570

Website: www.porthouse.org

Presque Isle Housing Authority

58 Birch Street, Presque Isle, ME 04769

Voice(207) 768-8231

Fax.....(207) 764-5614

TTY(207) 764-5161

E-mail: info@pihousing.org

Website: www.pihousing.org

Sanford Housing Authority

114 Emery Street, #1, Sanford, ME 04073

Voice(207) 324-2178

Website: www.sanfordhousing.org

South Portland Housing Authority

100 Waterman Drive, South Portland, ME 04106

Voice(207) 773-4140

Fax.....(207) 773-4006

Website: www.spha.net

Van Buren Housing Authority

15 Main Street, Suite 101, Van Buren, ME 04785

Voice(207) 868-2886

Fax.....(207) 868-2222

Website: www.vanburenmaine.com

Waterville Housing Authority

88 Silver Street, Waterville, ME 04901

Voice(207) 873-2155

Fax.....(207) 877-9429

E-mail: diane@watervillehousing.org
Website: www.watervillehousing.org

Westbrook Housing Authority

30 Liza Harmon Drive, Westbrook, ME 04092

Voice(207) 854-9779

Fax.....(207) 854-0962

E-mail: info@westbrookhousing.org

Website: www.westbrookhousing.org

York Housing Authority

4 Pine Grove Lane, York, ME 03909

Voice(207) 363-8444

Website: www.yorkhousing.info

Information, Assistance & Outreach Services

No matter where you live in Maine, an area agency on aging will help you get information about services you need to stay independent. You can get help by telephone or visit them in person. If you are home bound, staff or volunteers will visit you in your home.

Area Agency on Aging/ADRC staff can help with many programs such as Food Supplement, Security Income (SSI), MaineCare Prescription Drug benefit, and Property Tax Fairness Credit. They also provide health insurance counseling.

Each Area Agency/ADRC has a TTY phone for persons who are deaf. They can arrange for interpreters for consumers who do not speak English through the AT&T Language Line. For more information, contact your local Area Agency on Aging at 1-877-353-3771. A list of Maine’s Area Agencies on Aging/ADRCs is on page 1 - 2.

Insurance

Bureau of Insurance

The Consumer Health Care Division and the Life and Health Division of the Bureau of Insurance help consumers who:

- Have questions about insurance;

- Want to file a complaint about an agent, a broker or a managed health care provider (HMO);
- Request publications on insurance, including long-term care and Medicare Supplement Insurance

Call or write:

Bureau of Insurance

34 State House Station, Augusta, ME 04333

Voice(207) 624-8475

Toll Free1-800-300-5000

Fax.....(207) 624-8599

TTY (Maine Relay).....Dial 711

Website: www.maine.gov/pfr/insurance

Health Insurance Counseling

People in Maine who have Medicare insurance can get free health insurance counseling through the State Health Insurance Assistance Program (SHIP).

Services offered include:

- Additional information on Medicare
- Help enrolling in Medicare Savings Program
- Teaching you to detect and report errors
- Obtain insurance

Call the Legal Services for the Elderly Helpline or your local Area Agency on Aging. Specially trained staff and volunteers will answer your questions about Medicare, Medicare prescription drug coverage, Advantage Plans, insurance, MaineCare, long-term care and other health insurance.

Website: www.maine.gov/dhhs/elderly

Call 1-877-353-3771 for your area agency on aging or:

Legal Services for the Elderly, 5 Wabon Street, Augusta ME 04330

Local/Out-of-State(207) 623-1797

Toll Free1-800-750-5353

Low Cost Drugs for the Elderly and Disabled Program

Maine’s Low Cost Drugs for the Elderly and Disabled Program (DEL) helps pay for prescription drugs for people whose income is no more than 185% of the

federal poverty level. You must be 62 or older or age 19 or older and meet the disability criteria for SSI (Security Income). If you spend more than 40% of your income on prescription drugs, the income level increases.

Your local Area Agency on Aging can tell you the current income guidelines and help you to apply. Call your local Area Agency on Aging/ADRCs at 1-877-353-3771.

MaineCare (Medicaid)

MaineCare is a federal and state funded program that pays for medical services by physicians, hospitals and other health care providers.

If you receive Security Income (SSI) or Temporary Assistance to Needy Families (TANF) you are eligible for MaineCare. If you are not in either of these programs but need help to pay for medical care, you may still be eligible for MaineCare.

For more information, contact the Department of Health and Human Services District Office nearest you, listed on pages 27 - 30, or your local Area Agency on Aging/ADRCs, listed on pages 1 - 2.

Medicare

Medicare is health insurance for people age 65 or older, under age 65 with certain disabilities, and any age with permanent kidney failure requiring dialysis or a kidney transplant. Medicare covers certain medical services and items in hospitals and other settings.

Medicare Part A helps cover inpatient care in hospitals and skilled nursing facilities. It also helps cover hospice and home health care. Most people automatically get Part A coverage without having to pay a monthly payment.

Medicare Part B helps cover medical care like doctors' services, outpatient care, some preventive services and other items and services. Part B is optional and you pay a monthly premium for this coverage.

Medicare Advantage Plans are health plan options that are approved by Medicare and run by private companies. These options are **Medicare Part C** and they are a different way of getting Medicare coverage than traditional Medicare. These plans include Part A and Part B coverage, extra benefits, and may include prescription drug coverage.

Medicare Prescription Drug Coverage (Part D)

Medicare offers prescription drug coverage (Part D) for everyone with Medicare. To get Medicare drug coverage, you must join a plan run by an insurance company or other private company approved by Medicare. Each plan can vary in cost and drugs covered. If you want Medicare drug coverage, you need to choose a plan that works with your health coverage and needs. Since plan coverage may change annually, it is very important that you review the costs and covered medications each year for any Part D Plan before you enroll.

If your income is low, you may be eligible for programs that pay the Part B premium, deductibles, co-insurances, and/or co-payments. You may also be eligible for help with Part D out-of-pocket costs. For more information, contact your local Department of Health and Human Services Office, a local Area Agency on Aging/ADRC on pages 1 - 2.

Call the Social Security Administration Several months before you turn age 65 to make sure you get enrolled in the Medicare Program. Contact information for the local Social Security offices is listed on pages 51 - 52.

If you have any questions about the Medicare Program, call the Maine SHIP Program at 1-877-353-3771 or the Medicare Program directly at 1-800-MEDICARE (1-800-633-4227).

Website: www.medicare.gov

Medicare Part D Appeals Unit Legal Services for the Elderly.

The Medicare Part D Appeals Unit of Legal Services for the Elderly provides free help to low-income Mainers having trouble getting their prescription drugs covered through Medicare Part D. Appeals Specialists provide information and assistance over the phone Monday through Friday from 9:00 to 12:00 and 1:00 to 4:00. The Unit also helps pharmacies, medical offices and other health care providers that need information about Part D formularies or help in understanding how to get medications covered for their patients. Information about Medicare Part D is available at the LSE website:

Legal Services for the Elderly, 5 Wabon Street, Augusta ME 04330
 Helpline1-800-750-5353
 Medicare Part D Appeals Unit.....1-877-774-7772
 Fax.....(207) 621-0742

Website: www.mainelse.org

Northeast Health Care Quality Foundation

Northeast Health Care Quality Foundation, Medicare’s Quality Improvement Organization for Maine, New Hampshire and Vermont, reviews cases to make sure Medicare patients get quality medical care, all the tests and services they need, and are not discharged from the hospital before they are ready to go.

Visit: www.medicare.gov/hospitalcompare if

- You think the hospital is making you leave before you are ready to go
- If the hospital notifies you that Medicare will not cover your admission and continued stay and you disagree
- You have a complaint about the quality of medical care you received
- You have a question about Medicare
- You want to receive Medicare publications, their “free” newsletter Health Matters for Medicare Consumers, or if you want a free Medicare presentation for your group.

Interpreter Services

The link below provides interpreters at no cost to non-English speaking individuals seeking information about, participating in or applying for its programs. Use link:

Website: www.maine.gov/education/esl/translator_interpreter_services.htm

Legal Services for the Elderly (LSE)

Legal Services for the Elderly provides free legal services statewide to people aged 60 and over. Priority is given to those who are socially or economically needy. LSE has offices in Augusta, Bangor, Lewiston, Presque Isle and Scarborough. Staff attorneys provide representation in matters concerning access to long-term care, physical abuse or financial exploitation, public benefits, evictions, foreclosure and other issues.

Helpline: voice and TTY (for legal assistance)1-800-750-5353

LSE Business Office: Augusta

5 Wabon Street, Augusta, ME 04330

Voice(207) 621-0087

Piscataquis, Penobscot, Hancock and Washington Counties

LSE Business Office: Bangor

450 Essex Street, Bangor, ME 04401

Voice(207) 941-2880

Androscoggin, Oxford and Franklin Counties:

LSE Business Office: Lewiston

8 Falcon Road, Lewiston, ME 04243

Voice(207) 795-4010

Aroostook County:

LSE Business Office: Presque Isle

1 Edmont Drive, Suite 2, Presque Isle, ME 04769

Voice(207) 764-4883

York, Cumberland and Sagadahoc Counties.

LSE Business Office: Scarborough

136 US Route 1, Scarborough, ME 04074

Voice(207) 621-0087

Part D Appeals Unit Helpline

Toll Free1-877-774-7772

Website: www.mainelse.org

Legal Services for the Elderly Helpline

LSE provides free legal information and brief services from Helpline attorneys over the phone on a wide variety of issues, such as public benefits including Medicare and MaineCare, landlord/tenant issues, consumer matters and advance directives.

For clients who need extended assistance, LSE may make a referral to one of its regional offices. For clients who need representation in matters that LSE does not handle, LSE may make a referral to private attorneys who charge reduced fees.

Maine Equal Justice Partners (MEJP)

MEJP is a nonprofit legal aid provider, whose mission is to find solutions to poverty and improve the lives of people with low income in Maine.

126 Sewall Street, Augusta, ME 04330

Local/Out-of-State(207) 626-7058

Toll Free1-866-626-7059

Fax.....(207) 621-8148

Website: www.mejp.org

Office of the Attorney General

6 State House Station Augusta, ME 04333

Voice(207) 626-8800

TTY (Maine Relay).....Dial 711

Website: www.maine.gov/ag

Pine Tree Legal Assistance

Pine Tree Legal Assistance provides free legal help to Maine people with low income. Website: www.ptla.org

Augusta(207) 622-4731

Fax.....(207) 623-7774

TTY (Maine Relay).....Dial 711

Bangor(207) 942-8241

Fax.....(207) 942-8323

TTY (Maine Relay).....Dial 711

Lewiston.....(207) 784-1558

Fax.....(207) 783-8774

TTY (Maine Relay).....Dial 711

Machias(207) 255-8656

Fax.....(207) 255-8657

TTY (Maine Relay).....Dial 711

Portland(207) 774-8211

Fax.....(207) 828-2300

TTY (Maine Relay).....Dial 711

Presque Isle(207) 764-4349
 Fax.....(207) 764-2455
 TTY (Maine Relay).....Dial 711

Personal Alarm Systems

Lifeline Service

The federal Universal Service Fund (USF) supports the Lifeline Assistance and Link-Up America programs. These programs provide discounts on basic monthly service and initial installation or activation fees for telephone service at the primary residence to income-eligible consumers.

To find the specific eligibility requirements for your state, visit :

www.lifelinesupport.org

You can call toll free 1-888-641-8722 and ask general questions about eligibility. To find out how to apply, visit: www.lifelinesupport.org or call your local telephone company.

Contact information for your state public service commission is on the Website of the National Association of Regulatory Utility Commissioners, www.maine.gov/mpuc or call (207) 287-3831.

For information about other telecommunications issues, visit:

www.fcc.gov/consumer-governmental-affairs-bureau or contact the FCC’s Consumer Center by e-mailing: fccinfo@fcc.gov

Call 1-888-CALL-FCC (1-888-225-5322) voice or 1-888-TELL-FCC (1-888-835-5322) Faxing 1-866-418-0232; or writing to:

Federal Communications Commission Consumer & Governmental Affairs Bureau
 Consumer Inquiries and Complaints Division
 445 12th Street, SW, Washington, DC 20554

Aroostook Home Health Services

658 Main Street, Suite 3
 Caribou, ME 04736

Voice:1-877-688-9977

Local:.....(207) 492-8250

Fax:.....(207) 492-8245

E-mail: tsleeper_vhhs@myfairpoint.net
Website: www.aroostookhomehealthservices.com

345 Market Street, P.O. Box 8
Fort Kent Mills, ME 04744
Voice:(207) 834-2990
Toll free:1-888-834-2990
Fax:.....(207) 834-4006
E-mail: tsleeper_vhhs@myfairpoint.net
Website: www.aroostookhomehealthservices.com

49 Main Street, P.O. Box 1545
Houlton, ME 04730
Voice:(207) 532-9971
Toll free.....1-888-532-9971
Fax:.....(207) 532-9978
E-mail: tsleeper_vhhs@myfairpoint.net
Website: www.aroostookhomehealthservices.com

St. Mary's Regional Medical Center

Personal Emergency Response
98 Campus Avenue, 3rd Floor
P.O. Box 291
Lewiston, ME 04240
Voice:(207) 777-8827
Website: www.stmarysmaine.com

Phillips Lifeline

111 Lawrence Street
Framingham, ME 01702
Voice:1-800-380-3111
Emergency/After hours:1-800-543-3546
Fax:.....1-800-448-0107
E-mail: referrals@lifelinesys.com
Website: www.lifelinesys.com

Home Support Services

HelpLine Medical Alert Systems
110A Tandberg Trail, P.O. Box 1899

Windham, ME 04062

Voice:(207) 892-1454

Toll free:1-888-892-1454

Fax:(207) 892-1452

E-mail: info@callhomesupport.com

Website: www.callhomesupport.com

Rosscare – EMHS LiveSafe

885 Union Street, Suite 221

Bangor, ME 04401

Voice:(207) 973-7080

Toll free:1-877-880-7677

E-mail: jmaskala@emhs.org

Website: www.rosscare.org

Home Support Services

HelpLine Medical Alert Systems

110A Tandberg Trail, P.O. Box 1899

Windham, ME 04062

Voice:(207) 892-1454

Toll free:1-888-892-1454

E-mail: info@callhomesupport.com

Website: www.callhomesupport.com

MedicAlert and Safe Return Program

383 US Route 1

Scarborough, ME 04074

Voice:(207)772-0115

Toll free:1-888-572-8566

E-mail: bkirkpatrick@alz.org

Website: www.medicalert.org/safereturn

Miles and St. Andrews Home Health and Hospice

Lifeline

40 Belvedere Road

Damariscotta, ME 04543

Toll free: 1-800-242-1306x4953

Fax: (207) 563-4105

Southern Maine Health Care

Specialty Practices and Programs
1 Medical Center Drive, P.O. Box 626
Biddeford, ME 04005

Voice:(207) 283-7000

E-mail: info@smhc.org

Website: www.smhc.org

Waldo County Healthcare

Waldo County Home Healthcare Services
119 Northport Avenue, P.O. Box 407
Belfast, ME 04915

Voice:(207) 338-2268

Toll free:1-888-254-5133

E-mail: inquires@wchi.com

Website: www.wchi.com/HomeHealthand Hospice.html

SafeLink Wireless®

SAFELINK WIRELESS® service is a U.S. government supported program for Income eligible households provided by TracFone Wireless, Inc. In order to participate in the SAFELINK WIRELESS® service, persons must meet certain eligibility requirements set by each State where the service is to be provided. These requirements are based on a person’s participation in a state or Federal support programs or by meeting the Income Poverty Directory lines as defined by the U.S. Government. SAFELINK WIRELESS® service is limited to one person per household.

Long-term Care Ombudsman Program (LTCOP)

The Ombudsman program investigates complaints about long-term care services. Contact the program if:

- You have a concern about your rights at a nursing home or residential care facility resident or as a recipient of home care services.
- You have a complaint about nursing home, residential care, or home care services;
- Your contact will be kept confidential and you may write or call without giving your name.

For more information and publications call or write:

Long-term Care Ombudsman Program (LTCOP)

61 Winthrop St., Augusta, ME 04332

Voice(207) 621-1079

Toll Free (V/TTY)1-800-499-0229

Fax.....(207) 621-0509

E-mail: MLTCOP@maineombudsman.org

Website: www.maineombudsman.org

Native American Grants & Services

To find out about services available to Maine’s older Native Americans, contact one of the following:

Aroostook Band of Micmacs

7 Northern Road, Presque Isle, ME 04769

Voice(207) 764-1972

For elders.....(207) 764-3286

Fax.....(207) 764-7667

Website: www.micmac-nsn.gov

Houlton Band of Maliseet Indians

3 Clover Circle, Houlton, ME 04730

Voice Health Clinic.....(207) 532-4229

Voice Admin Office.....(207) 532-4273

Website: www.maliseets.com/index.htm

Passamaquoddy Tribe at Indian Township

PO Box 301, Princeton, ME 04668

Voice(207) 796-2301

Website: www.passamaquoddy.com

Passamaquoddy Tribe at Pleasant Point

PO Box 343, Perry, ME 04667

Voice(207) 853-2600

Website: www.wabanaki.com/wabanaki_new

Penobscot Nation

12 Wabanaki Way, Indian Island, Old Town, ME 04468

Voice(207) 827-7776

Website: www.penobscotnation.org

Wabanaki Mental Health Association

(For Hancock, Penobscot, Piscataquis, and parts of Washington County, this association offers mental health services)

157 Park Street, Bangor, ME 04401

Voice(207) 992-0411

Fax.....(207) 907-2048

For information about off-reservation services contact your local Area Agency on Aging/ADRCs, listed on pages 1 - 2.

Nursing Facility Care

To report a case of abuse, neglect or exploitation in a licensed facility call 1-800-383-2441.

Residential Care Facilities serve adults who may need supervision or assistance with their diet, medication, walking, bathing and dressing. Nursing facilities are for people who do not require hospital care but who need frequent nursing care and are dependent on others to do daily activities.

MaineCare, Medicare and other insurance (under certain conditions) may cover some or all of the costs of nursing facility care.

To find out if you are eligible for financial assistance, contact the Office of Family Independence at a Department of Health and Human Services District Office listed on pages 27 - 30.

For more information about assisted living or nursing facility care call:

Community Services Licensing

Voice(207) 287-9300

Toll Free1-800-791-4080

Nursing Facilities(207) 287-9300

Office of Aging and Disability Services

11 State House Station, Augusta, ME 04333

Voice(207) 287-9200

Toll Free1-800-262-2232

TTY (Maine Relay).....Dial 711

Nutrition/Meals

Community Meal Sites

There are almost 100 places in Maine where older citizens can enjoy a nutritious noon meal. Some of these places serve meals daily, Monday through Friday. Other places are open less often. Meal sites sponsor programs on health, nutrition education, and other consumer issues.

Website: www.gateway.maine.gov/dhhs/dining

Voice(207) 287-9200

Toll Free1-800-262-2232

Home Delivered Meals

In many areas of Maine, volunteers and paid staff deliver meals to people who are homebound and unable to prepare meals for themselves. Special containers make sure that the meal is hot and ready to eat. In some cases, participants can receive frozen meals to reheat at a later time.

Both meal programs are available to anyone 60 years of age or older, regardless of income. No fee is charged. Donations are encouraged. For more information on these programs, contact your local Area Agency on Aging/ADRCs on pages 1 - 2.

You can search for dining sites at: www.gateway.maine.gov/dhhs/dining

Voice(207) 287-9200

Toll Free1-800-262-2232

Maine Senior FarmShare

Participants in the program are qualified to receive a free share (\$50 worth) of first-quality, fresh, local produce from a Maine farm for 8 weeks during the growing season. The variety of produce and method of delivery/pick-up will vary depending on which farm you choose to sign up with. To take part in the Senior FarmShare Program you must:

1. Be a Maine resident, 60 years old or older (55 if Native American)
2. Not be an immediate family member or live in the same household as the farmer
3. Meet income guidelines (updated annually).

(Note: If you have established eligibility in MaineCare, or Security Income, or Low Income Home Energy Assistance Program, or Low Income Drug Program, you automatically meet the income guidelines.)

If you are uncertain about your eligibility to participate in Maine Senior FarmShare, you should contact your local area agency on aging by calling your local Area Agency on Aging/ADRCs at **1-877-353-3771**.

Maine Nutrition Network:

Muskie School of Public Service

University of Southern Maine, P.O. Box 9300, Portland, ME 04104-9300

Voice(207) 780-4430

Fax.....(207) 780-4060

TTY(207) 780-5646

Website: www.usm.maine.edu/muskie/cutler/maine-nutrition-network

Office of Aging and Disability Services www.maine.gov/dhhs/oads

Commodity Supplemental Food Program

The Commodity Supplemental Food Program (CSFP) works to improve the health of low-income elderly people at least 60 years of age by supplementing their diets with nutritious USDA commodity foods. It provides food and administrative funds to States to supplement the diets of these individuals.

Elderly people are the population served by CSFP in Maine which provides food rather than the food vouchers.

CSFP food packages do not provide a complete diet, but rather are good sources of the nutrients typically lacking in the diets of the target population.

CSFP is administered at the Federal level by the USDA Food and Nutrition Service (FNS), an agency of the U.S. Department of Agriculture.

Elderly participants must reside in Maine. Maine has established an income limit for the elderly that is at or below 130 percent of the Federal Poverty Income Guidelines.

For more information about this program, contact your local AAA/ADRC who is the local CSFP Coordinating Agency

Nutrition Program (SNAP)

Typically referred to as “Food Stamps”, in this program participants utilize an electronic benefits card to purchase food or garden seeds, to make voluntary contributions at meal sites, for home delivered meals available through Area Agencies on Aging or for meals in designated restaurants.

Eligibility is based on a number of factors including: citizenship; size of household; whether you are disabled; monthly household income and expenses, including medical expenses, and total assets.

Applications are available at many locations statewide including Department of Health and Human Services District Offices, Town Offices and Area Agencies on Aging. Applications can be requested by mail or telephone. Applications go to the Office of Integrated Access and Support at the district DHHS office nearest you. (See listing on pages 27 - 30 for address and phone number.) An older person can be interviewed for eligibility by telephone.

Office of Aging and Disability Services

Promotes the highest level of independence for older adults and adults with disabilities. We prioritize the assurance of safety and well-being for all adults.

#11 State House Station, Augusta, ME 04333-0011

Voice(207) 287-9200
 Toll free (Nationwide)1-800-262-2232
 TTY (Maine Relay).....Dial 711
 Fax.....(207) 287-9229
 Website: www.maine.gov/dhhs/oads

Other Related Conditions Waiver Program

MaineCare has lifelong services available to qualifying individuals who have a diagnosed cerebral palsy, seizure disorder or other rare conditions and meet the qualifying level of care. You must be 21 years old, qualify for MaineCare, have a condition that meets the other related conditions eligibility criteria, and meet the level of care for the type of service you are seeking.

Group home living options are available for qualified individuals who need 24/7 living support. Support is also available for individuals living in their own home or an apartment.

For more information, contact: Maine Department of Health and Human Services, Office of Aging and Disability Services at (207) 287-9200.

Residential Care

Adult Family Care Homes are residences where six or fewer people who meet medical eligibility requirements live in a homelike setting and can receive personal care, medication management and supervision.

Maine provides a variety of Assisted Living Residences to meet the needs of its citizens. Independent Housing with Services has private apartments, central dining and supportive services for occupants.

For a list of Assisted Living Facilities visit the Division of Licensing and Regulatory Services at: www.gateway.maine.gov/dhhs-apps/rcare

Sexual Assault Support Services

Maine's Sexual Assault Support Programs are for victims and survivors of sexual violence of all ages and their friends and families. These programs provide:

- Support and advocacy for survivors of sexual violence, their families, and concerned others, including a 24-hour crisis and support line, support groups, crisis intervention and information, and referrals for mental health and other community resources.
- Support and advocacy for survivors who seek medical attention, report to the police, or engage with the criminal justice system, and support for their families and concerned others through these processes.
- Community awareness-building and education for all ages and audiences on a range of topics, including root causes and impact of sexual violence; sexual harassment; drug-facilitated sexual assault; internet safety; personal body safety; and outreach for and about specific populations and audiences.

For more information or to access our 24 hour, confidential statewide sexual assault crisis and support line, call:

Toll Free1-800-871-7741
TTY (Maine Relay).....Dial 711

Substance Abuse and Mental Health Services

Office of Substance Abuse and Mental Health Services

41 Anthony Avenue, 11 State House Station, Augusta, ME 04333-0011
Voice(207) 287-2595
TTY (Maine Relay).....Dial 711
Fax.....(207) 287-4334

Behavioral Health services may include: case management, crisis intervention, counseling, medication review, medication assisted treatment, residential treatment, employment supports, housing supports, intensive outpatient, and inpatient treatment.

Peer Support and Recovery services may include: recovery centers, peer centers, peer support groups, peer crisis respite services, and intentional peer supports.

The Intentional Warm Line offers telephone support during challenging times and non-crisis situations. Callers will receive support, social connection, assistance with referrals to community resources, recovery programs and an opportunity to connect with others during a time of fear, grief or sadness.

Crisis Number

Toll Free1-888-568-1112

Intentional Warm Line

Toll Free1-866-771-9276

Information & Resource Center

Toll Free1-800-499-0027
TTY (Maine Relay).....Dial 711
Website: www.maine.gov/dhhs/samhs

For more information about services in your area contact the Department of Health and Human Services at one of its district offices for mental health services:

Region I

151 Jetport Blvd, Portland, ME 04101

Voice(207) 822-2000
Toll Free1-800-482-7520
TTY (Maine Relay).....Dial 711

Region II

41 Anthony Avenue, Augusta, ME 04333

Voice(207) 287-2595
Toll Free1-800-675-1828
TTY (Maine Relay).....Dial 711

200 Main Street, Lewiston, ME 04240

Voice(207) 795-4300
Toll Free1-800-482-7517
TTY (Maine Relay).....Dial 711
Fax.....(207) 795-4445

91 Camden Street Suite 103, Rockland ME 04841

Voice(207) 596-4302
Toll Free1-800-432-7802
TTY (Maine Relay).....Dial 711
Fax.....(207) 596-2304

Region III

396 Griffin Road, State House Station 11, Bangor, ME 04401

30 Skyway Drive, State House Station 11, Caribou, ME 0473653 Prescott Drive Suite 3, Machias ME 04654

Voice(207) 941-4360
Toll Free1-800-963-9491
TTY (Maine Relay).....Dial 711

For information concerning eligibility as a veteran, call:

Togus Patient Advocate

Voice: (207) 623-8411(X 5760)

NAMI Maine (National Alliance on Mental Illness)

NAMI Maine sponsors support groups throughout the state for people who have a mental illness (peers) and for family members and friends. NAMI support groups provide a safe place for people to share their stories about their struggles with mental illness and learn from others.

The NAMI Maine help line (**1-800-464-5767**) is a confidential non-crisis help line, available Monday through Friday, between 8:00 am and 4:30 pm.

Website: www.namimaine.org

NAMI can help:

- Navigate the mental health or criminal justice systems
- Understand your rights
- Talk through the issues that are of concern
- Figure out where to get the assistance you need or who to talk to next
- Find a service in Maine or elsewhere
- Get information about a law, a program, or a policy

Mental Health Service Providers

Aroostook Mental Health Center

43 Hatch Drive, PO Box 1018, Caribou, ME 04736

Voice(207) 498-6431

TTY(207) 764-3903

Website: www.amhc.org

Maine Behavioral Healthcare

165 Lancaster St., Portland, ME 04101

Voice(207) 874-1030

TTY (Maine Relay).....Dial 711

Fax.....(207) 874-1044

E-mail: info_recovery@mainebehavioralhealthcare.org

Website: www.community.mainebehavioralhealthcare.org

Maine Behavioral Healthcare

PO Box 526, 12 Union Street, Rockland, ME 04841

Voice(207) 701-4400

Toll Free1-844-292-0111

Community Health & Counseling Services

42 Cedar Street, PO Box 425, Bangor, ME 04401

Voice(207) 947-0366

Toll Free1-800-924-0366

TTY(207) 990-4730

E-mail: dnelson@chcs-me.org

Website: www.chcs-me.org

Maine General Community Care

9 Green Street, Augusta, ME 04330

Voice(207) 621-3750

TTY (Maine Relay).....Dial 711

Tri-County Mental Health Center

1155 Lisbon Street, PO Box 2008, Lewiston, ME 04241-2008

Voice/TTY(207) 783-9141

Toll Free1-800-787-1155

Fax.....(207) 783-4660

Website: www.tcmhs.org

Washington County Psychotherapy Associates

1 Stackpole Drive, Machias, ME 04654

Voice(207) 255-0996

Toll free.....1-800-591-6474

Support Groups

Support groups are a way to share problems or concerns with others and to receive emotional support after a death, divorce, or during a family member’s chronic or terminal illness. For more information regarding various support groups in your area, contact your local Area Agency on Aging, listed on pages 1 - 2.

Transportation Services

Buses, vans, or individual drivers can help you get to doctors’ offices, clinics and pharmacies in most areas of the state. Advance notice is required for some of these arrangements. For information, contact the regional social services

transportation provider in your area, contacting your local Area Agency on Aging/ADRC, listed on pages 1 – 2 or by calling your local Community Action Program listed below:

Aroostook County Action Program

Voice(207) 768-3023
 Toll Free(800) 432-7881
 Website: <http://www.acap-me.org/>

Community Concepts

Voice(207) 743-7716
 Toll Free(800) 866-5588
 TTY:(207) 743-0276
 Website: <http://www.community-concepts.org/>

Kennebec Valley Community Action Program

Voice(207) 859-1500
 Toll Free(800) 542-8227
 Website: <http://www.kvcap.org/>

Penquis Community Action Program (Bangor)

Voice(207) 973-3500
 Toll Free(800) 215-4942
 Website: <http://www.penquis.org/>

Penquis Community Action Program (Rockland)

Voice(207) 596-0361
 Toll Free(800) 585-1605
 Website: <http://www.penquis.org/>

The Opportunity Alliance (Portland)

Voice(207) 553-5905
 Toll Free(800) 698-4959
 Website: <http://www.opportunityalliance.org/>

Waldo Community Action Partners

Voice(207) 338-6809
 Website: <http://www.waldocap.org/>

Washington-Hancock Community Agency

Voice(207) 259-5015
 Toll Free(800) 828-7544
 Website: <http://www.whcacap.org/>

Western Maine Community Action
 Voice(207) 645-3764
 Toll Free(800) 645-9636
 Website: <http://www.wmca.org/>

York County Community Action Program
 Voice(207) 324-5762
 Toll Free(800) 965-5762
 Website: <https://www.yccac.org/>

Transportation Providers

If you would like more information on MaineCare Transportation Services, please call:

If you live in:	You will call:
Androscoggin County – All Towns	Logisticare at: 855-608-5180
Aroostook County – All Towns	Logisticare at: 855-608-5174
Cumberland County – Brunswick and Harpswell	MidCoast Connector at: 855-930-7900
Cumberland County – All Other Towns	Logisticare at: 855-608-5178
Franklin County – All Towns	Logisticare at: 855-608-5180
Hancock County – Town of Danforth	Logisticare at: 855-608-5174
Hancock County – All Other Towns	Logisticare at: 855-608-5176
Kennebec County – All Towns	Penquis CAP at: 844-736-7847
Knox County – Town of Isle au Haut	Logisticare at: 855-608-5176
Knox County – All Other Towns	MidCoast Connector at: 855-930-7900
Lincoln County – All Towns	MidCoast Connector at: 855-930-7900

Oxford County – Towns of Porter, Hiram, Brownfield, Denmark, Sweden, Fryeburg, Lovell, Stow, and Stoneham	Logisticare at: 877-659-1302
Oxford County – All Other Towns	Logisticare at: 855-608-5180
Penobscot County – Town of Patten	Logisticare at: 855-608-5174
Penobscot County - All other Towns	Penquis CAP at: 855-437-5883
Piscataquis County – All Towns	Penquis CAP at: 855-437-5883
Sagadahoc County – All Towns	MidCoast Connector at: 855-930-7900
Somerset County- All Towns	Penquis CAP at: 844-736-7847
Waldo County – All Towns	MidCoast Connector at: 855-930-7900
Washington County – All Towns	Logisticare at: 855-608-5176
York County- All Towns	Logisticare at: 877-659-1302

Website: www.maine.gov/dhhs/oms/nemt/nemt_index.html

Aroostook Regional Transportation System

Local bus service.....(207) 764-3384
 Toll Free1-800-442-3320

Coastal Transportation Services

Rockland Area.....(207) 596-6605
 MaineCare transportation.....1-855-930-7900

Community Concepts Transportation

Toll Free1-800-866-5588
 TTY(207) 783-7951

Downeast Transportation

Ellsworth Area(207) 667-5796

iTNPortland One Westbrook Common, Suite 3, Westbrook, ME 04098

Voice(207) 854-0505
 Fax.....(207) 849-7041

Kennebec Valley Community Action Program

Toll Free 1-800-542-8227
 Augusta (207) 622-4761
 Waterville (all programs) (207) 859-1500
 Or (transportation)..... (207) 877-5677

 Skowhegan (all programs) (207) 474-8487
 Or (transportation)..... (207) 859-2501

**Penquis Community Action Program
 Penobscot and Piscataquis Counties**

Voice (207) 974-2420
 Toll free 1-855437-5883

Kennebec and Somerset Counties

Toll free 1-844-736-7847

Regional Transportation Program (Portland & Cumberland County)

Voice (207) 774-2666
 Toll Free 1-800-244-0704
 Website: www.rtprides.org

Waldo County Transportation

Belfast (207) 338-4769
 Toll free 1-800-439-7865
 E-mail: bstapley@waldocap.org
 Website: www.waldocap.org

Washington-Hancock Community Agency

MaineCare client non-emergency medical transportation (207) 664-0012 or toll free 1-877-374-8396.

Western Maine Transportation Services (Androscoggin, Franklin and Oxford Counties)

Lisbon..... 1-800-393-9335

West Transportation, Inc.

Milbridge..... (207) 546-2823
 Toll Free 1-800-596-2823

York County Community Action Program

Sanford(207) 324-5762
Toll Free1-877-659-1302

Veterans Services

Veterans Administration

To find out if you are eligible for certain health and counseling services available through the Veterans Administration at Togus, call or write:

Togus Patient Advocate

Veterans Administration Center and Hospital, Augusta, ME 04330
Voice (207) 623-8411(X 5760)
Toll Free Switchboard and all Extensions1-877-421-8263 (X5697)
Toll Free Veterans Benefits1-800-827-1000

State Division of Veterans Services

The State Division of Veterans Services can provide assistance in the following areas:

- Employment
- Housing
- Claims applications
- Financial assistance and loans
- Counseling
- Educational benefits
- Tax and various other exemptions

For more information, call or write:

Division of Veterans Services

#117 State House Station, Augusta, ME 04333
Voice(207) 430-6035
Website: www.maine.gov/dvem/bvs

U.S. Department of Veteran Affairs:

Website: www.va.gov

Volunteering

There are many ways that older people can volunteer their time and skills. The programs listed below are a few that may interest you. Along with this list, many other volunteer opportunities exist within your local Area Agency on Aging/Aging and Disability Resource Center.

Foster Grandparent Program

The Foster Grandparent Program provides part-time (20 hours a week) volunteer opportunities for people with low income age 55 and older to serve children with special or exceptional needs in their homes, schools, day care centers, institutions, hospitals, correctional facilities or specialized programs for developmentally disabled children. Volunteers receive a small stipend.

Website: www.maineservicecommission.gov/national-service/foster-grandparents

Contact the Foster Grandparent Program at the following locations: (For all counties except York and Cumberland)

Penquis FGP

262 Harlow Street, PO Box 1162, Bangor, ME 04402-1162

Voice(207) 973-3684

Fax.....(207) 973-3699

E-mail: ahobson@penquis.org

Website: www.penquis.org

(In York and Cumberland Counties)

Foster Grandparent & Senior Companion Program

510 Cumberland Ave, Portland, ME 04102

Voice(207) 553-5970

Fax.....(207) 874-1155

E-mail: susan.lavigne@opportunityalliance.org

Website: www.opportunityalliance.org

Long-term Care Ombudsman Program

A Volunteer Ombudsman visits residents in long-term care facilities.

“Ombudsman” (pronounced om-budz-man) is a Swedish word that means citizen representative.

- A Volunteer Ombudsman:

- Visits residents on a regular basis.
- Listens to residents' concerns and problems while having a friendly visit.
- Reports to the Program Staff for guidance while they try to respond to the needs of the residents.

Retired and Senior Volunteer Program (RSVP)

The RSVP program matches volunteers aged 55 or older with community service jobs such as delivering meals, providing companionship to homebound individuals and teaching in literacy programs. RSVP volunteers also serve at the Maine State Museum, in local schools, libraries, nursing homes and hospitals.

Aroostook RSVP

1 Edgemont Drive, Suite B, Presque Isle, ME 04769

Voice(207) 764-3396

Toll free.....1-800-439-1789

E-mail: information@aroostookaging.org

Website: www.aroostookaging.org

ITN America

90 Bridge Street Suite 105, Westbrook, ME 04092

Voice(207) 857-9001

Fax.....(207) 857-9199

Penquis RSVP (Knox, Lincoln and Waldo Counties)

262 Harlow Street, Bangor, ME 04401

Voice(207) 973-3684

Toll free.....1-800-215-4942

E-mail: ahobson@penquis.org

Website: www.penquis.org/index

Health Reach RSVP

10 Water Street, Suite 302, Waterville, ME 04903-0829

Voice(207) 861-3400

or Farmington.....(207) 778-0427

Toll free.....1-800-427-1127

UMaine Center on Aging RSVP

Camden Hall, 25 Texas Avenue, Bangor, ME 04401-4221

Voice(207) 262-7926

Or.....(207) 262-7924

Southern Maine RSVP

136 Route 1, Scarborough, ME 04074

Voice(207) 396-6547

Toll free.....1-800-427-7411

Fax.....(207) 883-8249

Website: www.smaaa.org

Senior Companion Program

The Senior Companion Program provides a part-time (20 hours per week) volunteer opportunity for people with low income age 60 and over. These volunteers work with adults with special needs. A small stipend is provided to volunteers who are income eligible.

Contact the Senior Companion Program at the following for all counties except York and Cumberland locations:

University of Maine Center on Aging, Senior Companion Program State Office, Camden Hall, 25 Texas Avenue, Bangor, ME 04401

Androscoggin County

Voice(207) 743-6329

Toll free.....1-800-287-1482

Aroostook County

Voice(207) 532-6548

Toll free.....1-800-287-1469

Cumberland County

The University of Maine Center on Aging Senior Companion Program is not available in Cumberland County.

Franklin County

Voice(207) 743-6329

Toll free.....1-800-287-1495

Hancock County

Voice(207) 262-7929

Kennebec County

Voice(207) 474-9622

Toll free.....1-800-287-0274

Knox County

The University of Maine Center on Aging Senior Companion Program is not available in Knox County.

Lincoln County

The University of Maine Center on Aging Senior Companion Program is not available in Lincoln County.

Oxford County

Voice(207) 743-6329

Toll free.....1-800-287-1482

Penobscot County

Voice(207) 262-7929

Piscataquis County

Voice(207) 262-7929

Sagadahoc County

Voice(207) 743-6329

Toll free.....1-800-287-1482

Somerset County

Voice(207) 474-9622

Or (in Maine)1-800-287-1495

Waldo County

Voice(207) 262-7929

Washington County

Voice(207) 255-3345

Toll free.....1-800-287-1542

York County

The University of Maine Center on Aging Senior Companion Program is not available in York County.

UMaine Cooperative Extension Senior Companion Program

University of Maine, 5717 Corbett Hall, Room 304, Orono, ME 04469-5717
Voice(207) 581-3326

(In York and Cumberland)

Opportunity Alliance Prop and Senior Volunteer Program

510 Cumberland Ave., Portland, ME 04101
Voice(207) 773-0202
Website: www.umaine.edu/seniorcompanion

Service Corps of Retired Executives (SCORE)

This organization of volunteers is supported by the U.S. Small Business Administration (SBA). SCORE recruits executives who are retired from business to use their past experience to counsel people who are starting up or running a small business. Volunteers receive travel expenses.

SCORE offices are listed below:

Augusta SCORE

68 Sewall Street, Suite 512, Augusta, ME 04330
Voice(207) 622-8509
SCORE Maine tax forum.....(207) 622-8376
E-mail: info@scoremaine.org
Website: www.scoremaine.org

Bangor SCORE

Federal Building #230, 202 Harlow Street, Bangor, ME
Voice(207) 942-0103
Website: www.bangor.score.org

Downeast Maine SCORE

248 State Street, Ellsworth, ME 04605
Voice(207) 667-5800

Website: www.downeastmaine.score.org

Androscoggin County

125 Manley Road, Auburn, ME 04210

Voice(207) 782-3708

E-mail: lewistonauburnscore@gmail.com

Website: www.lewistonauburn.score.org

Oxford Hills SCORE

2 Market Square, South Paris, ME 04281

Voice(207) 743-0499

E-mail: oxfordhillsscore@gmail.com

Website: www.oxfordhills.score.org

Portland SCORE

100 Middle Street, 2nd Floor, Portland, ME 04101

Voice(207) 772-1147

E-mail: info@scoremaine.com

Website: www.portlandme.score.org

Western Mountains SCORE

60 Lowell Street, P.O. Box 8, Rumford, ME 04276

Voice(207) 364-3123

NON-DISCRIMINATION NOTICE

In accordance with Title VI of the Civil Rights Act of 1964 (42 U.S.C. § 1981, 2000d et seq.) Section 504 of the Rehabilitation Act of 1973, as amended (29 U.S.C. § 794), the Age Discrimination Act of 1975, as amended (42 U.S.C. § 6101 et seq.), Title II of the Americans with Disabilities Act of 1990 (42 U.S.C. § 12131 et seq.), and Title IX of the Education Amendments of 1972, (34 C.F.R. Parts 100, 104, 106 and 110), the Maine Department of Health and Human Services does not discriminate on the basis of sex, race, color, national origin, disability or age in admission or access to, or treatment or employment in its programs and activities. We are committed to providing services to people who have Limited English Proficiency (LEP) To LEP individuals seeking services from DHHS, qualified interpreters are available at no cost to the client to help communicate with the department.

A Civil Rights Compliance Coordinator, has been designated to coordinate our efforts to comply with the U.S. Department of Health and Human Services regulations (45 C.F.R. Parts 80, 84, and 91), the Department of Justice regulations (28 C.F.R. part 35), and the U.S. Department of Education regulations (34 C.F.R. Part 106) implementing these Federal laws. Inquiries concerning the application of these regulations and our grievance procedures for resolution of complaints alleging discrimination may be referred to Civil Rights Compliance Coordinator at 221 State Street, Augusta, ME 04333, Telephone number: (207) 287-4289 (Voice) or 1-800-606-0215 (TTY), or the Assistant Secretary of the Office of Civil Rights of the applicable department (e.g. the Department of Education), Washington, D.C.

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